

A general view of the present state of lunatics, and lunatic asylums in Great Britain and Ireland, and in some other kingdoms / by Sir Andrew Halliday.

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A
GENERAL VIEW
OF
THE PRESENT STATE OF LUNATICS,
AND
LUNATIC ASYLUMS,
IN
GREAT BRITAIN AND IRELAND,
AND IN
SOME OTHER KINGDOMS.

BY SIR ANDREW HALLIDAY, M.D., AND K.H.,
FELLOW OF THE ROYAL SOCIETY AND COLLEGE OF PHYSICIANS OF EDINBURGH,
LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS OF LONDON, &c., &c.

LONDON:
PRINTED FOR THOMAS & GEORGE UNDERWOOD,
32, FLEET-STREET.

MDCCCXXVIII.

GENERAL VIEW
OF THE PRESENT STATE OF LUNATICS.

LUNATIC ASYLUMS.

I have the honor to acknowledge the receipt of your letter of the 14th inst. in relation to the Lunatic Asylums of Great Britain and Ireland.

LONDON :

Printed by WILLIAM CLOWES,
14, Charing Cross.

SOME OTHER KINGDOMS.

By SIR ANDREW HALLIDAY, M.D., AND R.H.

LECTURE ON THE LUNATIC ASYLUMS AND COLLEGE OF PHYSICIANS OF LONDON.

PRINTED FOR THOMAS & GEORGE UNDERWOOD,

27, FLEET STREET.

MDCCLXXXIII

R35888

TO
ROBERT GORDON, Esq. M.P.,
&c. &c. &c.

DEAR SIR,

I AVAIL myself of the present opportunity, publicly to thank you for the good you have already done to the cause I have so long feebly advocated; and earnestly to entreat that you will not abandon the Poor Lunatic, until you have placed him under the safeguard of some law more worthy of the British character than that which has so long disgraced our Statute Books.

I have the honour to be,

DEAR SIR,

Your very faithful Servant,

ANDREW HALLIDAY.

HAMPTON-COURT,
24th December, 1827.

to

ROBERT GORDON, Esq. M.P.

Esq. &c. &c.

Dear Sir,

I avail myself of the present opportunity, publicly to thank you for the good you have already done to the cause I have so long deeply advocated; and earnestly to entreat that you will not abandon the poor Lunnatic, until you have placed him under the safeguard of some law more worthy of the British character than that which has so long disgraced our Statute Books.

I have the honour to be, Sir,

Dear Sir,

Your very faithful servant,

ANDREW HALLIDAY.

Warrington-Court,

New-Exmouth, 1841.

GENERAL VIEW,

&c.

INTRODUCTORY REMARKS.

INSANITY and its consequences have long engaged the attention of physicians, and often attracted the notice of philosophers. Of late years they have been made the subject of much serious inquiry, and are, undoubtedly, one of very general interest. As to the disease itself, it may, perhaps, still be said that a great deal remains to be ascertained of its true nature; but experience has at length taught us all that is essentially necessary for its proper treatment. We may remark, however, that as philosophers, by deviating from the known path of common sense and accurate observation, have occasionally been so bewildered in the mazes of metaphysics, as even to doubt of the existence of matter altogether; so physicians in treating of

insanity have too often left the plain road of demonstration and experience, to wander in the shewy but deceitful regions of hypothesis. It is evident also, that the jargon of the schools, and the gross abuse of terms which have hitherto prevailed, have tended not a little to give to the investigation of this disease a degree of mysterious importance that it never merited; as what is not generally understood or easily comprehended by the bulk of mankind, is seldom rendered more intelligible by what may properly be considered as professional discussion.

The anatomist sought in vain for some visible derangement of structure, or a diseased state of the parts in many cases, where it was perfectly ascertained that death had ensued from insanity; and the physiologist was frequently unable to discover any sure foundation on which to build his preconceived theory; hence the common opinion seemed to be confirmed, that it was an incomprehensible and consequently an incurable malady of the mind. Taking this view of the disease, it is not at all wonderful that it was considered as beyond the reach of medical science, or that the bodies of such as were afflicted with it should be rendered vile, and only fit to be immured in some remote prison or obscure dungeon, and there suffered to pass the remain-

ing days of their vital existence in hopeless and helpless solitude. At any rate, this may be taken as the best apology that can be offered for the neglect, and too often cruel abandonment, in which the insane have been left by their nearest and dearest relatives, while such opinions continued to be promulgated and believed. We may further remark that, the physician who might attempt to cure, by natural means, a disease of that immaterial something called mind, would often run the risk of being treated as a knave, or looked upon by the world as a fool or a madman. Besides, we may suppose that many very able men, led away by what appeared to be the general opinion of mankind, would shrink from the strict investigation of a subject that seemed to lead to a doubt of the immateriality of mind; a truth so evident to their own feelings, and so expressly established by divine revelation. If they once admitted that the mind could become diseased, it would follow, as a matter of course, that the mind might die. They, therefore, wisely refrained from meeting a question which involved such dangerous consequences, while they were unable either to refute or explain it. Happily for those afflicted with this disease, a sounder philosophy and more accurate observation have removed much

of the mystification that obscured the inquiry. Truth has taken the place of fiction, and madness is found to proceed in all cases from some real tangible bodily ailment. It can now be treated according to the known rules of practice—made amenable to the ordinary discipline of the apothecary's shop—and is often more easily removed than less important diseases that have made a temporary lodgement in the human frame.

To those, indeed, who had a proper idea of what mind is, it must at all times have appeared absurd to suppose it could either be affected by disease, or injured by age. Yet it has been, and still is the common language of society to say, that the mind is disordered or deranged, or that it has decayed through length of years. On this subject I conceive there can be but one opinion among all reflecting men—an opinion that may be supported by experiment as well as argument, but which is so consonant to all our feelings and impressions, I might almost say, so self-evident as scarcely to stand in need of either. The mind itself, being immaterial, can only manifest its existence to the external world, by means of material instruments; and taking it as a fact, now generally allowed, that the brain of man is the instru-

ment, or more properly speaking, the instruments by which his mind manifests itself to the world around him, it must follow, that in proportion as these instruments are in a sound and healthy state, or have become deranged, disordered, or diseased, so, in proportion, will the manifestations of the mind, or the developement of the intellectual faculties, appear correct and reasonable, or impaired and insane.

The remote causes of insanity may be as numerous and complicated as the passions of the mind, or the injuries or diseases of the body are known to be undefined and countless; but the proximate cause, or in fact the disease itself, will always be found to arise from a deranged or diseased state of the structure of the brain. If the physician could always discover the cause of such disorder or derangement of structure, he would be certain of curing his patient, provided that cause was removeable, as it generally is, when the case is recent, and the individual properly treated; but when, from neglect or improper management, we allow the cerebral mass to become diseased, we uniformly find that *dementia* or idiocy will be complete or partial, according to the extent or ravages of that diseased state. Had our attention always been directed to this view of the subject, and our

practice conformable, our list of cures would have been more numerous than they have yet been ; we should have had none of that mystery and concealment which have been so universally adopted, and which have led to those scenes of cruelty, neglect, and, I may add, of murder, that have so uniformly been brought to light, whenever, in this country, individuals or the public have been roused to investigate the subject of Lunatics and Lunatic Asylums.

Whether insanity proceeds from deranged organs or diseased structure, the mind, *qua* mind, is neither injured or impaired ; but not having the means of making itself known, or of giving its ideas form and utterance, except through the medium of instruments no longer fit for the purpose, we discover, in proportion to that degree of their unfitness, more or less of the phenomena that constitute madness. Through an unaccountable weakness in human nature, aided, I fear, by the representations of interested knaves, a feeling has hitherto obtained among all classes of society, that a something disgraceful, nay, almost amounting to criminality, became attached to the person, and even to the family of an unhappy Lunatic. The attack of the disease was, therefore, no sooner confirmed, than he was put under the

charge of some heartless hireling, and hurried off to a place of concealment, where it became the interest of his keeper to have his disease made permanent. This by seclusion or cruelty was soon effected, when by proper treatment, and a few soothing attentions in the bosom of his own family, it was more than probable he would speedily have recovered. And such has generally been the abandonment of friends under this affliction, that every degree of neglect and cruelty might be practised without the risk of discovery. The mystery which was made to hover round the precincts of a mad-house, was sufficient to baffle common inquiry; and the utter seclusion, so insidiously inculcated, made it next to impossible to discover the scenes of horror that took place within its walls. It would have been well for the unhappy maniac, had his confinement always been intrusted to a medical practitioner, where there was some character at stake, and might be some inducement to treat him well: but in this country, the law allows persons of all descriptions—men and women too, whatever may be their ignorance or incapacity—to become the keepers of madhouses. True it is, if they take more than one patient at a time, they must have a license for doing so; but when it is

considered that the Commissioners who are authorized to grant these licenses, have no power to refuse them, what, I would ask, is the use of such a regulation? But I have said enough on this subject, and proceed now to investigate more particularly what has already been done in this and in other countries, for the benefit of those who are unable to care for themselves, in order that the reader may form some idea of what still remains to be accomplished, in order that the law and the practice, as regards these helpless outcasts from the pale of civilized society, may be made more perfect and more consonant to our duty as Christians and as men.

SECTION I.

The Present State of Lunatics and Lunatic Asylums in England.

It was not till his late Majesty's reign that any attention was given by the legislature to the care and custody of lunatics, even of the higher classes of society; and only in consequence of some very atrocious cases of cruelty, and improper confinement having been brought to light, and commented upon by the public press, was the subject then forced upon the attention of Parliament, and the Act of 1774 procured. This Act, the inadequacy of which has long been ascertained, and fully exposed, is still the only law by which madhouses are licensed and regulated in England and Wales. It provides, indeed, for the casual inspection of licensed establishments, but it neither authorizes the correction of abuses, nor permits the active interference of the visiting commissioners, even where the most flagrant instances of improper treatment are detected. That it has remained so long upon the statute-book must hereafter excite

astonishment; and that, even now, there should exist so much difficulty in having it altered and amended, is a fact scarcely to be credited. Yet such is the fact; and thousands of our fellow men have been hurried to an untimely grave in all the horrors of raving madness, or helpless fatuity, without its being possible to get their condition altered or amended, merely because certain (we hope mistaken) prejudices were entertained by an exalted individual, whose voice was long paramount in the senate; and we had almost added, to the influence of others, who have realized immense fortunes, as wholesale dealers and traffickers in this species of human misery.

The little good which the Act of 1774 was calculated to effect in the treatment of the more wealthy inmates of the Licensed Asylums, was very soon lost sight of; and as it was never meant to apply to the most numerous, and by far the most helpless, class of sufferers—the insane poor of the kingdom—these continued to remain in a most wretched and deplorable condition. It is scarcely possible to describe the state of misery and neglect in which they were found, crowded into the damp dungeons of our public workhouses, or shut up in houses of correction, and ill-regulated prisons, when, about the begin-

ning of the present century, I first ventured to direct the attention of the public to the wretched state of these outcasts from society *. Parliament was appealed to, and Mr. Wynn, while Under Secretary of State for the Home Department moved for and obtained a select Committee of the House of Commons (1806-7), to investigate the condition of Pauper Lunatics. The result of this inquiry was the Act which authorizes the magistrates of the several counties in England and Wales to erect public asylums for their insane poor. But the scenes of horror and disgust which were partially brought to light by the labours of Mr. Wynn's committee, shewed that the subject still wanted further investigation, and after a lapse of seven years, the House of Commons, at the suggestion of the late Mr. George Rose, renewed the inquiry.

The evidence taken before Mr. Rose's committee, which sat for more than one session, must be fresh in the recollection of every one of my readers; and had that zealous philanthropist lived for a few years longer, there is reason to believe I should not have been called upon to write this pamphlet. He was at great

* Vide Letter to Lord Henry Petty, by Medicus : Edinburgh, John Anderson, 1806.

pains to prepare a bill, which, in the opinion of all who had heard the evidence, and had taken a disinterested part in the investigation, was well calculated to remedy every evil either ascertained or anticipated. The subject was dispassionately canvassed in the lower house, and his bill passed by the Commons, almost unanimously, three or four several times; but it was uniformly rejected by the Lords, and after Mr. Rose's death, it got into Chancery, and there it has slept for the last *nine years*. I do not mean this remark in any manner as a jest; for literally and truly, the late Lord Chancellor took the whole matter upon his own shoulders, and promised to prepare a measure more suited to the exigencies of the sufferers than any that the collected wisdom of the Commons of England, in Parliament assembled, could think of or devise. I hope Lord Eldon will now have leisure to fulfil his promise; and my opinion of his perfect fitness for the task is not altered, provided he is not swayed by the advice of those, who, if common report is to be credited, have boasted of their influence with his Lordship.

The House of Commons have again taken up the matter, and I trust they will not abandon it, even though they should be opposed, until

some provision is made against the recurrence of those evils, very trifling in comparison of former times, which during their last short inquiry, were found still to exist.

Mr. Wynn's original Act has received several amendments, and it is by that Act, as I have already remarked, the magistrates of the several counties in England and Wales are empowered to build, at the public expense, an asylum or hospital for the treatment of their insane poor under their own immediate inspection and government, and to charge the expenses attending such patients to the poors' rates of the parish to which they respectively belong. Unfortunately, however, the magistrates have a discretionary power in deciding on the propriety of erecting or not erecting such an establishment; I say unfortunately, because I am inclined to think that this power has, in a great many instances, been abused. It is now twenty years since the Act was passed, and only in the counties of York, Lancaster, Nottingham, Norfolk, Stafford, Bedford, Gloucester, Lincoln, Pembroke, and Cornwall, ten out of fifty-two counties, which compose the whole of England and Wales, have asylums been opened. Suffolk, I believe, has just finished the building of a county establishment, and Oxford completed

her's a short time ago. But it was only while I was penning these remarks, that the magistrates of Middlesex, after deliberating for nearly two years, have announced, by the vote of a majority of their numbers, that such an institution was necessary in that great metropolitan county, though it had been proved to demonstration by Lord Robert Seymour, and his able coadjutor, my friend Mr. Robert Browne, of Welbeck-street, that eight hundred and seventy-three of their fellow-creatures were suffering all the miseries of neglect, and the most cruel treatment, from a want of it!

From the last returns which have been printed by order of Parliament, we learn, that in 1826, there were one thousand three hundred and twenty-one individuals in private asylums, exclusive of those in London and Westminster, and within seven miles of the same; and one thousand one hundred and forty-seven in public asylums, exclusive of those in St. Luke's and Bedlam, and fifty-three in public gaols; giving a total for the several counties of England and Wales, of two thousand five hundred and twenty-one. The private asylums, in and near the metropolis, may be taken at an average of one thousand seven hundred and fifty; they were, last year, one thousand seven hundred and

sixty-one, and St. Luke's and Bedlam at five hundred : we have thus, for the whole of England, a total of four thousand seven hundred and eighty-two insane persons, known to be in existence, and publicly accounted for according to law. But there is a number, if not equally great, at least nearly so, of whom the law takes no cognizance, and whose existence is only known to their relatives and friends. These consist of individuals placed in solitary confinement, with persons who take only one patient. This is a state of things that ought not to be allowed to remain as it is, for a single hour, in this land of boasted liberty. I do not say that it ever has taken place, though I have known one or two instances that might almost bear such a construction ; but I maintain that it may take place, for there is no law to prevent it ; that individuals have been sent into such seclusion, who never suffered from the pangs of madness, and it must be evident to every one who gives this subject the least consideration, that it only requires a faithful keeper and strict watchfulness to retain such persons in prison for life.

I have been persevering and strict in my inquiries. I have laboured unceasingly, now for twenty-five years, and I give it as the result of the information I have obtained, that the

aggregate number of persons actually in confinement, in public and private asylums, and with their relations, or with individual keepers, in England and Wales, exceeds eight thousand ; more than two-thirds of whom are curable, and, under proper medical and moral treatment, might speedily be restored to the enjoyments and the comforts of social life. Yet great as this number may appear, and I am aware that it greatly exceeds the average given by some late writers on this subject, I do not think that the disease has increased among us ; and I have good authority for what I say on this point, from the returns I have collected at various periods, during the last quarter of a century.

The disease is most prevalent in the counties of York and Lancaster, and in Wilts, Stafford, Durham, and Gloucester. Wales, in proportion to the population, has very few lunatics, and the same remark holds good with regard to the Celtic tribes in other portions of the empire ; and it is rather a curious circumstance, that where these tribes have been little mixed with the Saxon or Norman blood, insanity is scarcely known, except as arising from diseased structure or malformation of the cranium : idiots are, therefore, more frequent than lunatics.

With regard then to England, I must say, that

much, very much, remains to be done; in the first place, by the legislature, and next by the faculty, as to the establishment and regulation of asylums for the insane, and their proper treatment as diseased patients in such asylums. It is not by seclusion and mystery, that they can be properly watched over, or by confinement in the wards or cells of an hospital, that they are to be cured. Experience has shewn that a regulated intercourse with the world, and constant employment of the mind and body, are the best aids to medical treatment, and in the construction of every asylum, these ought constantly to be kept in view.

The best regulated public asylums in England, are those for the West Riding of York, at Wakefield, and for Lancaster. Bedlam, the great national or metropolitan asylum, is now well conducted, and the patients are humanely and judiciously treated; but it has still too much of the leaven of the dark ages in its constitution, and too rigid a system of quackery is maintained, in regard to its being seen and visited by respectable strangers, and there is too little space for exercise and employment, for it ever to prove an efficient hospital. In some respects it is little better than when in fact, it formed one of the *lions* of the metro-

polis, and the patients, as wild beasts, were shewn at sixpence for each person admitted. I dislike, and decidedly condemn the practice of being carried round by a governor, and then asked to record an opinion of what we have seen and heard during our visit. It is the assumption of secrecy that creates extraordinary curiosity, and probably, for a time, improper visitors might be drawn to the scene; but let Bedlam be as open to the public as the other hospitals in the kingdom, and none but those called by business or affection will ever think of asking for admission. St. Luke's, the next in importance to Bedlam, is only fit to become a prison for confirmed idiots. It is worse than useless as an hospital for curable lunatics:—not so much, I would observe, on account of what may be called the close borough system upon which it is managed (though even that merits condemnation in an establishment founded and endowed by a liberal public), as from its possessing none of the advantages now found most necessary for the recovery of the insane;—and if ever St. Luke's Hospital is to be made available for the purposes for which its funds have been accumulated, it must be by adopting a plan similar to that which exists at Antwerp, and of which I shall give some

account when I come to treat of the hospitals in the Netherlands.

The great objection to the generality of the public asylums in England, is their want of space for different workshops, and of a sufficient quantity of ground on which the patients can be employed in agricultural labour. I mention this for the guidance of county magistrates in future. At Wakefield, the patients have uniformly been kept employed at their various trades, and in agricultural labour, and the best results have followed this judicious system. Dr. Ellis, the able superintendent of that asylum, remarks in a report, now before me, and in a letter I have just received from him*, "that no accident has ever occurred from allowing the insane the use of the instruments necessary for their trades or occupation; and that while their labour has tended greatly to lessen the expense of the establishment, it has also aided in hastening their cure." This asylum was opened on the 23rd of November, 1818. It has twenty-five acres of land for the employment of the patients; workshops are fitted up for the accommodation of the different tradesmen, and the house has apartments for two hundred and fifty, or even three hundred

* *Vide* Appendix, No. 3.

patients, all well ventilated, and with the necessary comforts.

The Lancaster Asylum was opened, on the 28th of July, 1816, and has accommodation for three hundred and sixty patients, and "all who are in a fit situation, are employed in such occupations as are adapted to their abilities and previous habits: some in husbandry and gardening, getting stones, and making roads upon the waste ground adjoining the house, under the superintendence of the keepers; but as yet no manufactory is carried on in this asylum. The women are employed in sewing, washing, and in all sorts of household work."

This asylum is built upon a common, about a mile from the town of Lancaster. The edifice and airing grounds occupy a space of five acres, and about ten acres of land are cultivated as a dairy farm, and it was in contemplation, when the last report was made up, to add thirty acres more to this farm, so evident were the advantages attending that arrangement. I hope the magistrates will also establish workshops, as has been done at Wakefield.

The Lincoln asylum is a smaller establishment, and does not contain more than fifty patients. These, it is reported, are employed in the gardens and in household work, but the

quantity of ground attached to the building is not mentioned, and it cannot be much, as the original cost was only 92*l.* 10*s.* It was opened on the 25th of April, 1820.

The Nottingham Asylum was opened on the 12th of February, 1812. It has four acres and a half of land attached to the building, and can accommodate about eighty patients. The land is laid out as a garden, the cultivation of which is the only employment the patients have. Their treatment, however, seems to be well conducted, and the strictest economy preserved, as the expense of each person does not exceed seven shillings per week.

The Norfolk County Asylum will contain about one hundred and twenty patients, and last year there were one hundred and eight actually in the house. It has not the advantages to be derived from a farm or great extent of garden, but, upon the whole, is a well-arranged and ably-conducted establishment. When this asylum was first opened has not been stated.

The Stafford Lunatic Asylum was opened on the 1st of October, 1818. It was built for one hundred and twenty patients, and the average number constantly in the house, exceeds that calculation. In 1826, they amounted

to one hundred and fifty-five. "The cultivation of thirty acres of pasturage, pleasure, and garden ground, is performed entirely by the patients, assisted by two of the keepers; and all the making of linen and mending of clothes is done by the females." The expense of each person is about nine shillings weekly, and the number of cures bears ample testimony to the judicious arrangements and proper treatment established in this asylum.

The Bedford Asylum was opened in 1812, and has accommodation for fifty-two patients. There are only three acres of land attached to the premises, which are cultivated as a kitchen-garden by the convalescents; but it does not appear that any other species of labour is attended to.

The Asylum for Cornwall was opened on the 1st of October, 1820, and is capable of receiving one hundred and two patients. There are seven acres of land, chiefly cultivated as a garden, but it is evident the patients are not much employed in any regular manner, as the report only says, "that they work in the garden, and raise water for the use of the house, by means of a wheel-pump. The female patients also work in the garden, and assist the laundress." The view from the win-

dows of the asylum is cheerful, and the airing grounds are extensive.

The Gloucester Asylum was first projected as a charitable establishment for the accommodation of patients of every class, about thirty years ago; but when Mr. Wynn's Act took effect, it was adopted as a county hospital, and the money that had been raised by private subscription, was added to the public fund, under the provisions of the Act. It was not opened till the 17th of July, 1823. There are between eight and nine acres of land attached to this asylum, which has apartments for one hundred and twenty patients, and many of the men are regularly employed in cultivating the ground: "and notwithstanding they are intrusted with spades, and other garden tools, no accident has occurred—not even among those who, as carpenters, are allowed the free use of edge-tools." The females assist in all the household duties, and in needle work, which, as the report states, "is found not only most useful to themselves, but also most beneficial to the establishment."

This is a very general view of the asylums already established in England as made up from the last returns that have reached me; but it is, upon the whole, a very gratifying one, and

holds out to such magistrates as have hitherto neglected their duty, (and they are numerous,) a strong, and the very best inducement, to proceed, without delay, in providing for the accommodation of the lunatic poor in their respective counties.

One great objection to the building of a public asylum in Middlesex, was said to be the enormous expense it would entail upon the county: this I conceive I have proved a very erroneous opinion*. It will, no doubt, require a considerable sum in the first instance, but hereafter the parishes will be relieved from a very heavy and increasing burden. The insane poor, for whom the county is now obliged to pay, exceed eight hundred, and the existing system of farming them to the keepers of private asylums is not calculated to reduce their numbers, confinement being the sole object attended to in the greater number of such private receptacles. In a county hospital it is very different, indeed, exactly the reverse, as it is the interest of all concerned to keep the numbers as low as possible. It will be sufficient for the Middlesex magistrates to provide accommodation for five hundred and fifty or six hundred, in the first instance, and this they ought

* See Appendix, No. 4.

to do in two separate and perfectly distinct establishments, one for the males, and another for the females. It is not necessary that they should be in any way connected, or even in the same part of the county; and it is more economical to build an asylum for three hundred, than for fifty; but beyond three hundred and fifty, the ratio of expense is greatly increased, and the advantages of the establishment considerably diminished.

The Bedford Asylum, for fifty-two patients, cost upwards of 10,000*l.*: that in Cornwall, which will accommodate one hundred and two, cost only 15,724*l.* 14*s.* 8*d.* Gloucester again, which was built for one hundred and twenty patients, cost 44,457*l.* 6*s.*; while Lancaster, that can receive three hundred, required 59,833*l.* Lincoln, for fifty patients, expended 12,405*l.*; and Nottingham, for eighty, about 20,350*l.* Norfolk has provided accommodation for one hundred and two patients, at an expense of 35,221*l.*; and at Wakefield, the building and ground cost 55,000*l.*, and the accommodation is only for two hundred and fifty patients. I have not learnt what has been the expense of the Suffolk Asylum; nor have I seen any account of that erected near Oxford.

SECTION II.

The Present State of Lunatics and Lunatic Asylums in Scotland.

WE come now to consider the state of insanity in Scotland, where, happily, a better system and better laws prevail, than formerly existed in that country. There is still, however, a great want of proper accommodation for her numerous lunatics, and district national asylums remain as great a desideratum as ever. When I commenced my inquiries into this subject, and they were begun in the north, Lord Binning and Sir William Rae, the present lord advocate, then sheriff of Edinburgh, stepped boldly forward, and probed to the bottom the evils that existed in their native country. There it was found that the laws were equally defective, and that neglect and misery prevailed to as great an extent as in England, but they were not suffered to continue.

In 1815, a bill was brought into Parliament by Mr. Colquhoun, then lord advocate, and passed into a law, by which both public and private asylums were put under the jurisdiction

of the sheriff of the county, who was authorized to correct abuses, and to issue regulations for the government of these establishments ; and with the advice of such physicians as he might call to his aid, to interfere even in the treatment of the patients, and order the discharge of all such as he thought improperly detained. This law has been found to work well, and only that it is burdened with a heavy, but perhaps necessary, expense to the patients or their friends, (an annual fine of two guineas,) it is, as far as it goes, a very judicious act.

From the printed parliamentary returns, and other public documents, we learn that, in 1826, there were six hundred and forty-eight individuals in the public and private asylums in Scotland, and ten in public gaols ; but this bears no proportion to the actual number of insane persons in that kingdom. On this point, I can speak with absolute certainty, for there are now on my table distinct returns from eight hundred of the nine hundred parishes into which Scotland is divided, all carefully made up, and signed by the respectable clergyman of each parish. From these it appears that there are about three thousand seven hundred insane persons and idiots in this kingdom. Of these, one hundred and forty-six are in private asylums, fifty in

the public asylum, and about sixty in Bedlam, in the county of Edinburgh; and three hundred and eighty-seven in other public asylums and workhouses. One thousand one hundred and ninety-two are confined with private individuals, principally with small farmers and cottagers, and twenty-one are in gaols—making the number of persons actually in a state of confinement, one thousand eight hundred and sixty one; while upwards of sixteen hundred are allowed to be at large, most of them wandering over the country, and subsisting by begging.

One thousand six hundred and thirty-four, or nearly one-half of the insane population of Scotland, are altogether maintained by the public; and though private charity has gone a great way in providing asylums for their comfort and proper treatment, I cannot but regret that the public refused the adoption of a law for erecting district or county establishments, which was proposed some years ago, by that excellent nobleman Lord Binning. The rejection of this act, I believe, arose neither from the parsimony nor the poverty of the freeholders, but from a dread of introducing into the kingdom that system which has been denominated the night-mare of England, the poors' rates.

Such establishments, however, are still required to make the system perfect.

In looking over the returns now before me, I observe that the greatest number of insane persons and idiots, as compared with the total number of inhabitants, is in the following counties:—Perth, in a population of one hundred and thirty-five thousand eight hundred and ninety-three souls, has three hundred and fifty-nine lunatics and idiots; Aberdeen, in a population of one hundred and two thousand seven hundred and sixty, has two hundred and fifteen; Lanark, in a population of eighty-two thousand nine hundred and twenty, exclusive of Glasgow, has no less than two hundred and sixty-five; and in the counties of Inverness and Nairn, there are two hundred and ninety-eight. Banff has one hundred and sixty-three, in a population of thirty-six thousand six hundred and sixty-eight; while Fife and Kinross, proverbially renowned for the dulness of their people, have only one hundred and eighty-nine, in a population of one hundred and eight thousand five hundred and nineteen souls.

In the main land of Argyll, and in Bute, the number is very great,—two hundred and fifty-two, in a population of one hundred thousand; but in the Hebrides or Western Isles, there are

scarcely any. In Perthshire, the idiots are two hundred and eight, the lunatics only one hundred and fifty-nine. In Lanark, the idiots are one hundred and sixty-three, the lunatics one hundred and two. Aberdeenshire has one hundred and twenty-two idiots, and only ninety-three lunatics. In Banffshire, the latter are only sixty-eight, and the former ninety-five; while in Inverness and Nairn shires the proportions are ninety-two lunatics, and two hundred and six idiots; Argyle and Bute, eighty-five lunatics, and one hundred and sixty-seven idiots. In Morayshire, the lunatics are thirty-two, the idiots only twenty-two. In Berwick, Roxburgh, Selkirk, Dumfries, Kirkcudbright, Wigton, and Renfrew, the numbers are very nearly equal; and in Orkney and the Shetland Isles, the lunatics exceed the idiots in a small proportion.

There is not one asylum in the whole kingdom that can be called a public or national establishment. At Edinburgh, the public asylum was built by voluntary subscription, and no patient can be received under a board of one guinea a week. The paupers of the city are detained in what are called the cells of the charity workhouse,—a *prison* well ordered, and now properly attended to, and where the

prisoners have every comfort, and receive every kindness ; but where the great and leading advantages of a lunatic hospital are still wanting, and can never be attained, unless, indeed, the system hereafter to be mentioned should be adopted.

The splendid establishment at Glasgow is also, properly speaking, an eleemosynary asylum, though paupers are received*. At Perth, an endowment was made some years ago, and an hospital built, solely for the accommodation of the poor. Dundee has its lunatic asylum, and so has Montrose ; and at Aberdeen there is a very excellent establishment, for about one hundred patients, all of which have been built by private voluntary contributions, and all, in a great measure, are maintained by the money paid for the board of the patients, as their permanent funds are very trifling indeed. Dumfries has a small lunatic establishment, attached to the County Infirmary, but it is only capable of receiving about twelve patients.

The great advantage of district asylums would be, the proper seclusion and employment of the pauper idiots, who now range over the kingdom as harmless beggars, and are a great source of the continuance and propagation of

* *Vide* Appendix, No. 3.

the evil. There are instances, in several parishes, of idiot females becoming the mothers of two or three children; and although some have been born with the use of reason, the greater number are found to be idiots.

Such, then, is a short view of the state of insanity in Scotland, from which kingdom, we proceed to take a view of the number and condition of the insane in Ireland; and here I have a most gratifying duty to perform.

SECTION III.

The present State of Lunatics and Lunatic Asylums in Ireland.

IRELAND is the only portion of the British Empire where just views have been entertained of what was necessary for the comfort and cure of her insane population, and where these views have been fully carried into effect. When we reflect on what the state of Ireland was, and now is, we have a most striking proof of what the zeal and perseverance of a single benevolent individual may accomplish for the benefit of his fellow-creatures, and that too, in a very short period of time.

On turning to a small work, published in 1808, by Mr. Murray, and which gives the results of an inquiry, instituted by the writer of these remarks, for the purpose of ascertaining the state of lunatics and lunatic asylums in Ireland, we find that there was not at that period one public establishment in the whole of that kingdom, except Dean Swift's hospital, at Dublin, and even that hospital was in a very bad state. The poor (as, indeed, was the case all

over the empire) were crowded into the work-houses and prisons; but from the distracted state of that unhappy country, the want of poor laws, and, I may add, the neglect of all laws, human nature could scarcely be more degraded than it was in Ireland, at the above date.

In 1828, we find from the report of the Inspectors General of prisons, whose duty extends also to the inspection of lunatic asylums, that, besides the Richmond Lunatic Asylum, and the lunatic department of the House of Industry (a distinct establishment,) both well-ordered and well-arranged public institutions, (where the poor lunatics have all the comforts their cases admit of, and are attended medically, by men eminent in their profession,) there are four private asylums in the neighbourhood of Dublin. At Cork there is a well-ordered public asylum, capable of containing three hundred and more patients. At Limerick, another calculated for one hundred and fifty patients, and which is one of the best-arranged public asylums that has ever been built; and at Armagh, there is another calculated for one hundred and six; and at Londonderry one for the same number; and another at Belfast; besides five or six minor establishments in other parts of the kingdom.

All these asylums are conducted with a degree of attention and regularity, that reflects the highest credit upon the government, as well as the local authorities concerned.

And by whom has this wonderful change been effected? I answer, by the indefatigable exertions and persevering zeal of Mr. THOMAS SPRING RICE, the worthy member for Limerick; and so quietly and silently has it been effected, that this zealous and active friend of his country—this benefactor of the human race, has scarcely ever been mentioned as connected with the subject, while others, as I know, have receive the meed of praise that was justly his due.

I am ignorant of the circumstances which first drew Mr. Spring Rice's attention to the wretched condition of his insane countrymen; but this I know, that the blessings of thousands must attend him, and his memory will be held in grateful recollection, by millions that are yet unborn.

In 1817, Mr. Vesey Fitzgerald introduced into the House of Commons a short bill, which had been prepared by Mr. Rice, and which was passed into a law. By this Act, as subsequently enlarged and amended, the Lord Lieutenant of Ireland has the power of directing the magistrates of any county or district, to

erect an asylum for the accommodation of their insane poor. It was not, as in England, left to the discretion of the magistrates themselves ; and it is under the authority of these Acts, that the establishments we have enumerated have been, and others will be, erected.

By another comprehensive and very humane Act, which was passed a few years ago for the regulation and inspection of prisons, houses of correction, and bridewells in Ireland, the regulation and inspection of lunatic asylums was also provided for, and the general superintendence of the whole put under the direction of two individuals, who are styled Inspectors General, and who are obliged to make a report annually to Parliament. Their fifth report is now on my table, and affords a very distinct and gratifying view of the utility of the measure, and of the fidelity with which their duties have been discharged.

These Inspectors General have authority to enter, and strictly to investigate, not only all public asylums, but also all private establishments, whether they contain one, or one thousand patients, and, if necessary, to act the part of the most rigid inquisitors. Oh that England would be wise, and would consider this, and for once, take a lesson from her more humble sister!

It appears from the returns published by the Inspectors General, that in the Richmond Lunatic Asylum, there are two hundred and eighty patients; and in the lunatic department of the House of Industry, at Dublin, four hundred and forty-two. In the private asylums, in the neighbourhood of that city, there are one hundred and one.

At Cork, by the last report of the physician to the asylum, Dr. Osborne, there were remaining in the house, on the 1st of March, 1827, two hundred and two. At Limerick, in August last, there were seventy-four: at Waterford, one hundred and three; and at Armagh, sixty-four. There are eighteen patients confined in the old gaol at Lifford; seventeen in a private madhouse at Downpatrick; twelve in the County Infirmary at Derry; and nineteen confined in the old gaol at Roscommon. Ennis has an asylum, consisting of thirteen cells, but the inmates, fourteen in number, were to be removed to Limerick. At Kilkenny, a neat building has been erected for the purpose of relieving the county gaol. It consists of six cells for males, and four for females, with a day-room and yard for each class; and there are now confined in it eight males and six females, under a careful and intelligent keeper.

The County of Tipperary has an establishment for lunatics, attached to the House of Industry, where thirty-two patients are confined and treated with great attention; but the building is not very appropriate, and the cells are reported by the Inspectors General "as being badly ventilated, and having an unpleasant smell." At Waterford, the establishment for lunatics is also attached to the House of Industry, and contains forty-eight idiots and fifty-seven lunatics. "The patients," say the Inspectors General, "are treated with lenity, and there was but one patient coerced, a male lunatic, on whom a strait waistcoat was placed." At Wexford, the establishment for lunatics forms equally a part of the House of Industry, and is rendered as efficient as it can be made under the circumstances of the case; but, add the same intelligent Inspectors General, "in the present day, when extensive asylums are so generally established, it must be considered as a very inadequate substitute." Thirty-seven patients were confined in this establishment. The total number of persons that are actually in confinement in Ireland, at the present moment, will therefore stand as under:—

	Lunatics.	Idiots.	Total.
In the Richmond Asylum at Dublin . . .	168	112	280
In the Lunatic Department of the House of Industry	}	}	442
In the private asylums near Dublin			
In the City and County Asylum at Cork . . .	138	64	202
In the Asylum at Waterford			103
In the Asylum at Armagh			64
In the Gaol at Lifford			18
In a private house, Downpatrick			17
In the County Infirmary, Derry			12
In the Old Gaol, Roscommon			19
In the Asylum, Ennis			14
In the Asylum, Kilkenny			14
In the House of Industry, Tipperary			32
In ditto ditto, Waterford	57	48	105
In ditto ditto, Wexford			37
In the Asylum at Limerick			74
In Dean Swift's Hospital, Dublin, the number not stated, but say	}	}	50
Grand total of persons confined	363	224	1584

We have thus, from the returns, an aggregate number of nearly sixteen hundred persons in confinement; but the relative numbers of lunatics and idiots are only mentioned in three of these returns. The number, however, here stated bears no proportion to the actual number of insane persons and idiots in Ireland. We have no certain data from which we can calculate what that number is, but I do not exaggerate when I state it at three thousand.

The Richmond Lunatic Asylum was commenced in 1810. The governors of the House of Industry at Dublin paid 8557*l.* 7*s.* for the ground on which it is erected; and previous to 1815, they had expended 49,859*l.* 11*s.* 11*d.* on the buildings: since that period, an additional expense of 19,392*l.* 6*s.* 10*d.* has been incurred, in adding to those buildings; so that the total sum expended, on the ground and buildings, amounts to 77,809*l.* 5*s.* 9½*d.* And according to an account, rendered by the secretary, the expense of the establishment, for the year ending the 5th of January, 1827, was 7,365*l.* 5*s.* 3*d.* On the 4th of January, 1826, there were, in the asylum, one hundred and fifteen males, and one hundred and thirty-six females; and during the year ending the 4th of January, 1827, there were admitted, ninety-one males and seventy-two females, making a total of four hundred and fourteen, treated. During the same year, thirty-nine males, and thirty-four females were discharged recovered; eight males and five females relieved; nineteen males and eight females died; three individuals were removed by their friends, and twenty-one incurables transferred to the House of Industry. One hundred and twenty-five males, and one hundred and fifty-two females, remained in the

house on the 4th of January, 1827, of which number twenty-five were convalescent; one hundred and thirty-two curable; eight epileptics; and one hundred and twelve incurables.

Eighteen patients were employed in garden labour; sixteen in spinning; twelve in knitting, and eighteen at needle-work: twenty-six were employed in keeping the house clean; twelve in washing; and sixteen in other employments, such as carrying coals, whitewashing the wards, weaving, tailoring, &c. and *twelve were learning to read*: so that out of two hundred and seventy-seven, not less than one hundred and thirty were actively and usefully employed. During the year, not less than 3188 hanks of yarn were spun; 406 pairs of men's and 349 pairs of women's stockings knitted: and *of linen woven in the establishment*, there were made, by the female patients, for the use of the inmates, 140 shirts, 80 shifts, 115 bolster cases, 56 pairs of sheets, 53 rollers, 83 bodices, 80 night caps, besides keeping in repair the whole clothing of the male and female patients. This asylum is, at all times, open to the public; and we observe, in a letter from the moral governor to the Irish secretary, in August last, "that, notwithstanding the erection

of district asylums, the number of applications for admission into this establishment has not diminished, and that the great accumulation of incurable cases has considerably limited its usefulness as a lunatic hospital."

From the well written-report of the County and City of Cork Asylum, already referred to, and which was submitted to the governors last March, by Dr. Osborne the physician, and successor of Dr. Halloran, we learn that on the 1st of March, 1826, there were two hundred and eighty-nine patients in that establishment; two hundred and twenty-three had been in the house for upwards of two years; one hundred and fifty-four, for five; ninety, for ten; forty-five, for fifteen; twenty-five, for twenty; and nine, for twenty-five years. That during the year ending the 1st of March, 1827, forty-five male and sixty-one female patients were admitted; and that fifty-seven of the old patients, and forty-five of the new (*viz.*, those admitted during the year) were discharged cured; thirty of the old patients, and three of the new died; and that on the 1st of March, 1827, there were remaining in the asylum, two hundred and fifty-seven, many of them in a state of convalescence. I have not seen any ac-

count of the sums expended in building this asylum, or of the annual charge for its maintenance.

The Armagh District Asylum, which is intended for the counties of Monaghan, Cavan, Fermanagh, and Armagh, was finished in 1824, and contains accommodation for one hundred and six patients. It was opened on the 14th of July, 1825, and from that date to the 30th of July, 1827, had received eighty-two male, and fifty-eight female, patients, of whom twenty-six males and fifteen females had been discharged cured; seven males and two females relieved; six were taken away unrelieved; eight (three males and five females) died; and forty-four males and thirty-two females remained in the house on the 30th of last July. There are thirteen acres of ground attached to the building, which is cultivated by the patients, and furnishes potatoes and vegetables for the whole consumption of the establishment. All the linen for the house consumption is woven by the patients in the asylum, and all their clothing is made by themselves. The total amount, therefore, expended in the support of this asylum, from the 14th of July, 1825, to the 1st of July, 1827, was only 3,476*l.* 16*s.* 11*d.*

The expense of building the asylum was

18,094*l.* 4*s.* 8½*d.*; the land (thirteen acres) cost 1,090*l.* 5*s.* 7*d.*; the furniture and bedding cost 1,336*l.* 14*s.* 0½*d.*; and the contingencies amounted to 379*l.* 0*s.* 1*d.*; making the whole expense of the establishment 20,900*l.* 4*s.* 5*d.*

The average number of patients employed during the year 1826, is thus stated by Mr. Jackson, the governor: *viz.*, of the males—in garden labour, twelve; weaving, three; tailoring, three; mat-making, two; household work, six; white-washing, one. And of the females,—in spinning flax, six; making female clothing, eight; washing, three; and in household duties, four. Total, forty-eight. “As employment,” adds this intelligent governor, “is now generally allowed to be one of the best restoratives, every means has been used to promote it. Such as are at all capable, among the females, are constantly occupied at plain work and spinning, &c., and the division in which these are most generally carried on is remarkable for its regularity and cheerfulness. The patients, with few exceptions, seem happy and grateful. Avoiding all compulsion, I mostly find a small premium, such as a little tea on Sunday, to the females, and tobacco to the males, has the desired effect.”

The Limerick District Asylum, which is in-

tended for the counties of Clare, Kerry, and Limerick, was finished in 1826, and opened for the reception of patients, on the 31st of January, 1827. The total number received up to the 10th of August last, was eighty, and the expenses for that period, for clothing and maintenance, amounted to 2,350*l.* 2*s.* 8½*d.*

The building of this asylum cost 24,056*l.* 9*s.*; the ground (twelve acres) cost 5,444*l.* 15*s.*; and the furniture and bedding 1,400*l.* 16*s.* 7*d.*; to which are added for contingencies, 509*l.* 10*s.* 1*d.* making a total of 29,511*l.* 10*s.* 8*d.* This, as I have before observed, is one of the best-constructed buildings in Europe, and its plan might be taken as a model for all similar institutions.

The asylums for Belfast and Derry have been contracted for, and are in progress: they are each calculated for the accommodation of one hundred patients. The first has acquired twenty-one acres of land for the use of the establishment; and the last, twelve acres and a half—the most important part of the arrangement. As yet, no District Asylums have been established in the provinces of Leinster and Connaught.

Such, then, is a general view of Ireland, as regards the subject of Lunatics and Lunatic

Asylums. I have entered more into detail than perhaps some of my readers may think necessary, but the system is so excellent, and has been found to work so well, that I am anxious it should be imitated in this country; and, indeed, it may easily be translated to England, without any great alteration of her existing laws. The present Commissioners, with additional powers, as I shall attempt to show hereafter, may be formed into a board, similar to that of General Control in Ireland, and the appointment of Inspectors General will not add much to the national expenditure. The Secretary of State for the Home Department should have the power of directing when and where county asylums ought to be built in England; and regulations for the government of all such establishments, whether public or private when approved of by him, ought to have the force of law.

SECTION IV.

The Present State of Lunatics and Lunatic Asylums on the Continent of Europe.

IN France and in the Netherlands, and, indeed, in almost all the continental states, the hospitals for the insane are under the control of the minister of the interior, (an office equivalent to the Home Secretary of England,) and form a branch of the civil hospital establishments, and are all governed by one general code of laws. Each city or principal town has its own hospital, which is under the more immediate direction of its own magistrates, and a chosen number of the principal inhabitants, but the whole are regulated and controlled by the minister of the interior. The insane, as well as the sane poor, are supported from the general funds of the civil hospital establishment. These consist of property left by charitable individuals for particular hospitals; and the money realized by the sale of the hospital property, during the French revolution, which was acknowledged by the government of Bonaparte as a part of the national debt, and for which interest is paid by the

state. These form what may be called the permanent funds in France and in Holland. But besides these, the governments have also allotted a certain proportion of the duties charged upon merchandise, and all articles of consumption sold in the cities or towns where the hospitals are established; as also the taxes levied upon all licensed gambling-houses, and all other houses of equal infamy.

In the communes, or country districts, the hospital funds are raised as a kind of capitation tax. These funds, whether permanent or casual, are paid over to a particular board, and form what is called the hospital chest, from which the expenses of all the civil hospitals of each kingdom are paid. Each province has its own commissioners for general hospital purposes, and each city its local managers. The governors of the several provinces preside over the former, and the chief magistrate of the city or commune has a right to take the chair among the latter.

With regard to the arrest and confinement of insane persons, the laws of the two kingdoms already referred to, are nearly the same. Any magistrate, upon a complaint from the nearest of kin, or from the police, may order an individual into temporary confinement, but a com-

plaint or report of the circumstance must be lodged with the "Procureur de Roi," who brings the matter before the criminal court of the district. This court issues its precept to any justice of the peace of the town or commune to which the insane person belongs, directing him to empanel a jury of the nearest male relatives of the prisoner, to ascertain if the complaint or report of insanity is well founded. The magistrate sits as president, and examines witnesses in the presence of these relatives; and if the insanity is proved, a report of the circumstance is made to the court, and the Procureur de Roi receives instructions to order his detention in the public madhouse of the city or district, and, according as it may seem necessary, at his own charge, or at the expense of the public. If the friends of the individual choose, they may remove him from the public hospital to any regularly licensed private asylum; but in all cases of the poor, or where the public have to pay for his maintenance, he must remain in the public asylum.

Every public establishment for the insane is under the immediate charge of a respectable physician, appointed by the government, with a regular salary from the hospital chest; and when a patient recovers, a certificate of the

fact is transmitted, by this physician, to the king's advocate, who, upon receiving it, has the power of ordering his immediate discharge—a very simple and a very humane regulation. The physician's comfort, as well as fame, depends much upon the cure of his patients, and the smallness of the number in hospital. His salary does not increase with their admission, nor is it diminished by their discharge. I need scarcely observe that the insane, as well as the sane, throughout all the hospitals in France, are attended by the brothers and sisters of the religious order of "La Charité."

As all the hospitals of the kingdom are under the same management, it follows, as a matter of course, that all registers and returns are made and kept after one and the same form. A correct register of all admissions is kept at every asylum, in which is entered, not only the name of the individual, but also the names of his father and mother, the place where he was born, the date of his birth, his profession or trade, his last place of residence, the date of his admission, the date of his discharge or decease, with the name of the person by whose order he was admitted.

In France and in Holland, and in general throughout the south of Europe, the insane

are classed, as they ought to be, with the sick and the infirm; but in several of the more northern continental states, *and in Great Britain*, they have hitherto been associated with thieves and murderers. In Hanover, for example, the whole of the lunatics of the kingdom, are shut up in the national prison at Celle.

I shall not give any particular account of the great hospitals of the respective countries I have visited; these are generally considered as shew establishments, and are seen and inspected by all travellers. My remarks are, therefore, to be taken as applying to asylums in general, and to the number and condition of their lunatic poor.

I know of no country in the world where more attention has been paid to the comforts of those unhappy beings than in the kingdom of the Netherlands. Every city or town, of any note, has a distinct hospital for lunatics. Some of these, I confess, are but indifferently attended to, and others are very unfit for the purpose for which they are destined, but many, and the great majority, are of a very superior order.

At Ghent, there is one hospital for males and three distinct establishments for females.

The first is an old monastical building in the centre of the city, without any exercising ground, except a small paved court. It was, when I visited it some years ago, in very bad order, ill-arranged, and apparently improperly conducted. There were then one hundred and six patients in the house, and the furious were shut up in wooden-boxes or cages, distinct from each other. From the register, I collected that thirty-one had been admitted during the preceding year, and only nine discharged cured, and that five had died.

In the three establishments occupied by females, I found two hundred and two patients, and there was little to commend in their management, except the kindness and attention of the sisters of Charity. The houses were all bad, and very unfit for insane hospitals. There is only one private establishment at Ghent, and it seemed tolerably well conducted. The highest board paid in that establishment was four francs, about 3s. 4d. per diem.

At Antwerp, there is one of the best-regulated public establishments I have ever seen. It was built about twenty-five years ago, and contains accommodation for two hundred and thirty patients, in separate roomy and well-aired cells, besides two infirmaries, with twenty

beds in each. Each patient's cell or room has its own water-closet, and many of them were fitted up with every comfort. A stream of water is made to run under the building, and adds greatly to the freshness of the atmosphere, and cleanliness of the house and inmates. The male and female patients are kept perfectly distinct: each class has a large garden, and airing-ground for recreation and exercise, and their food is cooked in separate kitchens.

There is a very singular establishment* connected with this hospital, which, in my opinion, may be adopted in this country with very great advantage. As it is little known, I shall make no apology for giving the details concerning it, which I collected on the spot.

This establishment is situated at the village of Gheil, about twenty-seven English miles from Antwerp, on the road to Lier and Turnhout, a village that consisted formerly of a few detached houses in the centre of a large uncultivated heath, and far removed from any other habitation. It was however a place where lunatics had been treated from a very remote age, in consequence of some traditional superstition, and where the villagers, in almost every

* It is to this establishment I have alluded in my notice of St. Luke's, and the Edinburgh Bedlam.

case, were reported to have effected a cure. The founder of the present asylum at Antwerp, (whose name, I regret to say, is so illegibly written in my notes, that I am unable to record it,) when informed of this secluded retreat, determined to avail himself of the facilities which it gave, to improve the system he had adopted in the city. He caused a number of additional cottages to be built at the public expense, and allotted to each a certain portion of the barren heath. These cottages were distributed to such members of the existing community as were of good character, and disposed to marry and settle, upon condition that they should receive only the convalescents from the asylum at Antwerp, at a certain board, and treat them after the manner of the other patients at Gheil. The plan was further enlarged, as we find by a report from a Monsieur Pontecoulant, Prefect of the Dyle, (Brussels,) to the French Directory, about the end of the last century, and in which he states that “*Les Insensés étaient éntassés autrefois à Bruxelles dans un local étroit et mal-sain, dont les incommodités suffisaient pour rendre incurable la maladie qui les y conduisait. J’ai cru remplir à-la-fois un devoir de l’humanité et une obligation de ma place en adoptant à*

l'égard de ces infortunés un usage recommandé par les succès d'une longue expérience. Instruit que la Commune de Gheil dans les départements des deux Nethes (Antwerp) était un asile ouvert à ce genre d'infirmité, après m'être entendu avec le Préfet de ce département, j'ai fait transférer tous les fous de l'Hospice de Bruxelles dans le village de Gheil où ils jouissent d'une liberté qui n'exclut pas les soins que leur état exige. Des commissaires délégués par le Conseil général des Hospices se rendent périodiquement sur les lieux pour vérifier si l'on remplit envers ces infortunés toutes les obligations auxquelles sont tenus par contrat les habitans qui en sont chargés."

The peasants were bound to treat with kindness the convalescents and others that were thus sent to Gheil, but at the same time they were allowed to employ them in the cultivation of the waste-land that surrounded the village. Here it was found the insane recovered rapidly, and as the fame of the villagers increased, persons of the highest rank, and even the poor, were sent to them without passing through the hospitals at all.

Each patient is obliged to labour for a certain number of hours in the day according to his strength, and when not employed, he is allowed

to walk about without any restraint, and they are summoned to their homes by the bell of the village church. Scarcely any accident occurs, and very few ever attempt to make their escape.

The superstition which first gave celebrity to this sequestered village, still lends its aid to the good air, and other advantages of the situation; for, as the legend of Gheil informs us, “a certain English lady of high rank and surpassing beauty, when driven to madness by the treachery of a lover, and the cruelty of friends, wandered from her home and from her country, and found refuge in this deserted spot; where she recovered her reason, built a church, and devoted a long life to curing the insane, having received from heaven the power of performing such cures.” Her remains, which are preserved with great piety, are supposed still to possess that power. Her coffin, therefore, is placed in the church which she built, raised upon pillars about three feet in height. Every patient, on his arrival, is kept secluded for nine days, and, at a certain hour on each of these days, made to pass under the coffin of the saint, and repeat a prayer for her interference in his behalf.

Many cures are effected in the short space

of these nine days, all of which go to the credit of the holy St. Dymph of Gheil. But let the merit rest where it may, certain it is, that more patients are cured at this village than in all the hospitals of the kingdom put together. From five to six hundred insane persons are constantly at the place, and the number of its inhabitants is now about seven thousand. An intelligent gentleman who lives in the village, and who seemed to have paid some attention to the subject, assured us, that the most outrageous "*guérissent plutôt que les mélancoliques et tranquilles,*" and that "*les accès arrivant toujours vers le moi de Mai et de Septembre.*" How far his observations were correct I have had no means of judging, but I give the information in his own words.

It is to be regretted that no accurate register is kept at Gheil, and it was found impossible to obtain any correct information of the numbers that left the village cured: they were stated to average from two to three hundred annually.

If the governors of St. Luke's were to form such an establishment, upon some of the heaths or commons that are at no great distance from the metropolis, they would more effectually, I imagine, fulfil the intentions of the benevolent supporters and contributors to this institution,

than by transferring their supposed incurables, after a twelvemonth's trial, to the white and red houses at Bethnal Green, as very uniformly has hitherto been their practice for a number of years past. And that such an establishment might be formed, at a very small expense, must be apparent to all who will give themselves the trouble to think on the subject.

The renting a considerable portion of any such heath or common would not be any great charge to the funds of the establishment, nor could the building of the cottages cost much; and such an arrangement might be made a means of keeping many poor, but well-ordered families, from the workhouse, and of rendering them useful and industrious members of society. The average expense of a lunatic, in St. Luke's, was, some years ago, about 46*l.* 18*s.* 3*d**. He might be maintained at one-third of this expense, at an establishment similar to that at Gheil, and have almost a certain prospect of being cured, while the disease was yet curable. The same plan, as I have already stated, should be adopted by the governors of the Edinburgh Charity Workhouse.

Comparatively speaking, I would say that insanity is more prevalent in the kingdom of

* Vide Report of Select Committee, 1807.

the Netherlands than in France, and, in the former kingdom, more in what is called the ancient Austrian Netherlands, or Belgium, than in Holland, or what formerly were the Dutch United Provinces. In France, the greatest number of lunatics are in her northern provinces.

In Bavaria, and in the Saxon kingdom and duchies, the governing powers have paid great attention to the wants of their insane subjects. The hospitals, with very few exceptions, are clean and well-ordered, and the patients have all the advantage of the most approved systems of medical and moral treatment. One of the most perfect establishments in Europe is at Wurtzburg.

I cannot speak so favourably of the dominions of Hesse; and would willingly blot out from my memory altogether my recollections of Hanover. Here, as I have already remarked, the madman and the idiot are shut up with the thief and the murderer. All the wretches, whose crimes have deserved a punishment short of death, and all the condemned, whose sentences have been commuted by royal mercy to perpetual imprisonment, are lodged together. And within the walls of the establishment at Celle may be found every gradation of human

wickedness and of human infirmity—with only this difference, (for I will speak the truth,) that the depraved and the criminal part of its inmates are treated with some kindness and attention, while the diseased and afflicted are left in utter wretchedness and neglect.

The harmless idiots are allowed to mix indiscriminately with the criminals; but the lunatics and furious maniacs are shut up in a low building, at the back of the House of Correction. Their cells are damp; the floor flagged, and the light and the air are admitted through small iron gratings, without glass. In the corner of each cell there was a small crib, filled with rotten straw, which was the only bed or covering most of the wretches had to fly to. Many were perfectly naked, and while some were furious and raving, others were quiet, and crouching like swine among their filthy litter.

I counted ten women, wallowing in their filth, and covered only with a few handfuls of straw, in one of these small cells. Their food was handed through the grated aperture, and a large iron cruse was placed within their reach, filled with water, for them to drink.

The men were, for the most part, in single cells; and I observed one aged veteran, in

particular,—said to be nearly 100 years old, with hair white as the drifted snow, and a beard of unusual length and thickness. He was bent together, in the corner of his cell, with only a few bundles of straw to defend him from the cold winds of heaven, that blew through it in every direction. I inquired his history, and was told that he had served the Elector during the whole seven years' war; was with the Hanoverian troops at Gibraltar, during the whole time of its siege, and had been with the same troops in India: in fact, that he had served his sovereign for nearly sixty years. But I pass from such scenes, and record with pleasure, that the excellent order in which I found the lunatic department of the House of Industry at Hildesheim was most creditable to the humanity and judgment of its intelligent founder and director, the Chevalier Lohde.

Prussia has long been distinguished among the nations of Europe for the excellence of her charitable establishments; and I found the public asylums for lunatics governed by a code of regulations, that provide alike for the safe custody of the individual, and the proper treatment of his disease; and the few hospitals which I visited were in the very best order.

In Sweden, too, I found that a great deal had been done, of late, to improve her hospitals, and provide for the comfort of her lunatic population; but I did not observe that much was attempted towards curing the complaint.

In Denmark, they are somewhat further advanced; and the lunatic establishments at Copenhagen merit the highest commendation; but there is still a great want of such establishments throughout the kingdom.

One word is only necessary as to Spain and Portugal, where I visited and inspected several lunatic asylums. Insanity is, by no means, a prevalent disease in either kingdom, and does not call for any extraordinary attention. A diseased state, or malformation of the brain, however, is very common; hence the number of idiots that are constantly met with in both countries.

There is a large asylum at Madrid, and another at Lisbon, where the patients are treated with great humanity by the keepers and nurses (the friars and nuns, of a particular order); but, as yet, very little has been attempted by way of cure.

The inhabitants of catholic countries, and, in particular, the different religious orders of the catholic church, have, at all times, been atten-

tive to the wants of the poor, and the comforts of the helpless; conforming in all respects to the first principles of the Christian faith, and the practice of the divine founder of the Christian church: but I do not find that any progress has been made in the treatment of their diseases; or that in these countries in general, lunatics, in as far as their insanity is concerned, have been considered as requiring any assistance, or, indeed, as capable of deriving any particular advantage from the healing art.

The Koran throws such a degree of sacred mystery over the persons of the insane and idiots, that it secures for them the best offices of humanity, and immunity from all open insult, in the countries where the doctrines of Mahomet are the religion of the state; but, among the Hindoos, they were, by their priesthood, very much neglected.

Through the kindness of the Right Honourable the President of the Board of Control, I have been allowed to examine a number of returns from our Presidencies in India; and it is gratifying to know, and to be able to record, the attention which the Court of Directors have given to this interesting subject, in the states under their superintendence; and also the zeal with which the local authorities have carried

into effect the humane and most judicious regulations of that Court.

From the returns I have examined, it is evident, that insanity is a frequent disease among the natives of India, of every caste ;—that the attacks, as was to be expected, are generally sudden, and often violent ; but that, under proper medical treatment, they are easily removed.

The present excellent regulations for the management of the Native insane hospitals were promulgated in 1818. “ Previous to that period,” says one of the intelligent medical officers, in his report to the government, “ they were surrounded with all the evils arising from great seclusion, mysterious secrecy, and bad treatment.” The first great improvement, therefore, was the throwing them open to the public, under proper regulations ; and the placing, at the head of each hospital, a British medical officer, of tried judgment and experience, with a fixed salary or allowance, altogether independent of the number of patients under his superintendence.

The more immediate government of each hospital is vested in the magistrates of the district in which it is situated ; but the general control is given to the judges of the circuit courts, who perform the duties done by the

Inspectors General in Ireland, and by the "Commissaire des Hospices Générales," in France, and in the Netherlands. All supplies are furnished by contract ; and all the hospitals are built by the government. In fact, India, in this department, is much further advanced than England ; and I again repeat, that the Honourable the Court of Directors deserve the highest praise for their attention to the subject.

There are six general hospitals or asylums for insane natives, under the Bengal government. The first is for what are called the Twenty-four Pergunnahs, at Calcutta, where, in one year, from the 1st of January, 1820, to the 1st of January, 1821, one hundred and ten patients were admitted ; seventy-three discharged cured ; and twenty-one died ; and where there are, on an average, about one hundred and seventy patients constantly in the asylum.

In the second hospital, at Dacca, thirty-two patients were admitted in the same space of time ; eleven were discharged cured ; and eight died ; while the average number of patients in the asylum is returned at about thirty-six.

In the third hospital, at Moorshedabad, the admissions and discharges are equal, (sixty-

eight,) and the average number of patients fifty-five; while the annual deaths are stated at nine.

The fourth hospital, at Patna, had eleven fresh admissions during the year 1820; twelve discharges; and only two deaths out of forty-five; the average number of patients constantly in the asylum.

At Benares, the fifth establishment, thirty-one fresh cases were admitted during the year, and only nine discharged; while the deaths amounted to twelve, out of an average number of seventy-five patients generally under treatment.

At Bareilly, the sixth establishment, forty-eight were admitted, and only twenty-nine discharged, during the year; while ten, out of an average of one hundred, died in hospital. The mortality appears to be very great in every one of these establishments, except at Patna; but then we must take into account the great violence of the symptoms in such a country, and the neglected state of the patients before they are brought to the hospital.

At the Presidency of Fort St. George, equal attention has been paid, by the local government, to the wants of the insane natives. And the necessary expenses incurred in improving

the buildings of the old establishments, and for erecting new hospitals, have been liberally sanctioned and confirmed by the Court of Directors. There is a large, well-conducted hospital at Madras : a smaller one at Chittoor ; a third, at Trichinopoly ; and a fourth at Masulipatam.

The great additions made to the principal hospital at the seat of government, and the improved mode of treatment introduced into the establishment, have had the very best effects in reducing the number of deaths, and increasing the amount of cures : yet, as Dr. Stewart, the superintending medical officer, remarks, in a letter to the Medical Board, dated the 29th of January, 1818, “ The proportion of casualties is still large, and is only to be accounted for, by a consideration of the miserable wretches, particularly the natives, who are, from time to time, sent to the institution. Some of these having wandered from their friends and relations, are, upon being admitted, exhausted by inanition, and almost poisoned by devouring filth, &c.”

By a subsequent report of the same intelligent medical officer, (October, 1819,) I observe that the most judicious regulations have been adopted and acted upon ; and that, as an

hospital for the cure of lunatics, the asylum at Madras surpasses many of the European establishments that have long been considered as the most perfect of their kind.

The official documents which I have been permitted to examine, give no returns of the number of patients in the several asylums in the Presidency of Fort St. George, nor do they contain a report of the casualties in any of them.

At Bombay, there is a small establishment at Colabah. The building was erected upon a plan submitted to government by the superintending engineer, and has every comfort and convenience that such an asylum ought to possess. I have further to remark, that the Court of Directors, some years ago, adopted the very humane plan of sending all Europeans, afflicted with insanity, home to England; and in all cases where their removal could be effected without any considerable delay, their recovery has been found to take place, long before they reached the shores of their native land.

Here I conclude my history, short but interesting, of what has been done for the benefit of the insane in such countries as I have had an opportunity of visiting, or from which I have received official and authentic information; and I proceed now, in a manner still more brief,

to point out what, in my opinion, remains to be done, and particularly in England, for the safe custody, humane treatment, and proper care of all such helpless sufferers. Indeed, I shall confine myself, almost entirely, to the last report of the select committee of the House of Commons, which does great credit to the members that attended that Committee, and to their able chairman, Mr. ROBERT GORDON*.

It is certainly highly necessary that the various acts enumerated in their report should be repealed, and consolidated into one Act; and that measures should be taken to facilitate the erection of county asylums: and also, that some efficient general measure, for regulating all asylums (I except none) should be adopted. It is not, perhaps, required that this measure should be so very complicated, as the Act originally proposed by Mr. Rose was by many thought to be. It will be sufficient to give his Majesty's principal Secretary of State for the Home Department a controlling power over all such establishments, with authority to issue such orders and directions as may seem expedient for their better regulation and government. This would be in accordance with what we find is the law in almost all the other king-

* Vide Appendix No. 1.

doms in Europe. It is also necessary that there should be a Board of General Control established in the metropolis, whose duties might extend to the licensing and visiting of all asylums within London and Westminster, and within seven miles of the same, and in the County of Middlesex; but I decidedly object to police magistrates forming any part of this Board. These gentlemen have already enough upon their hands; and if magistrates should be deemed necessary, as a component part of any such Board, let them be selected from such justices as have leisure to attend to the subject. But the number which the Committee recommend, *ten*, is too great. Two magistrates, and three physicians, are perfectly equal to do all the duty, and are more likely to do it well than any greater number.

That, with regard to granting licenses, the Board of Control ought to have a discretionary power of granting or not granting them to the persons applying; while such applicants should have a right to appeal to the Secretary of State, in every case, where a license is refused. In other parts of England and Wales, the magistrates, assembled in Quarter Sessions, should have the same power as the Board of Control in London; but in no case should a

license be granted, by either, until a plan of the premises, for which the license is sought, has been seen, inspected, and approved of, by the said Board of Control, or by the Inspectors General, hereafter to be mentioned; and the premises themselves actually seen and compared with the said plan. The regulations with regard to the application for licenses and the delivery of plans, which the Committee have suggested, are, in my opinion, indispensable. I also approve of their suggestions with regard to the naming of every person concerned in the license, and the residence of one of the persons, so named, in the house. But, besides the local visitors which they have recommended, the Secretary of State should be authorized to nominate and appoint, at least, *four* persons, as general inspectors for England and Wales, who should have all the powers proposed to be given to the local inspectors or visitors; and who should be obliged to report, annually, to Parliament, as is done by the Inspectors General in Ireland; and there ought to be no exceptions, either of habitations, establishments, or houses—all should be alike open to the visits of the Inspectors General, and all subject to the remarks and observations they may think proper to make, in their annual reports.

It is not necessary to give such Inspectors General any controlling power over the local authorities. The right of visiting and examining the patients and servants will be quite sufficient for all the purposes of a general superintendence. These Inspectors General should have such an allowance from government as shall admit of their giving their whole time to this duty; and it is not of much consequence whether they are physicians or civilians, or even military men, as appears to be the case in the sister kingdom.

The committee have said, that they did not consider it necessary to enter into any consideration of the fines or fees for licenses, &c. This, however, is a very important part of the subject, and I consider it highly proper that the patients or their friends should bear a proportion of the expenses which must necessarily be incurred, in carrying into effect such an improved system of superintendence. Every order, therefore, for the admission of a lunatic patient into any asylum or house of confinement, except in the case of paupers, should be written upon stamped paper, of the value of two guineas. This order ought not to be, as in Scotland, renewable annually, but ought certainly to be required on every fresh admission.

An *ad interim* order might be allowed upon common paper, in cases of great urgency ; but the regular stamped order may always be procured, within forty-eight hours, and these regulations should be enforced under a heavy penalty. These, with the remaining suggestions of Mr. Gordon's committee, which are all good, will form a bill, such as is wanted to complete the arrangements for England and Wales.

Scotland requires an Act for the establishment of, at least, four distinct public asylums for pauper lunatics and idiots ; and there ought to be two Inspectors General for that kingdom. As to Ireland, I have not one additional regulation to suggest.

Here, for the present, I close my labours ; and I do so, with the pleasing reflection that I have not laboured altogether in vain. In all my appeals to the public, I have been sensible of doing some benefit to the good cause ; and in all my applications to private individuals, I have met with not only the kindest attention, but equally with the most prompt and able assistance. I have often succeeded beyond my most sanguine expectations, in bringing men of power and influence to take an interest in this important subject ; and I can truly say, that I have had no personal interests to consult, or

private feelings to gratify. I am neither the keeper of a madhouse, nor do I practice this branch of the profession; I have studied the disease, as one little known and less attended to, but of great general importance, and I have followed this inquiry from a desire to do all the good I could, in my humble sphere. Accident brought me acquainted with some of the horrors of the prison-houses of insanity at an early period of my life, and when I had only commenced my medical studies. The impression made upon my mind, by the scenes I then witnessed, can never be obliterated; and my labours shall never cease, while one abuse remains to be corrected.

Many of those who first came to my assistance are gone to receive the reward of their virtuous deeds; "they have ceased from their labours," and I trust "their works have followed them." Others, again, have dropt off from the cause, and have candidly confessed, that they had lost sight of it from the delays that have taken place, and the obstacles thrown in their way—but many, very many, still survive, and continue firm in their resolve to see the work completed—while not a few have come to the task with fresh vigour and improved knowledge; and I contemplate, at no distant period,

a thorough change in the laws of England, and in the feelings of her people, in all that regards the care and comfort of the insane, and the true nature and treatment of this disease.

Why should we be ashamed to think, or to have it known, that we have a brother or a sister afflicted with insanity. It is neither so loathsome as the small-pox, nor so dangerous as a typhus fever. There is, therefore, no more reason for mystery in the one case than in the other; nor is seclusion half so requisite for the madman as for the fever patient. It will, indeed, always be improper to allow a maniac to be intruded upon by those who were the cause of the irritation that produced his disease, (and probably these will be his nearest relatives and dearest friends) while the paroxysm continues; and it may often be proper to remove him from the house where the causes of such excitement are continually forced upon his attention; but in all cases it will be found the best and most efficacious part of the treatment, to keep him in society, and to have his attention arrested by objects of a nature different from those he may have left,—well-regulated counter-exertion being certainly much more likely to bring the instruments of the mind back to their natural position, than either total rest or increased exertion

of an improper kind. This, indeed, is no longer a matter of opinion or conjecture. The patients of a lunatic asylum are found to be neither irritated nor agitated by strangers entering their wards, provided they are not teased or annoyed by impertinent questions, or inconsiderate observations, and are not insulted. Alas, how often have I seen the brutal keeper, when shewing off his wretched patients, to some not less brutal and heartless visitor, goad the madman into frenzy, in order that he might shew him in his proper condition; and that, too, with as much indifference as I have seen the keeper of a menagerie rouse the *lion* or the *bear* from his den, that they might growl or howl to please the rabble.

Every madman is affected by kindness, and pleased with confidence; but if he once detects us in any attempt to deceive or impose upon him, he will never forgive or forget it; and what is somewhat singular, though it would be almost madness itself to attempt to reason him out of the delusion, if I may so speak, which has got possession of his mind, yet, in all other matters, he will be perfectly amenable to reason, and may easily be convinced of the propriety of any judicious restraint or change of place that may be necessary for his

self-preservation, or the security of those around him.

Deal honourably, but firmly, with a madman, and, even in the most furious paroxysm, your presence will calm him in a moment. Under a steady gaze, his eye will fall, and his conduct seem to say, "I know I am wrong, and not acting as I ought to do." I have said it would be madness itself to attempt to cure an insane person by reasoning on the subject that forms his disease, and yet that, on all other points, he will listen to reason; and I would add, that this fact, which is incontrovertible, goes far in establishing the true nature of insanity.

A certain part or portion of the instruments of the mind are thrown from their natural position, and have, consequently, become unfit to perform their regular duties. We have two eyes, yet we only see objects single; but let one of the eyes be pulled or pushed from its parallel movement with the other, and we immediately see the object double. In this case, the other external senses correct the defect of vision, and assure us that the order of nature, as to vision, has been interfered with, and that the impression made upon the mind is not correct; for we can feel that there is only one candle upon the table, though we

see distinctly that there are two. But with regard to the intellectual faculties, whether the impressions are conveyed to the mind from external objects, or are conveyed from the mind to the external world, we have not the same means of ascertaining, that the organs or instruments that form the connexion between matter and mind have become disordered or deranged; therefore our ideas are expressed in the form or manner in which the mind beholds them. We may suppose an individual, who, by a slight paralysis of the muscles of one eye, occurring in the dark, will see two candles, when only one is brought into the room; and that, being unconscious of what had taken place, he would maintain that what he saw was correct, until he had explained to him the cause of such double vision, and had ascertained, by actual examination, that the fact was as so explained. So the insane person, receiving his impressions through a diseased or disordered medium, has them actually conveyed to the mind in the form in which they are expressed; but there being no means of proving, by any other faculty, that the impression is incorrect or improper, he believes himself perfectly correct in what he expresses, and, indeed, is only expressing what he actually

feels; in the same manner as the person who saw double, without being aware of the cause, insisted that there were two objects when there was only one, because he actually saw two.

Except in the case of *dementia* or idiocy, where the whole instruments are so diseased as scarcely to be able to transmit or develop one intellectual ray of the mind, we do not find that even the most furious maniac is insane on more points than one. In fact, that only one small portion of the brain has been injured or disordered. Hence, the propriety of treating the madman as a human being, and the necessity of being upon honour, and reasonable with him, on all other points. Hence, too, the facility with which the disordered portion is restored to order again, by acting rationally upon what is sound and healthy; and the proof, that the brain gains *health* and strength by following the ordinary rules and regulations,—the exercises and employments that are prescribed for invigorating the body.

The finer the organs of the mind have become by their greater developement, or their better cultivation, if health is not made a part of the process, the more easily are they disordered. We seldom meet with insanity among

the savage tribes of men ; not one of our African travellers remark their having seen a single madman. Among the slaves in the West Indies it very rarely occurs ; and, as we have elsewhere shewn from actual returns, the contented peasantry of the Welsh mountains, the western Hebrides, and the wilds of Ireland, are almost all free from this complaint. It is by the over exertion of the mind, in overworking its instruments so as to weaken them, while the healthy functions of the body are, by a kind of re-action, interfered with, that insanity may be said to take place in a great number of instances ; while, in others, it is the over exertion of the bodily powers, and the derangement of the vital functions, that re-act upon the brain, and derange its operations.

It is by a similarity of conformation that we can trace a similarity of feeling and action among the individuals of a family and the people of a country, where intermixture with foreigners has seldom occurred ; and it is only because the structure of the child is found to resemble that of its parents, that the disposition to insanity, or a delicacy of the organs of mind, can be said to be hereditary.

I certainly would not recommend the union of two persons who were known to have the same

degree of delicacy of structure, because I would suspect the organs of their offspring might be too fine for common use. Nor would I allow two persons to procreate their species whose organization was so imperfect as to be unfit for the common operations of the mind, because I should then expect to see a race of idiots ; but I am convinced that danger can never arise to the offspring of a healthy mother or a healthy father, merely because the one or the other may have been insane from a casual circumstance, or has such an original refinement of structure that very slight accidents will throw it into disorder. It is quite in accordance with the common observation of the world, that the most sound and vigorous organs of mind are derived from a mixture of genius with stupidity ; as in all animals we find that the only way to keep up the perfection of their kind is to cross the breed. Insanity, that is, a temporary derangement of the organs of the mind in one of the parents, is no more a bar to connubial happiness and a healthy progeny, than the having been delirious from the measles, the whooping-cough, or the scarlet-fever, which occur generally but once in a life-time, or from an attack of catarrh, which may be said to return with every fresh exposure to cold.

It is a most unfounded and unjust prejudice, that obtains in this country, and it is one that has led to much mischief, and in a great measure to the inhumanity that has hitherto disgraced our national character, to say that, because an individual in a family has become insane, and by improper treatment his disease has become confirmed, there is madness in the blood, or an hereditary taint in the family. I say this is a most mistaken and unjust prejudice, which I hope soon to see exploded, with all that remains of that darkness and mystery which originated in superstition and ignorance, and has been continued by knavery and quackery, and which, unfortunately, still surrounds and renders obscure one of the most mild and simple diseases that ever affected the human frame. Can bad treatment render a disease hereditary? This idea is not in accordance with sound physiology; yet, in ninety-nine out of every hundred cases, the disease has been made permanent by ignorance and neglect, or rendered confirmed by cruelty and improper management.

APPENDIX, No. I.

Extract from the Report of the select Committee of the House of Commons. Ordered to be printed 29th June, 1827.

YOUR Committee therefore repeat, adopt, and confirm, the recommendations of the Committees of 1807 and 1815, and they trust that every effort will be made during the recess, by all persons concerned in the control and management of their establishments, to improve the condition of the unfortunate Lunatics committed to their charge; and they further recommend, that legislative measures of a remedial character should be introduced at the earliest period of the next Session. They have, therefore, in consequence prepared a Series of Propositions, which they beg to offer as the basis of future Legislation. Your Committee have purposely omitted any statement of fines and penalties, conceiving such points may more properly be considered when any Bill or Bills shall be introduced.

Your Committee are aware that some expense may be incurred by the system of visitation they recommend, but the appropriation of the fees on licenses (which might perhaps be increased), and fines levied, would defray a considerable part of such expense; and your Committee confidently anticipate that the additional sum required will not be considered of importance, when compared with the great and practical benefits to be derived from an extended and improved system of regulating and visiting Lunatic Asylums.

1.—That it is expedient to repeal the Acts of 17 Geo. 2. c. 5. § 20 and 21; 48 Geo. 3. c. 96; 51 Geo. 3. c. 79; 55 Geo. 3. c. 46. 56 Geo. 3. c. 117; 59 Geo. 3. c. 127; 5 Geo. IV. c. 71; 39 and 40 Geo. 3. c. 94.

peace or his deputy in each county shall act in the same manner within his county, as the clerk to the Board of Visitors, within the cities of London and Westminster, within seven miles thereof, and within the county of Middlesex, and that in case the Justices of quarter sessions shall think fit to refuse any license so applied for, the reasons of such refusal or suspension shall be delivered in writing to the party applying.

6.—That previous to the granting of any such license, the person requiring the same shall give one month's notice in writing to the clerk of the said London Visitors, or the clerk of the peace or his deputy (as the case may be), accompanied by a plan of the house proposed to be licensed, which plan shall be afterwards deposited with the clerk of the Visitors, or clerk of the peace; and the proprietor, if licensed, whenever he shall make any alterations in his house, shall transmit an amended plan of the same, containing all such alterations laid down thereon, to the clerk of the said London Visitors, or clerk of the peace, or his deputy, as the case may be.

7.—That previously also to the granting of any such license, three at least of the said London Visitors (one of whom shall be a magistrate); or if not in London, &c. any two magistrates resident in the neighbourhood, and a physician, or surgeon or licensed apothecary, shall visit such house, and shall report to the Board of London Visitors or court of quarter sessions, as to the fitness of such house for the reception of Lunatic Patients, the number which it is capable of containing, and its conformity to the plan delivered.

8.—That every person concerned and interested in the house to be licensed, shall be named in the license, and shall be responsible for the management of such house; and that one person so interested shall be actually resident in such house, if it contain fifty patients, and in houses containing less than fifty patients, the name of the actual resident superintendent shall be inserted in the license.

9.—That in all parts of England and Wales, except London, &c., the magistrates in quarter sessions assembled, shall appoint for each licensed house within their district two magistrates and one physician, or surgeon or licensed apothecary, to act as Visitors.

10.—That every house so licensed shall be inspected by three London Visitors, (one of whom to be a magistrate), or by the Visitors appointed at quarter sessions, as the case may be, at least four times in every year, and at all other such times as they shall think fit, at any hour of the day or night; such London or country Visitors to be attended by the clerk of the London Visitors, or clerk of the peace or his deputy, who shall make a minute of the state and condition of the house, comparing every room thereof with the plan deposited, and ascertaining by personal inspection the state of each apartment, of the number of the keepers regularly employed, and of the number of patients confined therein at the time of such visit, which minute shall be afterwards fairly transcribed into a proper book or register; and in case the London Visitors or visiting magistrates and physicians shall find cause of complaint against the proprietor of such house, the clerk shall transmit a copy of such complaint to the proprietor, who may be summoned, if it be thought necessary, to attend the next quarterly meeting of such London Visitors, or the quarter sessions of the county, as the case may be, to be examined relative to such complaint.

11.—That on a special application to the Secretary of State for the Home Department, relative to Lunatics or Lunatic Asylums in the country, he may appoint any of the above London Visitors, together with any physicians or magistrates of the county from whence the complaint shall come, according as the nature of the case may require, to make such inquiries as he shall think fit to direct, and to report to him thereupon.

12.—That no keeper of any house licensed for the reception of Lunatics shall receive any Lunatic, except a Pauper Lunatic, without first having an order in writing under the hand of the person by whose direction such Lunatic is sent to his house; in which order shall be stated the degree of relationship or circumstance of connexion between such person and the lunatic, and the name, place of residence, former occupation, date of the commencement of illness of the Lunatic, and the Asylum (if any) in which the Lunatic shall have been previously confined, and also a certificate under the hand of two members of the College of

Physicians or College of Surgeons, or licensed apothecaries, who shall state that such Lunatic is a proper person to be confined, and the day on which he shall last have been examined by them; nor shall the keeper of any Lunatic Asylum receive any person into his establishment, if such last examination shall not have taken place within the fourteen days next preceding; but the keeper of any licensed house shall be authorized to receive a Pauper Lunatic under an order from any magistrate, together with a certificate of insanity, signed by the usual medical attendant, the rector, vicar or curate, and one of the overseers of the poor of the parish to which such Pauper Lunatic belongs.

13.—That within three days after receipt of such order and certificate, a copy thereof shall be transmitted to the clerk of the London Visitors, or to the clerk of the peace or his deputy (as the case may be), who shall enter the same in a register to be provided for that purpose; and that such clerk shall make therefrom a register, containing the true name of each Lunatic so returned to him, and the Asylum in which such Lunatic is confined, which last-mentioned register shall be open to the inspection of any person requiring to see the same.

14.—That whenever one hundred patients or upwards shall be confined in any one house, there shall be a resident medical attendant, who shall keep a register of the cases of all the patients under his care, the treatment and system pursued with regard to their mental and bodily disorders, and the medicines prescribed or administered; and that such register shall be open to the inspection of the London Visitors, or visiting magistrates and physicians in the country, and there shall be inserted in such register by the proprietor or superintendent, or medical attendant of such Asylum, the name of every patient under coercion, and the nature, degree, and duration of such coercion.

15.—That wherever there are less than one hundred patients confined, there shall be daily medical attendance, and a similar register kept, which shall be open to inspection in like manner.

16.—That no convalescent patient shall be employed as assistant keeper about *the persons* of other patients.

17.—That the overseers of the poor and medical attendant

appointed by each parish shall have liberty to visit the Pauper Lunatics of their respective parishes at all hours of the day or night.

18.—That all county magistrates, in addition to the Visitors or visiting magistrates, shall have liberty to visit all houses licensed for the reception of Lunatics within their respective counties, between the hours of eight in the morning and eight in the evening.

19.—That in every case of the death of any patient in such licensed house, a coroner's inquest shall be held upon the body; and if such coroner shall see fit, he shall direct the body to be examined by a medical man not belonging to the establishment.

20.—That in case the London Visitors or visiting magistrates and physicians appointed at quarter sessions, who shall visit the licensed houses, shall have reason, on examination, after *two separate visits*, to believe that any patient confined in any of these houses has recovered the use of his faculties, they shall make a report thereof to the next quarterly or other meeting of the said London Visitors, or to the magistrates at quarter sessions, as the case may be, who shall have power to order the discharge of such Lunatic, with or without further examination, due notice having been given to the keeper of such Asylum, of the intention on the part of the Visitors to apply for such discharge.

21.—That in order to provide for the due care of such Lunatics as are confined separately, it is expedient that every person who shall receive into his house for hire (such house not being licensed) any one Lunatic, shall, within three days after the arrival of such Lunatic, transmit to the clerk of the Commissioners or clerk of the peace of the county, as the case may be, a copy of the order and certificate; without which, such as in the case of licensed houses, no such Lunatic shall be received; and on the 1st of January, or within three days thereof, in every year, he shall transmit to such clerk a certificate, signed by two medical men, describing the then actual state and condition of such Lunatic; and in case of the death, removal, or discharge of such Lunatic, he shall forthwith notify the same to such clerk, which said orders, certificates, and notifications shall be duly entered in a register to be kept for that purpose; and that the said clerk shall

make therefrom a separate register, containing the true name of each Lunatic so separately confined, together with the place of confinement, which last-mentioned register shall be open only to the inspection of the Secretary of State, London Visitors, or Chairman of Quarter Sessions, in their respective counties, and to such persons as are authorized to inspect the same by an order under the hands of the Secretary of State or Chairman of Quarter Sessions, in their respective counties; and that every such house shall be subject to the same visitation as licensed houses, which, however, shall only take place by order of the Secretary of State, London Visitors, or Chairman of Quarter Sessions, in their respective counties.

22.—That all Lunatics confined in custody of their relatives and friends, or of a committee appointed by the Court of Chancery, shall not be registered, and shall not be subject to visitation, except by the authority of the Secretary of State for the Home Department, who shall be empowered, on special application, to appoint, if he shall think fit, Visitors for such purpose in the same manner as for special visitation of Lunatics or Lunatic Asylums in the country.

Your Committee beg leave to conclude their Report by referring the House to the Appendix, containing the Evidence and other Papers.

29th June, 1827.

APPENDIX, No. II.

FROM the great irregularity and incorrectness of the returns made to Parliament, it is impossible to form any idea of the actual number of insane persons in England and Wales; or to judge of the actual increase or decrease of that number. The Committee of 1806-7 could only get *two thousand two hundred and forty-eight* returned to them as Pauper Lunatics; 1765 in poor houses and houses of industry, and 483 in private custody; but they remark "that from Southampton they had no return, and that the Counties of Hertford, Bedford, Cumberland, and Cambridge, do not return a single Lunatic. Essex returns only three, and Gloucestershire *ten*; while from Suffolk and Norfolk, where the returns have been corrected by Dr. Halliday, the numbers amount to 114 in the former, and 112 in the latter."

In 1819, twelve years from the date of this return, we find 1236 in Public Asylums, and only 46 in Gaols, and Houses of Correction, while those confined in Workhouses and in private Asylums are omitted altogether.

In 1826 the returns give about 1600 in public Asylums, and 53 in Gaols and Houses of Correction. Several public Asylums mentioned in the returns of 1819, are omitted in those of 1826, and the latter also give no account of the Lunatics confined in Workhouses, and Houses of Industry; or of the number of Paupers confined in private licensed Asylums. I have endeavoured to correct the last returns in the account which I have given of the total number of insane persons in England and Wales, but I find it impossible to obtain any accurate statement of the number of Paupers in the private Asylums.

The returns of 1826 as corrected, give a total of 4782 in public and private Asylums; but as there is no mention made of the Asylums at Exeter, Liverpool, Manchester, Leicester, Newcastle-upon-Tyne, and York East Riding, which in 1819 contained in all 368 patients, we have to add that number to the total given above, viz.:—

Returns of 1826	4782
Asylums omitted (as in 1819)	368
Returns received of Paupers in Workhouses, up to De- cember, 1827, by A. H.	1370
Persons not paupers, confined in single houses, or with their relations	750
Paupers confined with private individuals, or in their own families	800
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From Returns collected by A. H.	TOTAL 8,070
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I give the above detail with reference to what I have stated in the text.—ANDREW HALLIDAY.

N. B. The Returns collected by me in 1806 gave a total of 8,050 for England and Wales.

APPENDIX, No. III.

Copy of a letter from Dr. Ellis, director of the York West Riding Lunatic Asylum, to Sir Andrew Halliday, dated Wakefield, 30th November, 1827.

Dear Sir,

I AM happy to find from your last Letter that you are still anxiously prosecuting those inquiries, which have so long engaged your attention, and that having in some measure aided the good cause in the County of Middlesex, you are going to favour us with a general view of the subject throughout the empire.

My attention has just been called to an article in the Imperial for this month, *on the treatment of Lunatics*; if you have not seen that article already, I think you will be astonished when you read it. It is however written so evidently for a purpose, and contains statements so much at variance with all my experience, and indeed with *truth*, that I should not have mentioned it to you, had it not appeared just at the time when the public mind is a good deal agitated on the subject; and the propriety of building Lunatic Asylums for the reception of Paupers is contemplated in several other counties besides Middlesex. I need not intrude upon your valuable time, by noticing the whole of this Article, but I think it is absolutely necessary that I should state the following facts, in order that the public may have an opportunity of judging how far the observations made by the author of such a paper are to be depended upon.

The principal object of that Author is evidently to insinuate that though the recovery of Lunatics ought to be a principal object with those under whose charge they are placed, yet "that it is impossible to devise a law more calculated to prevent recovery, than the present County Asylum law," and consequently County Asylums are worse than useless. In order to support this opinion, he states, "a few days ago I had at my house the physician to one of the largest, and, as it is said, best-appointed county Asylums in the kingdom, and he told me that they had no medical practice

in reference to the mental complaint, and that the proportion of cures was about *one* out of *ten* in all cases." The author further adds, that "he is too well assured that in numbers of our largest and most expensive public Asylums no curative means either medical or moral are practised, nature being left entirely to her own efforts;" and that "common sense as well as experience strongly point out the propriety of separating as much as possible those under a curative process from those deemed incurable, and yet the County Asylum act unites them by law."

Now as to the first observation made by this author, he must have misunderstood altogether the observations of his friend and physician, or the magistrates of the county to which he belonged have grossly neglected their duty, in appointing a physician who could act so in any county Establishment. In the first place I do not believe there is at the present day a physician in England that would, for his own sake, say that he used no medical practice for the cure of an insane patient; and secondly I have now before me the reports of all the public Asylums in England, and I find a considerable expense incurred for medicine, and therefore it is unfair to conclude that there is no medical practice in reference to the mental complaint. But thirdly, and what is of the most importance, there is not one public Asylum in the kingdom where the proportion of cures is so small as this writer has stated it on the authority of his physician, viz. *one* out of *ten*.

In this establishment which may be ranked amongst the largest class of Asylums in England, I am happy to assure you that every circumstance connected with it is diametrically opposite to what is stated by the above Author to be the condition of county Asylums in general.

From the opening of the Establishment to the present time, there have been admitted

Within <i>three months</i> after their first attack	312
Within <i>twelve months</i> after first attack	164
Persons insane from <i>one</i> to <i>thirty years</i>	318
Persons who had previous attacks	226

1020

Of the first class, or recent cases, there have been discharged, cured	216
Of the second class, under twelve months	78
Of the third, or confirmed cases	26
And of the fourth or periodical cases	122
	<hr/>
	442
	<hr/>

If we calculate upon the whole admissions, we find that the cures are as *one* out of two and a quarter, instead of *one* out of *ten*; but if we deduct the 318 confirmed or old cases, which the writer in the Imperial Magazine admits to be *almost incurable*, it will be found that, in this establishment, nearly *two-thirds* of the curable patients have been cured. Our charge for drugs has never been under £100 per annum; *our* physicians, therefore, do not neglect the medical treatment.

With regard to the same writer's observations, on the impracticability of using moral means in a large Asylum,—for he states “that these (moral means) never were and never will be practised in any large institution,”—I must say that on this point we are at issue. I am convinced from a pretty long experience now, that it is *only* in large County Asylums that moral treatment can be carried to its proper extent, and made to produce the greatest benefit with Pauper Lunatics; and that such means not only can be carried on in large Asylums, *but have been carried on constantly* in this Asylum, from its commencement in 1818.

Among the lower classes of the people, it will generally be found that useful occupation in the pursuits they have been most accustomed to is their best amusement, and such employment the most salutary mode of recreation that can be resorted to. One of the principal objects kept in view, in the direction of this Asylum, has been to obtain for the patients constant and regular employment, and for that purpose, not only farming and gardening, but all trades have been forced into the service; we have spinners, weavers, tailors, shoemakers, brewers, bakers, blacksmiths, joiners, painters, bricklayers, and stonemasons, all employed. All the clothing for the patients is manufactured and made by themselves; we bake our own bread, brew our own beer, and

nearly one half of both male and female patients are constantly engaged in some kind of labour. The moment there is any appearance of convalescence, the patient is *enticed* to occupy himself with his usual healthy pursuits, and indeed many never begin to amend until we have got them to engage in such employments. I am thankful to say that all this has been done hitherto without an injury of any consequence arising from one patient striking another, when so employed, and besides the great and evident benefit which such a system has had in the recovery of the patients themselves, it is a source of great saving to the institution; for notwithstanding that we have for many years received only seven shillings a week for each pauper, a fund has accumulated, which by the end of the year will exceed *three thousand pounds*.

The patients have all the consolations of religion, and all that are able, regularly and voluntarily attend prayers every morning. The visiting magistrates, during the last year, fitted up a very complete hand-organ, which is found to be a source of great pleasure to many of the patients.

The economy and propriety of County Asylums, which you were among the first to point out, is now proved beyond any manner of doubt; and it is surprising to find, in a respectable public journal, assertions so void of truth and so contrary to every day's experience. County Asylums are not only the best institutions for the cure of the disease, but they are by far the most economical for the maintenance of the poor; and, happily, the time is gone by for such *interested* writers to make any impression upon the public mind. I am anxious to have the attack contained in the Magazine publicly refuted, and if this letter should merit a place in your Appendix, I hope you will insert it.

I am, Dear Sir,

Truly yours,

M. ELLIS, M.D., *Director*.

APPENDIX, No. IV.

TAKING, as I did, a warm interest in all that concerned the Middlesex Lunatic Asylum, I was rather surprised to find it so seriously objected to on the score of expense; and was, therefore, induced to draw out for the information of that excellent and unwearied friend of the poor, Lord Robert Seymour, the statement which I now submit to the reader.—Mr. Robert Browne had proved beyond a doubt, that the several parishes in this county pay annually, for the support of their Lunatic poor, a sum exceeding eighteen thousand pounds, and accordingly I take that sum as the yearly charge.

Suppose, then, the magistrates build two Asylums—one for 250 males, and another for 350 females; and that we allow for the building and furnishing of both the sum of one hundred thousand pounds. This is taking nearly the highest sum that any Asylum has cost in Great Britain or Ireland. Again, the salaries and wages of the persons employed in and about both establishments amount to the annual sum of three thousand pounds, as detailed in the Table, No. 1, and the expense of the maintenance of the patients and servants, according to the detailed statement in the Table, No. 2, to seven thousand three hundred pounds. Allow also for the clothing of the patients twelve hundred pounds, and five hundred pounds annually for contingencies, and we find that the yearly charge will stand thus:—

The interest of £100,000, at £5 per cent. per annum	£5,000
Salaries and wages of officers and servants, Table 1	3,000
Expense of maintenance, Table 2	7,300
Clothing the patients	1,200
Contingencies	500
Total of annual expenses	<u>£17,000</u>

We have, therefore, at the present charge, a clear thousand a year to be appropriated as a Sinking Fund, to pay off the debt, or to be employed in any other way that the magistrates may think

proper, and that too without putting the county to any additional expense.

With regard to the ground or farm that ought to be attached to the Asylums, (and it ought to be fifty acres rather than twenty-five,) I conceive that the produce will be equal to any expenditure that may be incurred in providing it; that the labour being done by the patients and servants already provided for in the charge for the establishments, the profits must go to the repaying of the purchase money, and will soon extinguish both principal and interest; while the extra labour of the said patients at their several trades and occupations will greatly lessen the regular annual charge for their maintenance, thereby lessening the demand upon the county generally, even supposing the numbers to remain as high as at present. But when we take into account the improved system of treatment, we shall find that the numbers will annually diminish, and that eventually the annual charge will be very trifling indeed; in fact, that it will scarcely exceed one half of what it has been for a great number of years past. The magistrates, therefore, without imposing any additional burden upon the present generation, are providing most effectually for relieving their successors from a heavy impost; while at the same time they are fulfilling one of their most important duties as Christians. The Tables annexed are calculated upon a fair and liberal scale, such as it imports this great county to adopt, and at the same time taking the utmost limits of probable expenditure in every department.

TABLE, No. 1.

Shewing the Number of Officers and Servants that ought to be employed in the MIDDLESEX LUNATIC ASYLUM, with the Annual charge for each, viz:—

1 Physician, having the supreme control in the health department, with liberty to allow Students to see the Practice in the Hospitals, and to give Clinical Lectures £. on the Cases of the Patients, for his own benefit	600
1 Surgeon, with similar privilege	300
1 Apothecary, with liberty to take an Apprentice	200
1 Assistant ditto	100
1 Chaplain	300
1 Treasurer	200
1 Clerk to ditto and House Steward	100
1 Head Superintendent for Males	100
1 Ditto for Females	100
1 Matron for Male Hospital	50
1 Ditto for Female ditto	50
2 Head Keepers, at Thirty Pounds each	60
3 Head Nurses for Females, at Twenty Pounds each	60
15 Keepers, at Eighteen Pounds each	270
20 Nurses, at Ten Pounds each	200
2 Laundresses, at Fifteen Pounds each	30
3 Assistant ditto, at Ten Pounds each	30
2 Cooks, at Twenty Pounds each	40
4 House-maids, at Ten Pounds each	40
2 Scullery-maids, at Eight Pounds each	16
2 Dairy-maids, at Eight Pounds each	16
4 Kitchen-maids, at Six Pounds each	24
1 Male Porter, at	25
1 Female Porter, at	20
1 Farm Bailiff, at	40

73 Persons.

Annual charge £2,971

TABLE, No. 2.

Shewing the daily expenditure for food in an establishment for 600 Lunatics, supposing them dieted at the same rate that His Majesty's Troops are, when in Hospital.

	Persons.
Take the establishment, as per Table No. 1, at	72
Take the patients at	600
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Total of daily rations	672
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Suppose then that there are daily on full diet	200
Ditto ditto half diet	150
Ditto ditto low diet	250
And on spoon or fever diet	72

and that each of the above diets are composed of the following articles, viz.—

Articles composing the different Diets for a Day, Avoirdupois Weight.			
FULL.	HALF.	LOW.	SPOON OR FEVER.
Meat . . 12.	Meat . . . 8 oz.	Meat . . 4 oz.	Bread . . 8 oz.
Bread . 16 „	Bread . . 12 „	Bread . 8 „	Or Sago 4 „
Potatoes 8 „	Potatoes 16 „	Potatoes 8 „	Tea . . . 4 dr.
Oatmeal 3 „	Oatmeal. 2 „	Oatmeal 1½ „	Sugar . . 1¼ oz.
Or Rice 2 „	Or Rice. 2 „	Barley ½ „	Milk . . . 4 „
Barley . ¼ „	Barley . . ¼ „	Tea . . . 2 dr.	
Sugar . . 1 „	Sugar . . 1 „	Sugar . . 1 oz.	
Salt . . . ¼ „	Salt . . . ¼ „	Salt . . . 2 dr.	
Beer . . 1 qt.		Milk . . 2 oz.	

The Meat is to be boiled, so as to make a Pint of good Broth for the Dinner of each Patient, for which the Barley is allowed.

FULL DIET.

We shall have for the first class, taking the number as above at 200,—

		£.	s.	d.
A daily expenditure of 150 lbs. of Meat, at 6 <i>d.</i> per lb.		3	15	0
Ditto	200 lbs. of Bread, at 2 <i>d.</i> per lb.	1	13	4
Ditto	100 lbs. of Potatoes, at 1 <i>d.</i> per lb.		8	4
Ditto	37½ lbs. of Oatmeal or Rice,			
	at 2 <i>d.</i> per lb. . . . }		6	3
Ditto	9 ⁶ / ₁₆ lbs. of Barley, at 3 <i>d.</i> per lb.		2	4
Ditto	12½ lbs. of Sugar, at 6 <i>d.</i> per lb.		6	3
Ditto	3½ lbs. of Salt, at 1 <i>d.</i> per lb.			3½
Ditto	200 qrts. of Beer, at 3 <i>d.</i> per qrt.	2	10	0

Total daily expenditure for 200 persons on full diet £ 9 1 9³/₄

HALF DIET.

The Daily Expenditure for the Second Class, or Half Diet Patients, taking them at 150, will be

	£.	s.	d.
For 75 lbs. of Meat, at 6 <i>d.</i> per lb. . . .	1	17	6
Ditto 112½ lbs. of Bread, at 2 <i>d.</i> per lb. . .	0	18	9
Ditto 150 lbs. of Potatoes, at 1 <i>d.</i> per lb. . .	0	12	6
Ditto 28 ² / ₁₆ lbs. of Oatmeal, at 2 <i>d.</i> per lb. . .	0	4	8½
Ditto 6½ lbs. of Barley, at 3 <i>d.</i> per lb. . . .	0	1	7½
Ditto 9 ⁶ / ₁₆ lbs. of Sugar, at 6 <i>d.</i> per lb. . . .	0	4	7½
Ditto 2 ³ / ₈ lbs. of Salt, at 1 <i>d.</i> per lb. . . .	0	0	2½

Total Daily charge for 150 Persons Half Diet £3 19 11

LOW DIET.

If we take the average number of patients on low diet at 240 daily, the charge will be as follows :

	£.	s.	d.
For 62½ lbs. of Meat, at 6d. per lb.	1	11	3
125 lbs. of Bread, at 2d. per lb.	1	0	10
125 lbs. of Potatoes, at 1d. per lb.	0	10	5
7½ lbs. of Barley, at 3d. per lb.	0	1	11
23½ lbs. of Oatmeal, at 2d. per lb.	0	5	7
3½ lbs. of Tea, at 6s. per lb.	1	3	3
15½ lbs. of Sugar, at 6d. per lb.	0	7	10
3½ lbs. of Salt, at 1d. per lb.	0	0	3½
31½ pints of Milk, at 2d. per pint	0	5	4

Total daily charge for 250 persons, low diet £ 5 6 8½

Take the Average Number of Patients on Spoon or Fever Diet, at 72 Daily, the Expenditure will be

	s.	d.
For 36 lbs. of Bread, at 2d. per lb.	6	0
2½ lbs. of Tea, at 6s. per lb.	7	0
5 lbs. of Sugar, at 6d. per lb.	2	6
18 pints of Milk, at 2d. per pint	3	0

Total Daily Expenditure for 72 Persons Spoon Diet . . . 18 6

RECAPITULATION.

	£.	s.	d.
200 Patients on Full Diet	9	1	9
150 Ditto on Half Diet	3	19	11
250 Ditto on Low Diet	5	6	8½
72 Ditto on Spoon Diet	0	18	6

Daily charge for 672 Persons 19 6 11½

Say £20. per Diem, the Annual charge will be £7,300.

THE END.

LOW DIET

If we take the average number of patients on low diet at 250 daily, the charge will be as follows:

For 250 lbs of Bread, at 2d per lb.	5 0
250 lbs of Tea, at 4d per lb.	10 0
250 lbs of Sugar, at 4d per lb.	10 0
250 pints of Milk, at 4d per pint.	10 0
250 lbs of Butter, at 10d per lb.	25 0
250 lbs of Oatmeal, at 6d per lb.	15 0
250 lbs of Eggs, at 2s per lb.	5 0
250 lbs of Bacon, at 2s per lb.	5 0
250 pints of Wine, at 4d per pint.	10 0
250 pints of Beer, at 4d per pint.	10 0
Total daily charge for 250 persons on low diet	£ 100 0

Take the Average Number of Patients on Special or Fever Diet at 250 Daily, the Expenditure will be

For 250 lbs of Bread, at 2d per lb.	5 0
250 lbs of Tea, at 4d per lb.	10 0
250 lbs of Sugar, at 4d per lb.	10 0
250 pints of Milk, at 4d per pint.	10 0
Total daily Expenditure for 250 persons on Special Diet	£ 100 0

REGISTRATION

For Patients on Low Diet	250
For Patients on Special Diet	250
For Patients on Fever Diet	250
For Patients on Milk Diet	250
For Patients on Wine Diet	250
Daily charge for 250 Persons	£ 100 0
Day & 250 per Diet, the Annual charge will be £ 36,500	