

A letter addressed to the Right Hon. Robert Peel : in consequence of a motion lately made in parliament for leave to bring in a bill for the better regulating of lunatic establishments / by David Johnston.

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A
LETTER

ADDRESSED TO THE

RIGHT HON. ROBERT PEEL,

IN CONSEQUENCE OF A MOTION LATELY MADE IN PARLIAMENT
FOR LEAVE TO BRING IN A BILL FOR THE BETTER
REGULATING OF

LUNATIC ESTABLISHMENTS.

BY

DAVID JOHNSTON, M. D.

FELLOW OF THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH,
AUTHOR OF A VIEW OF THE PRESENT SYSTEM OF PUBLIC
EDUCATION IN FRANCE.

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LETTER

RIGHT HON. ROBERT FRIS

UNNATURAL ESTABLISHMENTS

BY

DAVID JOHNSTON M.D.

P. NEILL, PRINTER.

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LETTER, &c.

SIR,

THE speech of Mr GORDON on a late occasion in Parliament, on a motion for leave to bring in a bill for the better regulating of Lunatic Establishments, cannot fail to excite general interest. The necessity of active interference on the part of the Legislature, is there too plainly pointed out to admit of doubt. While reading the statement of existing abuses given by that gentleman, I was induced to think that a short account of the actual condition of lunatic establishments in France, to which I have had occasion to pay attention, might at the present moment not be ill timed. The zealous interest which you have always taken in whatever promises to add to the internal improvement of the country, has encouraged me to address this Letter to you, which I trust will not be unacceptable. The short detail contained in it, will

shew, that though there remains a good deal to be done in France, to make the system there adopted perfect in all respects, there is yet much to praise, and perhaps to imitate, especially in the establishments of the capital, and much undoubtedly that deserves the attention of those interested in the fate of unfortunate beings thus deprived of the light of reason.

The establishments in France for the reception of lunatics are now in many points excellent; during the lapse of the last twenty years, most beneficial changes have been brought about in the state of the buildings, in the regimen, in the household service, and, in fine, in the general treatment, whether moral or physical, of the unfortunate inmates. The improvements however, which began to take place in hospital establishments in general, after the Revolution, did not extend so rapidly to these as to the other charitable institutions of the kingdom. Mental alienation continued till lately to be accounted a malady of a character totally incurable, and instead of attempts being made to rouse the dormant faculties, and restore the mind to its tone, the wretched individuals thus afflicted were deemed lost to society, and were confounded with malefac-

tors condemned to punishment by the laws of their country, and in many cases perhaps even more harshly treated.

At the period when inquiries were first set on foot to ascertain the state of the lunatic population of France, much and shameful abuse was found to exist; but it is doubtful, if, at any time, this abuse was so great as what has been proved to exist in the madhouses of England, by the inquiry made by order of the British Parliament. The report of its committee printed last year, unfolds an appalling mass of crime; nor in perusing the evidence there detailed, would it be easy to conceive a state of things more fearful. But although in France, the condition of lunatics may never have been so bad as it is proved by that report to have been, and actually to be, in England, it must at the same time be confessed, that twenty years ago it was but little better. An idea may be formed of the manner in which lunatics were then treated in France, from the report of the General Council of the Civil Hospitals of Paris, in its sitting of the 13th November 1822. When this council paid its first visit to the hospitals of Paris, it found in the Hôtel Dieu maniacs of the most furious description, confounded with the

sick labouring under fever, or under the consequence of surgical operations. It found in the Petites Maisons, Bicetre and Salpetriere, lunatics confined in cells, where, in the present day, the meanest animal of the Garden of Plants would not be placed. Many of them were not six feet square; they received air and light only by the door, through an aperture scarcely large enough to admit their food, and the unfortunate inmates were frequently loaded with chains, which they could with difficulty drag about with them. Their beds, such as they were, were fixed into the wall, so that in sleep they were bedewed with the moisture that constantly trickled down the damp stone, and frozen with cold, which no attempt was ever made to mitigate.

In the Salpetriere, whenever the waters of the Seine rose above their ordinary level, the unhealthiness of the cells was greatly increased, and they became a refuge to immense numbers of large rats, which attacked the miserable inmates during the night, and gnawed their flesh wherever it was uncovered. At the morning visit the women were found with their feet, hands and faces lacerated

with wounds, which were often dangerous, and sometimes mortal * †.

At the period when TENON published his highly

* Rapport fait au Conseil General des Hospices Civils de Paris dans sa Seance du 13th Novembre 1822, sur le Service des Alienés, &c. p. 44.

† The following is an extract from the Report of the Parliamentary Commission. It presents the state of a lunatic establishment of the county of Middlesex. They were in the habit of treating these men, by chaining them down of an evening, about an hour previous to dusk, in things called cribs, which are boxes containing straw, and leaving them there till the following morning locked in, without any attendance being paid to them in the course of the night, let whatever occur: and, in the Saturday evening, they were locked down in the same state, and kept till Monday morning, without being unchained, or allowed to get up to relieve themselves in any way whatever. On the Monday morning, like the other mornings, when they got up, they were many of them in a very filthy state; and I have seen them in the depth of winter, when the snow has been upon the ground, put into a tub of cold water, and washed down with a mop. There was a man, who came from Northamptonshire, who was treated in that way; and I have seen that man brought from the room, and from the heat of the fœces which were lying upon him, his back has been completely bare for many inches up, and he was treated in the same way, by being washed in the manner stated." *Minutes of Evidence before the Select Committee*, p. 32.

interesting memoirs, which was a year or two previous to the Revolution, there were only three establishments for lunatics in France, where any thing approaching to medical treatment was attempted. These were the Hôtel Dieu of Paris, the General Hospital of Rouen, and the Hôtel Dieu of Lyons. Each of them was the sole resource of a vast tract of country, for at that time there were not, as at present, private institutions for the reception and medical treatment of persons afflicted with mental derangement. Their insufficiency, then, may be well conceived. Of the three establishments, those of Lyons and Rouen were the best conducted ; in that of Rouen there were 85 cells, separated from the sick wards of the Hospital ; in that of Lyons, there were 38 cells, each for a single person, who, in case of recovery, was called upon to reimburse the administration for the expence incurred in his treatment. In the capital, where a superior state of management might have been expected, every thing presented confusion and wretchedness. Private chambers for lunatics there were none ; two wards in the Hôtel Dieu were alone reserved for them. One of these, placed in connection with the wards containing patients suffering under wounds, held ten beds,

each for four persons; the other, close to the fever wards, held six large and four small beds, for the accommodation of thirty-two females*. Every thing connected with these wards seemed to conspire in aggravating, instead of alleviating, the malady of the inmates; and any person admitted into them, whose case might at first have afforded hopes of a recovery, was more than likely to be reduced speedily to an incurable condition.

When accounted incurable, lunatics were transferred from the Hôtel Dieu to the Petites Maisons, Bicetre or Salpetriere. No medical attentions were there paid to them; they were left to finish their existence, without an attempt to alleviate their misery. No classification was attended to: the furious and the melancholy; those afflicted with idiocy and epilepsy; the old and the young, were confounded together without distinction, and equally little interest was taken in them all.

When the General Hospital Council entered upon its functions, its attention was strongly directed towards the actual state of lunatics; and a rapid improvement, in consequence, took place in

* Vide Mémoires sur les Hôpitaux de Paris, par TENON, p. 213.

the capital. In other parts of the country, however, it went on much more slowly. This may be judged of from the circular of the Minister of the Interior, published in 1819, which, while it points out the faults of the existing system, recommends the meliorations that should be made. This circular sets forth, that there are departments in which the deranged portion of the community is scattered about in different hospitals, and even prisons. It recommends that all lunatics should, if possible, be received into the same establishment; they would then be better attended to, and their medical treatment followed out with more success. "In many places," it is further stated, "the cells for maniacs are small, damp and ill-aired. The subterranean cells should be altogether abandoned, and the floors should be planked, in order that the inmates may never touch the cold earth with their feet. The doors are generally small, and the only opening in the cells. They should be enlarged, and windows should be constructed, if possible, in the opposite wall. The inmates should never be permitted to lie on the ground; they should receive food several times a day; and never be refused liquid when thirsty. The attendants should never,

under penalty of severe punishment, carry with them any instrument of offence, when visiting the cells. They should be in the proportion of one to fifteen when the inmates are quiet ; two to fifteen when they are furious. Where it is not already the case, a medical man should make at least one daily visit ; and a medical *élève* should reside in the establishment. After the example of Paris, where two or three thousand lunatics are kept, without having recourse to chains or bad treatment, all such means of repression should be avoided. The strait waistcoat should be used in place of the chains and collars, still to be found in some houses. The physician ought alone to grant permission to visit the inmates ; and one member of the administrative committee should pay at least one weekly visit." Such are the evils which the circular of 1819 notices, and such the improvements to which it points.

At present lunatics are admitted in France into general hospitals and hospices, into special lunatic establishments, and into private institutions ; if there are still some to be found in prisons, it is only temporarily. The different public establishments are not kept up by subscriptions, but by the revenues which they may possess, or by supplementary

funds voted by the general councils of departments, or the councils of municipalities, subject always to the approbation of the minister of the interior. Like all hospitals and hospices, the establishments for the reception of lunatics are under the surveillance of the minister ; their internal administration, however, is under the charge of the local authorities, and more particularly of the commissions appointed in each Department for directing its hospitals. At the head of this commission is the Prefect, who nominates the other members.

In the lunatic institutions of France, of whatever description they may be, every lunatic who is presented, is received without respect to any circumstance which may render his malady more or less incurable or dangerous. The causes, the duration, the character, the complication of malady, whatever these may be, furnish no motive for exclusion. For the simple admittance or dismissal of a lunatic, there is no legal formality, but there exist local regulations to prevent the abuse that a want of due formality might be apt to raise against individual liberty. To be admitted into the hospitals of Paris, certain forms must be observed, prescribed by the general hospital council, or by the prefect of police.

A person claiming admittance for any one, must procure, in the first place, a certificate of the state of his mental faculties from two physicians; he must then present him, along with this certificate, his register of birth and certificate of indigence to what is termed the Central Bureau of Admission, which alone can warrant his admission. This bureau, which is composed of a certain number of medical men, then examines more closely into the state of the person in question, and if it be deemed proper, gives an order of admission into the Bicetre, or Salpetriere, according to the sex. Should the individual not belong to the Department of the Seine, the Prefect of his own Department, having ascertained his mental alienation, applies to the Prefect of the Seine, upon whose recommendation the administration of the hospitals of the capital receive him, upon payment of a small daily sum, which at present does not exceed one franc a-day. If the relations are unable to pay this moderate sum, it is defrayed by the Prefects of the respective Departments, in which the lunatics had their domicil. It became a few years back a matter of great necessity to determine accurately the mode in which the above payment should be made, as considerable abuse had

existed with regard to it. The funds of the capital, destined properly for the maintenance of its own poor, had in many cases been expended in maintaining individuals who ought to have been at the charge of their own Departments. There altogether reigned throughout France, at that time, an uncertainty as to the manner in which the lunatic portion of the population should be provided for. It was in the capital alone that any degree of certainty on that head existed. In the different Departments the mode adopted for defraying the maintenance of deranged persons, whose parents or friends were not in a situation to meet the expense, varied considerably. In some it was considered a charge upon the Department, and was paid accordingly by the Prefects, from the funds reserved for what are termed variable or unforeseen expenses (*Depenses variables ou imprevués*). In other places it was considered a charge upon the Communes, where the individuals in question had acquired a right to public aid, or, as the French term it, the *Domicile de Secours*, as laid down by the law of the 15th October 1792 (24. Vend. an. 2.) In other situations the hospitals were called upon to cover the expence either from the general revenues, or from revenues ex-

pressly for the support of maniacs. The consequence of this uncertainty was, that the burden of maintenance was shifted from one quarter to the other, and in the endeavours to avoid the charge, an encouragement was held out to send lunatics to the capital. The councils of Departments, anxious to be rid of the charge, forwarded them to Paris, and at the period the new organization of the hospitals was being put into full operation, the conflux of deranged persons flocking in from distant provinces was very considerable. The idea had gone abroad that the establishments of Paris were destined for the whole of France, and this idea was speedily acted upon. The first attempt to correct the abuse was made in 1813, but without success.

The general council of hospitals made another attempt in 1815, which was more successful; for the minister decreed, that, from henceforth, lunatics not belonging to the Department of the Seine should no longer be received into the establishments of Paris, except upon payment of a daily sum of one franc and twenty-five centimes, payable by their families, or, in case of indigence, by their Communes or Departments.

Various conditions, however, were attached to the

ministerial arreté, which rendered it of less avail in correcting the evil than might have been expected. When, therefore, application was made to the Prefects of different Departments for money to defray the expence attendant upon the maintenance of 545 persons, strangers to the Department of the Seine, the demand was evaded. A later arreté of the Minister of the Interior has now, in a great measure, obviated the inconveniences alluded to. In it, it is distinctly provided that the administration of the capital should only be charged with lunatics who have been domiciliated one year in the Department, or who have there contracted their malady. In a circular, dated 1818, the minister, in addressing the Prefects of Departments, points out more distinctly how the expences are to be borne. These magistrates are thereby warranted, from funds specially destined for the purpose, or for funds destined for unforeseen expences, to pay for the transmission of lunatics to the capital, and also their board, when their families or Communes are unable to do so. They are advised, at the same time, to make particular inquiries into the pecuniary condition of such families as have members in the hospitals of Paris, and where they find them possessed of funds, and still refusing to

liquidate the demand, to attach their effects, except where the lunatic himself possesses sufficient property. By article 510 of the *Code Civil*, it is distinctly declared, that “ *les revenus d'un interdit doivent être essentiellement employés à adoucir son sort et à accélérer sa guérison.*”

About the period when the above arrêté was promulgated, the administration of the hospitals of Paris, upon the representations of the Prefects, agreed to reduce the daily payment from one franc and twenty-five centimes to one franc.

The effect of these measures has been, that, though the number of lunatics admitted into the establishments of the capital has been greatly increased of late years, that of strangers to the Department of the Seine has much diminished. The number of lunatics in the hospices of Paris in the year 1816 was 1800, of whom 1255 were presumed to belong to the Department of the Seine, and 545 to other Departments. In 1822, the total number belonging to the Department of the Seine was 2171, and to other Departments only 322*.

If the prefect of police should arrest in the streets

* *Vide* Report made to the Council General already quoted.

any individual supposed to be insane, who is disturbing the public peace, he must first ascertain his lunacy by an examination made by the medical officers attached to the police, and grant a certificate to that effect. He must then transmit him to the central bureau, to undergo a second examination; after receiving a certificate from which, his confinement is ordered. If his family should interfere, and wish, for example, to transfer the patient from the Bicetre or Salpetriere to Charenton, or a private madhouse, the Prefect must order the transfer, the family of course then remaining charged with the expence of maintenance.

In France, lunatics are under the protection of the *Procureurs* general of the courts of first instance. By the Code Civil, any person who has attained majority, and is in a decided state of imbecility or madness, should be interdicted (*interdit*); and, in cases of furious insanity, if the parents or friends do not bring forward the interdiction, the King's Procureur is called upon to do so. Every demand for a sentence of interdiction is made before the tribunal of first instance; and the King's Procureur must always be present at the interrogation of the defendant. Appeal is allowed from the

judgments pronounced to the courts of appeal. The same laws that apply to the guardianship of minors, apply to lunatics interdicted by the judgment of the courts.

In the present state of the legislation, the administrative authority, to obviate the troublesome consequences resulting from the liberty enjoyed by a lunatic, is authorised to arrest him, and place him provisionally in a situation of safety. But this measure, which is essentially provisional, does not dispense with the necessity of the tribunals pronouncing definitively upon his state. It is to them alone that the right belongs of declaring by judgment the insanity of the individual, after having interrogated him, and heard the report of witnesses, and the opinion of medical officers. When a lunatic has been provisionally arrested by the administrative authority, the tribunal of the place of his domicile must pronounce upon his state; and it is upon this judgment that the administrative authority is entitled to place him in the house destined for the reception of lunatics*. If an individual

* Lettre du Ministre de la Justice au Ministre de l'Interieur.

confined in a state of insanity recover his reason, it is the tribunal which warranted his confinement that must order his liberation. In no case does the administrative authority possess this right; it can only originate the proceeding when it deems there is just occasion for it.

To be admitted into a private madhouse, no other formality is necessary than a certificate of one or two physicians; but, on the day of admission, the proprietor of the establishment is bound, under a penalty, to transmit to the Commissary of Police, a declaration, bearing the name, surname, age, and profession of the person admitted; the description of his malady, and the names and address of the individuals who have brought him there. This declaration is transmitted to the Prefect of Police, who immediately sends a Commissary and two medical officers to ascertain more accurately the condition of the individual in question.

In the special establishment of Charenton, near Paris, it is necessary that the parents of a deranged person, after having obtained a certificate of his mental incapacity, should apply to the Mayor of the Commune where he has been domiciliated. It is he

who makes application for admission to the director of the establishment.

It may just be added, with regard to the mode of admission into the Hospital of Paris, that, in cases of extreme urgency, the physician in charge of a lunatic may order his admission; but then the house agent is bound to legalise this admission, by sending his certificate immediately to the Central Bureau.

In the different provinces of France, it is enough, in some cases, to treat with the administrations of hospitals for admission; at other times, and most frequently, it is absolutely necessary to have an order from the Mayor of the Commune, or Prefect of the Department in which the establishment is situated. In some Departments it is requisite that the individual should be interdicted by a civil tribunal, before his admission can be authorised. The medical men who give certificates of mental alienation are, in several parts of the country, appointed for that purpose, by the Prefects; elsewhere, any doctor in medicine is entitled to give a certificate. In whatever way, however, admission into a madhouse is regulated, it must be said, that the public authorities take full and ample measures to prevent the

slightest chance of abuse, or of arbitrary encroachment upon the liberty of any individual*.

* The Select Committee of the House of Commons, at the commencement of its report of 1827, proposes different regulations as worthy of being adopted. Amongst others are the following:—

“ That the Secretary of State of the Home Department do, on the day of , in every year, by an instrument under his hand and seal, appoint persons, of whom not less than five shall be police magistrates, together with five physicians, to be visitors within the cities of London and Westminster, within seven miles thereof, and within the county of Middlesex, and that the Secretary of State do appoint a clerk, &c.

“ That the said visitors do meet at least four times a-year, five to be a quorum (of whom at least two shall be police magistrates), at such meetings, to grant licenses for keeping houses for the reception of two or more lunatics. Such licenses to be for one year only. In any case of refusal, reasons for such to be stated in writing.

“ In other parts of England, the magistrates in Quarter Sessions are to grant licenses.

“ That no keeper of any house licensed for the reception of lunatics shall receive any except paupers, without first having an order, in writing, from the hand of the person by whose order such lunatic is sent to the house. This order shall state the connection or relationship between such person and the lunatic; also the name, place of residence, and former occupation of the latter; the date of the commencement of his illness; and a certificate of two members

Any one cured of his malady finds no difficulty in obtaining permission to quit the establishment in which he has been confined. It may be given by the attendant physician, as soon as he considers the cure complete. But if the admission has been warranted by a civil tribunal, by the king's Procureur, by a Mayor, or by a Prefect, it depends upon them alone to authorise the dismissal. If an individual has not been cured, and is reclaimed by those persons entitled, from their connection with him, to do so, his condition must be certified by the physician of the establishment, and the certificate must be transmitted to the authority that warranted the admission. The same authority then determines how far he is in a state to be entrusted to his friends.

Since the improvement which has taken place in

of the Colleges of Physicians or Surgeons, or of two licensed apothecaries."

It is to be hoped, that regulations of this nature may be soon put in force; for at present individual liberty is exposed to much danger. The certificate of a single medical man, without any other formality, is, in most cases, sufficient in England to warrant confinement in a madhouse.

the treatment of lunatics in France, the average period of the continuance of patients in lunatic establishments has much increased. A greater degree of attention is now paid to the course and form of the malady, and to the probable chances of its recurrence. In comparing the mean term of confinement, as it was in the Hôtel Dieu, and now is in the Bicetre and Salpetriere, the difference is very remarkable. In the Hôtel Dieu it was 51 days, in the Salpetriere it is now 126, and in the Bicetre 80. The physician is not, at the present day, satisfied with dismissing his patient the moment he appears convalescent, but keeps him under his eye for a long period after that convalescence has taken place. The advantages resulting from such a practice are evident in the diminution of relapses. In the Bicetre these are 52 in 311, being about 17 per cent., or 1 in 6; in the Salpetriere 66 in 454, being about 15 per cent., or 1 in 7. As a contrast to this, it may be stated, that, out of 641 dismissed from the Hôtel Dieu as cured, 453 were afterwards found to have been received into the Bicetre, Salpetriere, and Charenton; and it is probable, could the history of the remainder have been traced, that the greater number of them were in a similar state.

The number of special hospitals, solely for the reception of lunatics, does not exceed ten. They are situated at Armentieres (*Nord*), Lille (*Nord*), Marseille (*Bouches du Rhone*), Avignon (*Vaucluse*), Bordeaux (*Gironde*), Charenton (*Seine*), Mareville (*Meurthe*), Saint-Meen (*Ille et Villaine*), Rennes (*Ille et Villaine*), Saint-Venant (*Pas de Calais*). Of these ten establishments, that of Armentieres receives males only, the rest receive patients of both sexes. Each has a director and directress, who live in the house. A commission of surveillance, as it is termed, under the immediate authority of the Prefect, superintends its affairs. The establishment of Charenton is directly among the attributes of the Minister of the Interior, who nominates and appoints the commission, which consists of five members. These special establishments, however, by no means contain all the lunatics of the kingdom; they are received, besides, into the general hospitals of the Bicetre and Salpêtrière in Paris, and into the hospitals of Rouen, Nantes, Toulouse, Besançon, Strasbourg, Orleans, Limoges, Clermont, Macon, Poitiers, Tours, and of other considerable towns. In many of these, it must be confessed, there is yet much room for improve-

ment ; but, at the same time, in several of them there have been constructed, of late, new and commodious buildings for the lunatic portion of their inmates. To the Salpetriere and Bicetre, however, few objections can now be made. M. Pinel, whose name is justly celebrated in France and throughout Europe, has been the means of bringing about the reform so loudly called for at the commencement of the century, and of imparting to these institutions a reputation deservedly high. Though not solely destined for lunatics, still they are the principal establishments of the kingdom for the reception of persons afflicted with mental maladies ; and from the great numbers they contain, as well as the excellent system of management adopted in them, they are highly deserving of consideration.

When the General Hospital Council of the capital entered upon its functions towards the beginning of the century, there were no wards, either in the Bicetre or Salpetriere, for the medical treatment of lunatics deemed curable. They were, in consequence, sent to Charenton, where one franc and a half a day were paid for their maintenance. Buildings, however, were not long of being erected in them for this purpose, and, under the care of M.

Pinel, the medical treatment was speedily put upon a systematic footing. These new erections are spacious and convenient; and there are attached to them gardens and vacant spaces of ground for exercise and amusement. In the year 1801 the lunatics of Paris were frequently imprisoned several in the same cell; at present, each has his own bed, his own allowance of every thing that is necessary for comfort; he has the advantage of a large space for exercise. In the Bicetre the new buildings consist of two ranges of cells on the ground floor, and wards on the second floor, parallel on a line of more than 150 feet. They contain 100 beds, and the space between them serves as a promenade for convalescents. Each range of building has a gallery, the one towards the south, supported by stone pillars, and reserved for a covered walk; the other closed in, and heated as a place where the patients assemble together. Till within a year or two, it was never deemed necessary to heat the abodes of lunatics, even in winter; at present, these cells and apartments are properly heated with warm air conveyed by pipes. The floors are of wood, and are 18 inches above the level of the external soil.

The new buildings of the Salpetriere are 200 feet

long, and form, in like manner, two parallel ranges. They contain 130 beds, and are joined together by a covered gallery interrupted by two buildings for baths. To each is attached a large piece of garden ground. The beds are reserved for lunatic females attacked with incidental diseases, or in a state of convalescence. Each ward contains 24 beds, and the size has been calculated with reference to the allowance of air supposed to be necessary to the health of the inmates. This allowance, or, in other words, the dimensions of the ward or chamber are calculated at six cubic fathoms for the sick and four for the healthy. These proportions, however, are by no means to be observed in the older buildings. Though much has been done, by throwing down partitions, and by other contrivances, to render them agreeable to the existing ideas of health and comfort, a great deal yet remains to be done. Establishments of such a size as the Bicetre and Salpêtrière are not all at once to be altered; the improvements must be gradual, and, in proportion as an advance is made, still farther improvements may be discovered.

The distribution of the lunatics that has been adopted, has not only promoted the regularity of

the internal and domestic management of these great establishments, but has aided powerfully in hastening the cure, and meliorating the condition, of the unfortunate inmates. Quarrels and disputes are prevented, and dissension seldom intrudes. Without classification it would almost become necessary to confine closely the whole population. As it is, the low spirited and melancholy have full and ample room for exercise in the open air, in a space planted with trees, which at once afford them shelter from the sun, and form an agreeable and enlivening object of contemplation. Instead of being confined within bare and lofty walls, casting an air of gloominess over what is intended for relaxation, and in a space little better than the cell which they have left; they here possess an open, free, and pleasant promenade, of which the effects cannot fail to be signally beneficial upon the malady of their mind. Those females who have so far recovered as to present no longer the more violent symptoms of their disease, but whose state is still so precarious, that a slight circumstance might occasion a relapse, and that, too, even in an exasperated form, have the free enjoyment of a garden laid out for their special use. No useless constraint or severity is employed, and

those patients who have been admitted in the most furious states of madness, have, in consequence, in a very short space of time, recovered their natural tranquillity. All use of chains, as a means of coercion, has been done away with in the capital, and, indeed, it may now be said, in general all over the country. Perhaps, in one or two remote parts of the kingdom, to which the progress of improvement has not as yet attained, they may, in some cases, be employed; but in Paris, where there are 4000 lunatics, the only means of coercion in use are the strait jacket, the chair, in which the patient is confined by leathern thongs, confinement in a chamber, and sometimes, though very rarely, the cold bath. The absurdity, the mischief arising from the use of irons, cannot better be pointed out than in the following ironical passage of M. Pinel: "C'est un admirable invention que l'usage non interrompu des chaines pour perpetuer la fureur des maniaques avec leur etat de detention, pour suppléer au defaut de zèle d'un surveillant peu éclairé, pour entretenir dans le cœur des aliénés une exasperation constante avec un desir concentré de se venger, et pour fomenter dans les hospices le vacarme et le tumulte."

Douches have been employed, with great success,

as a means of restraint, as well as of cure, and have been found beneficial when all other means have failed. It is, however, to the attention paid to the selection of managers and attendants that the most marked benefits are to be referred; and, in Paris, the hospital administration has used all its influence to ensure a proper choice of these persons.

The average number of lunatic admissions into the Bicetre and Salpetriere, from 1801 to 1821, may be stated at 600 annually; that number has since increased to between 800 and 900, of which the greater proportion are females. Of the total number in the two hospices, which in 1824 was 2507, there were 1698 below fifty years of age, and 809 above. This number is classed in divisions, each of which is again divided into three sections, the insane, idiots, and epileptics. These sections are farther subdivided into five classes; those under medical treatment; those afflicted with incident diseases; the tranquil incurable; the furious incurable; and the convalescent. When there happens to be an excess of numbers in any one of these subdivisions, this classification is necessarily for a while interrupted. Those who are tranquil are then placed, for the time, in the divisions of the aged and infirm.

This classification occasions a difference in the medical and alimentary regimen. Those under medical treatment, convalescent, and suffering under incidental maladies, and placed consequently in the general infirmary, are subjected to a particular medical treatment, and to the diet of the sick; whilst all the others receive merely the ordinary daily visit of the medical attendant, and the ordinary diet of the house. The number of patients in the former condition was, according to the report of the administrative commission in 1826, 532, in the latter 2140.

The number of lunatics cured during the years 1822-23-24, was 382 males, 482 females; total 864 or annually 288. The number of cures during the first year of admission, was 746; from the second to the seventh year 118. The number below fifty years of age was 689, above fifty 175. The proportion of cures to admissions then is about 1 : 3; at the same time, if relapses be taken into account, it is not so high. The relapses for each year average 82, or, in reference to admissions, 1 : 10; but these do not always merit the name of relapses, for it is ascertained that a great proportion of them arise from causes quite unconnected with the ori-

ginal malady. Those strictly deserving the name, from a return of the original malady, are no more than $\frac{1}{18}$ for males, and $\frac{1}{24}$ for females on the admissions, or $\frac{1}{3}$ for males, and $\frac{1}{10}$ for females in the cures. The great difference in favour of females arises from the circumstance of their being retained a longer time in the establishment before being dismissed as cured. Were not such the case, it is probable, from their more helpless condition, the relapses would be as frequent, and more so than with the males. The mortality of lunatics for the years 1822-23-24, combined, was 1091, or 364 annually; of these 480 were below fifty years of age, 611 above. This mortality, at first sight great, becomes less remarkable, when it is considered how many aged persons in a state of dotage are included in the number.

The total lunatic population of the Bicetre and Salpêtrière was	-	-	-	-	for 1822,	...	2490
Do.	-	-	-	-	for 1824,	...	2672
The average mortality for all classes in 1822	was	1	in	9.08			
					in 1824	...	1 ... 10.31
The mortality of maniacs alone					in 1822	...	1 ... 12.61
					in 1824	...	1 ... 13.24
The mortality of persons in their							
		dotage			in 1822	..	1 ... 4.91
Do.	Do.				in 1824	...	1 ... 6.06

In fact many of the inmates of the establishment are rather afflicted with old age and dotage, than with insanity, and to judge of the real mortality of lunatics, it should be taken only upon such as are under fifty years of age.

The full medical service of the Salpetriere is entrusted to a head physician, a physician in ordinary, a surgeon, a medical inspector (*Inspecteur du Service de Santé*), and two or three *Eleves*, as they are termed, who act the part of clerks, and see that the orders of the physician are properly attended to. The ordinary attendants are in the proportion of one to fifteen, and the greater number of them have been once confined in the house. It has been found that, on this account, they are kinder and more compassionate to the unfortunate individuals on whom they attend. The full diet of maniac females in the Salpetriere is as follows :

	{	White Bread,	-	24 ounces
	{	Below 75 years of age	-	12 centilitres of wine *
Daily	{	From 75 to 80,	-	24
	{	From 80 to 85,	-	36
	{	Above 85,	-	50

* A centilitre is equal to 0.5841 of a cubic inch ; and 93 centilitres are equivalent to 1 Paris pint.

Dinner { One chopin of broth,
Four ounces of dressed meat (eight ounces
when raw.)

Supper { One chopin of broth. Six ounces of fresh
vegetables, or one-tenth of a pint of dried
vegetables, also ten drachms of cheese, or
a certain quantity of fruit.

During the course of the year, this diet is varied as the vegetables are concerned; they receive, for instance, alternately dried vegetables, cabbage, choux croute, spinach, sorrel, or potatoes. Instead of cheese to supper, they get salads, cherries, gooseberries, apricots, plums, and grapes, according as these are in season*.

* The diet in Bethlem Hospital is partitioned as follows:—

Breakfast. Gruel.

Dinner on Monday, Boiled suet-pudding.

on Tuesday,

on Thursday,

on Saturday,

on Wednesday, Pease-soup or baked rice-pudding.

} Meat, with vegetables.

Supper. Bread, with butter or cheese.

The quantity of bread daily does not appear to be more than twelve ounces.

Report of Select Committee.

The lunatics of the Bicetre receive 28 ounces of bread daily, and for dinner five ounces of dressed meat (ten ounces when raw). In other respects, their diet is the same as that of the women. On Fridays and Saturdays, both men and women receive no butcher-meat, but in lieu of it, an increase of vegetables.

In addition to this, any person may receive a portion of bread early in the morning, to prevent the pangs of hunger from tormenting him before the usual hour of distribution. To avoid the chance also of the bad effects of thirst upon the constitution, fountains, with a plentiful supply of water, are constructed in all the courts of the hospital. So necessary is it accounted to the welfare of the inmates, that they should, on no occasion, suffer from the cravings of an inordinate appetite, so frequently an attendant on mental alienation, that, in the Salpetriere, there are several women whose business it is to make the round of the house during the night, and give meat and drink where these are required.

The great improvements which the General Hospital Council has made in the state of the buildings, and in the household management of the lunatic es-

tablissements under its charge, have been also extended to the medical service. Extensive and excellent baths have been formed, and great advantage has accrued from the use of them, under proper regulations. In the Salpetriere, the common baths are situated in one building, the douches in another; the water in the former is admitted from the bottom of the bath, to prevent the chance of accident; the latter are of three kinds. The first throws a slender stream of water (*filet d'eau*), which may be increased or diminished, according to the pleasure of the physician; and, from the flexibility of the pipe which conducts it, may be directed, with great facility, to any part of the head. The second forms one continued shower; and the third dashes at once a mass of water over the patient. Every convenience is to be found in these baths to obviate the occurrence of any mischief arising from the patients' clothes attracting humidity, or from other causes.

The attendance of the medical officers is daily; their visits long and particular. The observations they make are regularly taken down in a book for the purpose, by the attendant clerks or *Eleves*. The superintendant of each division must always assist the physician in his rounds, and each servant

is required to be present, to give an account of the patients under his charge, and to answer to the questions of the physician. It is by the authority of the physician only, that the different baths already spoken of can be administered, or the removal of a patient from one division of the building to another can be warranted; and it is by permission from him only, as already mentioned, that any stranger or friends of the inmates can be admitted into the establishment to visit them: it is not even in the power of the director to give this permission.

The general council grants full liberty to the physicians to make trial of every means that hold forth any chance of curing this dreadful malady, all that is required of them is to consign in a register *ad hoc* their daily observations and remarks. In the Salpetriere, a regular clinical course on mental diseases is given; a school has there been formed, which has already done much good to the country, and which promises, in the lapse of a few years, to become one of the most celebrated of the capital.

Amongst the other improvements in the management of lunatics deemed incurable, that of keeping them still under the eye of the physician is not one of the least remarkable. Till within these few years,

whenever a lunatic was pronounced incurable, he was removed, and never more seen by the medical attendant, except perhaps on his death-bed. At present they all receive daily visits, and the moment the slightest symptoms of returning reason, or the least appearance of change in the character of the malady, are observed, they are instantly removed to the wards reserved for those directly under medical treatment. In former times, lunatics, upon entering the hospital, under the title of incurable, were placed at once in the quarter destined for this division of the malady ; they were not received at all into the medical wards. This is now no longer the case ; for the council, dreading that, in this way, individuals really curable might be confounded with the incurable, decreed, in 1824, that every one upon entrance, of whatever age or denomination he might be, should, in the first instance, be placed in the medical wards ; that he should remain there for a certain time under the hands of the physicians, upon whose report his removal should be warranted.

At present the convalescents are employed in various descriptions of daily labour. Full occupation is one of the means most likely to restore the equilibrium of the mind, and to divert the vacant

mind from wandering to a contemplation of its state. "Quand on est parvenu à leur donner l'habitude de s'occuper, ils ont fait un grand pas vers le retour de leur raison, et ce premier succès en présage beaucoup d'autres ; mais lors même qu'il ne produirait pas tous les avantages qu'on en espere ; toujours est il certain que le travail adoucit leurs maux ; calme leur irritation et le peu d'argent qu'il procure à ceux qui sont indigens diminue la somme de leurs privations."

It is to be regretted that the means of amusement are as yet hardly sufficiently multiplied in the Bicetre and Salpetriere ; but their advantages have been recognised, and the General Council will not fail of soon establishing them as they ought to be.

It may be added, that the plunge, or rather the surprise bath, and the revolving machine, have both been recommended as powerful means of cure in particular cases. There exists, however, very properly, an extreme degree of unwillingness to put them into practice ; and it is always with a feeling of apprehension that the physician orders them to be tried, which is very rarely.

Such is a short account of the condition of lunatics in the hospitals of Paris, and of the state and

extent of improvement that have taken place of late years in their physical, moral, and medical treatment. It only remains to say, that they are chiefly indigent, and that a very small proportion pay anything towards their maintenance.

The hospitals and hospices receiving lunatics, and also the special lunatic establishments throughout the kingdom, are properly destined for the reception of the poor and indigent of the departments in which they are situated. The whole of them, however, and especially the last, receive at the same time boarders, who pay a sum varying in its amount according to circumstances. To be admitted gratis into any one of them, it is necessary to belong to the Department in which it is situated ; but any one from another Department will be admitted upon payment. This payment is often very trifling, and varies from 60 to 150 centimes, (sixpence to fifteen pence) a day, payable, as formerly stated, by the relations, Municipality, or Prefect. In some of the special hospitals there are quarters reserved for such as can pay a much higher board, for example 1500, 1800 or 2000 francs (L. 60, L. 72 or L. 80 Sterling). The most remarkable of the special establishments are those of Charenton and Bordeaux. The *Maison Royale de Charenton*, as it is named, is situated

on a pleasant bank, about two leagues distant from Paris, in the *Commune* of the same name, and close to the junction of the Seine and Marne. It is of very considerable extent, and receives lunatics of either sex gratis, or upon payment of a board, which varies according to the extent of accommodation and comfort required. In the year 1814 its administration was in great disorder; since then, however, it has been reorganised; and it now presents perfect order and regularity in all its details. It is not like the Bicetre and Salpetriere under the jurisdiction of the General Hospital Council, but is governed by a commission of five members, termed *Commission de Surveillance*, subject to the immediate authority of the Minister of the Interior. It is capable of containing above 400 lunatics. The Minister of the Interior has the right of nomination to twenty-four entire, and twenty half places. The Ministers of Marine and of War have also the right of claiming admission for a certain number of sailors and soldiers, upon paying at the rate of one franc and a-half a-day for their maintenance. After the space of three months, if not cured, these individuals are transmitted to the Bicetre or Salpetriere. The other inmates are divided into three classes, according to the amount of board they pay;

the highest payment is 1300 francs (L. 52); the next 975 francs (L. 39); the lowest 650 francs (L. 26). No individual can be admitted except on presentation of his register of birth, and a judgment of *interdiction*; or an order of the Prefect of Police; or a requisition of the Mayor of the Arrondissement or Commune where he has resided. In cases, however, of absolute necessity, persons may be admitted *d'urgence*, that is to say, without any previous formalities, provided the relations or guardians enter into an obligation to fulfil immediately the conditions prescribed by the regulations of the house. The total receipts and expenditure of this establishment may be averaged at 400,000 francs (L. 16,000), 50,000 of which are at the cost of the state.

The private institutions in France for the reception of lunatics, have of late years very much increased in number, though, as yet, they are far from being so numerous as in England. Many highly respectable physicians have founded establishments of this description, both in the capital and in the principal towns. They are termed *Maisons de Sante des Alienés*, and their management is in general excellent. They are principally destined for such individuals as can afford to pay a considerable board; this varies from 600 francs

(L. 24) to 3000 (L. 120), in a few it is even higher. The local authorities throw no obstacle in the way of their formation ; but, when established, they exercise over them a species of surveillance to prevent the chance of abuse against individual liberty. They do not often interfere in their internal management, except in cases where any disorder manifests itself*.

* Few of these private establishments are for the reception of paupers ; and, considering the abuses which the report of the parliamentary committee has proved to exist, in the private institutions for pauper lunatics in the county of Middlesex, this is not to be regretted. Where a high board is paid, it is probable that the friends of a lunatic, as well as the self-interest of his keeper, will prevent much ill-usage. But where a pauper is admitted by a parish overseer at a small board, it is hardly possible for the most vigilant attention of visitors to prevent abuse. The unfortunate being is perhaps sent from a distant part of the country ; the overseers of his parish think they have done all that is required by paying for his maintenance ; and he is left to the care of a keeper, who may in a few cases chance to be humane, but who very seldom proves to be so.

Pauper lunatics should be confined to public establishments ; the public eye should be upon them, and in private institutions this cannot always happen. The proposal has been made in Parliament, that establishments should be formed in different parts of the kingdom to receive the lunatics of a certain district

of country. It is to be hoped that this idea will not be abandoned, for its results would be most beneficial. In France, the establishment of what are termed central houses, has long been proposed; and M. le Comte Lainé, in his report to the King, in 1818, when Minister of the Interior, strongly recommended their formation, and pointed out the advantages to be expected from them in the following terms:—" Ces inconveniens disparaîtraient, si, comme quelques personnes l'ont proposé, on établissait, pour la reclusion et le traitement des aliénés, un certain nombre de maisons centrales qui renfermeraient chacune trois à quatre cents insensés. Dans des maisons de cette importance, il serait facile d'établir les divisions et subdivisions utiles au bien-être des malades, de disposer des promenoirs, des dortoirs communs, et de réunir tous les avantages propres à contribuer à la guérison des insensés qui laissent quelque espoir. Les hommes de l'art les plus habiles ambitionneraient d'être à la tête de semblables établissemens; et, en même temps que ces asiles seraient des monumens de l'humanité et de la bienfaisance du gouvernement, ils serviraient d'écoles pour l'étude de l'infirmité la moins connue et la plus digne d'intérêt."

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