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FIRST ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

1st JUNE, 1840.

1/6/39 - 1/6/40. cc£
for Year

TRUSTEES.

MRS. CRICHTON, Friars' Carse.
LT.-COL. W. GRIERSON, Dumfries.
CAPT. JOHNSTON, R.N., Cowhill.

OFFICERS.

A. MELVILLE, M.D., Consulting Physician.
W. A. F. BROWNE, M.D., Resident Physician.
Miss SANDEMAN, Matron.
T. T. WINGETT, Apothecary.
Mrs. SMITH, Housekeeper.
R. GRIERSON, House-Steward.
GEO. COOPER, Principal Attendant.

R. ADAMSON, Esq., Treasurer.
Rev. G. COWANS, Chaplain.

Patients admitted from 1st June, 1839, to 1st June, 1840, - -	82
Discharged recovered, - - - - - -	20
... improved, - - - - - -	1
... during treatment, - - - - -	2
Died, - - - - - - - -	2
	—25
Remain, - - - - - - - -	57

It was conceived that, in order to carry out to their legitimate consequences the intentions of the benevolent foundress of the Institution, every facility should be given to the admission of Patients, and every comfort and consolation, as well as every remedial means, should be secured to them during their residence which are compatible with the state of disease, or rendered necessary by previous station and pursuits. The benefits of the charity being intended to fall upon the insane themselves, rather than to relieve the community of which they might be burdensome or troublesome members, rates of board were determined upon, which, while they were much lower than in the vast majority of such establishments, protected the Institution from loss, and admitted of an adequate maintenance, corresponding to the rank and habits of each class. That some precaution of this kind was expedient and prudent, at a time when the success of the Institution and the support which it might receive were both problematical, is very evident. Intentions of Trustees.

That human life may be sustained, and a lunatic watched and warded, at less expense than what is incurred in supporting, and in endeavouring to restore to reason, the insane poor in the Crichton Institution, cannot be doubted; but it is doubtful whether the rate of bodily disease and mortality be not increased, and the proportion of recoveries be not diminished, where experimental economy, or erroneous notions of nervous disease, stint that abundant supply of nourishment demanded, where there is great exhaustion or constant excitement and activity. The objects in view, in the present case, were to collect around the unfortunate inmates as many sources of health and happiness as are attainable; to give generous diet, substantial clothing, careful superintendence, amusement, wherever these promised to contribute to recovery, or relief, or even to pleasure; and, accordingly, provision was made for gratifying every want, and every reasonable wish, upon a liberal, though not upon a lavish scale. At the same time, care was taken, by selecting the *minimum* amount of board demanded in the well-regulated Asylums in Scotland, and considered

by the Directors of these as barely covering the expenditure, to meet the expectations of parochial authorities, and other guardians and connexions of the poor; and to extend the sphere in which the usefulness of a retreat for the homeless and friendless insane poor would be felt. The admission of forty-six Patients of this class, during the past year, shows that the arrangement has been so far appreciated and acted upon. To the extensive body—generally, but vaguely, called the middle classes—which comprehends so many grades, differing widely in pecuniary resources, but all enjoying the same status in society, and connected together by education and manners, great advantages have been afforded; and upon this just and generous principle, that the poverty and distress of families which belong, and are compelled to belong, to this class, when visited by mental disease, are often greater and more acutely felt than by the really indigent. To the rich, every luxury which the present state of society has rendered necessary, and which is consonant with the course of treatment pursued, is open. In fact, the whole aim and scope of the Endowment is charitable. It is not designed to mulct the rich in order to aggrandise the poor; for upon both will advantages descend which are more than equivalent to the board demanded; and which, beyond the walls of an Asylum, cannot be obtained at all. It is not desired to reap benefit in any possible way, or to form any fund from whatever surplus income may arise, except such as may secure greater comforts and happiness to all classes of Patients, and as shall allow of a general reduction of the rates of board, at such times and under such circumstances as shall render these advantages more accessible to all portions of the community. This alteration, and the nomination to the reserved bursaries, whenever they may take place, are proposed principally to affect such individuals as have been habituated to the luxuries and refinement of society; but who, in consequence of disease, or of circumstances over which they had no control, are unable to obtain them in confinement, and when chiefly needed; and to others who, preserving the feelings of independence, are compelled by misfortune to rank and associate with Paupers.

Difficulties at Commencement.

The first year in the history of an Asylum for the insane, is generally fruitful in difficulties and disappointments, but barren of such results as indicate either the success or prosperity of the undertaking.

Servants.

The servants are at first ill-capacitated and ill-prepared for the delicate duties which they are required to perform. Imbued with the same pre-

judices as the public as to the violent and untameable spirit of those bereft of reason, they commence their task in the expectation of personal danger and of incessant tumult; and with views of losing the confidence alike of their employers and charges through timidity, or of preserving it by tyranny; and under every circumstance grossly ignorant of the sovereign efficacy of kindness and moral discipline. The Patients. Patients are generally of an unpromising class. Affected with chronic derangement in some of its most hopeless, helpless, and intractable forms, for the most desperate cases are the first committed to an Asylum, the different members of the growing community are assembled together, acting under the habits and peculiarities contracted during long confinement in other places, or engendered by injudicious management at home, and deprived of the influence and example of that well-trained staff of Patients, which exists in every long established institution, and who insensibly communicate the regularity and observance of well-defined laws, by which they are themselves actuated, to every new comer. With such instruments, as imperfectly informed attendants, to act upon a group of beings so differently constituted, and so little amenable to training of any kind, as that described, it was scarcely to be anticipated that our progress should be smooth and uniform, or that the results should be successful. But, after making allowance for those less important accidents and obstructions, which are inseparable from the treatment of the insane, and which tend more to disturb the temper and discourage the hopes of the Superintendents than actually to impede or retard the introduction of an efficient and benevolent system, the success of the Institution has been most decided, and perhaps unexampled. Success of Institution. It may be confidently stated, that every individual admitted as a Patient has been in some degree or respect improved. The furious, and those who are described as refusing and resisting the kind offices and advice of friends, upon entering the House yield spontaneous obedience to the influence of that rigid but humane discipline which prevails, and become comparatively composed; the idle and lethargic are roused to exertion by example, flattery, or rebuke; the most degraded are elevated in the scale of being, by communicating, it may be automatically, modes of acting, which are, however, more consonant with propriety and correctness of deportment, and more conducive to health and comfort; and all are moulded and modified by what they are daily and hourly urged to think and do, until they become sane, or the creatures of the

system of discipline to which they are subjected. The truth of this observation is elicited by the familiar facts that the lunatic at large, and under no treatment, or a vicious treatment, and the confined and judiciously treated lunatic, can scarcely be recognised as the same person; and that a considerable portion of the inmates of a well-conducted Asylum are sane only so long as they remain within its precincts and subject to its regulations. But besides the large, though little known, amount of good effected by eradicating improper habits, correcting unsafe peculiarities, and imparting happiness where recovery cannot be anticipated, the means employed have been so blessed by Providence as to lead to the restoration of 24 per cent. of the Patients admitted. That in future years, when the difficulties enumerated no longer exist, when the moral and medical machinery resorted to moves regularly and effectually, and when the general proportion of recent cases are received, the results will, doubtless, prove still more satisfactory; but that the progress of the Crichton Institution towards this more perfect organisation has been as rapid and decisive as could be expected, may be gathered from the early Reports of other Asylums, where the same obstacles were encountered and overcome, and where subsequent celebrity sanctions the view here given. During the first year in Dundee, the recoveries were, to the admissions, at the rate of 16 per cent.; and in Perth they amounted to 12½. The mortality has as yet been so low, 2½ per cent., or 1 in 41, and caused by diseases over which art has so little control, that it would be premature to regard the past year's experience as a criterion of the health of the locality, or of the insane. How low this rate of mortality is will be best understood by stating that, in the city of Glasgow, the deaths are 1 in 24; in London, 1 in 32; and in England and Wales generally, 1 in 45. But, apart from the nervous affections, which are either symptoms or causes of alienation, and from chronic complaints, which may be regarded as features of the constitution, the state of the register of the sick would lead to the conclusion that the situation of the House had been well chosen, and that the arrangements for the physical comfort and accommodation of the inhabitants had, for a season at least, secured to them an immunity from many of the diseases incidental to the climate, and affecting the rest of the community.

Recoveries.

Rate of Mortality.

Arrangements in Furnishing.

The workmen had scarcely left the House when the period appointed for opening it as an Asylum arrived; and it became requisite to carry on the labour of furnishing the apartments contemporaneously with

the reception of Patients, and with the study and treatment of their disease. Nor is the preparation of suitable furniture so much the work of the upholsterer as may at first be imagined. If designed to contribute to the great ends of cure and amelioration, every article should be constructed in reference to two important principles: the perfect safety of those for whom it is intended, and the similarity it should bear to what is in common use, and to what custom has made familiar and necessary. The following may serve as examples: The windows consist of a double sashed iron frame-work, uniting the four great requisites of perfect security without the appearance of restraint, free ventilation, the admission of light, and the command of a beautiful landscape. Gas has been introduced into every room in the House, and it is conceived in such a manner as to defeat the designs of the mischievous as well as of the suicidal. The Patient can thus be afforded a constant supply of light during sickness, or whenever it may be required, and is freed from the alternatives of dressing and undressing in darkness or in the common gallery. It may appear undignified that the man of science should direct his ingenuity to the arrangement of a curtain; but trifles make up the sum of comfort, and there is an apposite case on record where a woman imagined that she had lost caste when deprived of curtains; and if these insignificant provisions can be made to act upon the unhealthy disposition by protecting it from itself, and by leading it to the belief that it has found a home and resting-place, and is surrounded by pleasing objects, science is well applied and fulfilling her highest destiny. The bedsteads have been constructed so as to combine safety and elegance. Whether formed with French draperies or with canopies, the curtains are suspended by springs from the roof which sustain a certain weight only, so that the whole fabric descends like a parachute when pressure is made in a straight line. The two ends are well padded, so as to prevent injury from the habits of striking and rubbing the head so frequently met with in lunatics. In the case of Paupers, for whom bedsteads of iron are provided, every precaution has been taken to baffle cunning and despair. The toilet-tables have the glass affixed to them; and where the basin-stands are convertible into toilet-tables, the lid is secured by a lock, so that, when necessary, the utensils are secured from breakage, and cannot be used as weapons of destruction, or for improper purposes. By the aid of many such simple contrivances, what was formerly truly designated the cell of the

maniac, is made closely to resemble the apartment occupied during health; and the very anticipation of all possible contingencies and accidents relieves the Patient from the irksomeness of incessant surveillance; for it may be laid down as a maxim, that the multiplication of precautions against escapes, and antidotes to violence should, and actually do, leave those for whose benefit they are devised in possession of greater freedom; and that the only principle involved in the abandonment of physical restraint, so far as that is desirable, is to substitute intelligent attendants, and other moral restraints of sufficient strength and activity.

Restraint. Physical restraint, in the ordinary acceptation of the term, has never been employed in this Establishment; and, what is probably the consequence of this mildness and forbearance, it has not been required, with the exception of a few hours at the commencement, when there were literally no servants in the House, and when the unwonted liberty granted to some of the Patients, who had long pined under the rigour of a different system, was abused. Such experience appears to justify the conclusion that the character of insanity has undergone a change; and that, while there is an increase in the number of cases of the disease, there is happily a marked diminution of its most formidable modification, furious mania. But, although this opinion may be correct, it is very probable that the improved treatment, and gentleness, and judgment, which dictate and pervade all ministrations among the insane, have mitigated the violent and vindictive passions which it was formerly the chief object to control; and it is certain that those engaged in the care and cure of the insane, until very recently, mistook vehemence for violence, exaggerated the dangers of their position, and sought protection in coercion, where it was not only unnecessary and injurious, but directly calculated to excite the spirit of revenge and retaliation which they dreaded. From such mistaken views and motives, in general, rather than from gratuitous cruelty, restraint has been grossly abused and misapplied. The practice of this Asylum has been, and will be, conducted upon the principle demonstrated here, and elsewhere upon a larger scale, that physical restraint, popularly so called, *may be dispensed* with; but it does not follow, nor must it be concluded, from this that there do not, and will not, occur occasions when recourse to such an expedient may be both humane and beneficial. Restoration to reason ought to be the first great object of those superintending the insane; and all modes of treatment must

be estimated by their efficacy in promoting this end. The application of restraint must be put to this test. It is not enough to break the chain and bury the whip by which the unfortunate lunatic was tormented; it is not enough to discontinue the absurd punitive and protective system which assimilated an asylum to a prison, and degraded its superintendents to the rank of timid gaolers; it is not enough that groups of men be subdued or flattered into subordination —although these are most desirable results; but the entire substitution of moral for physical restraint must be considered medically, and determined by its merits as a curative agent. In this light it may be fearlessly asserted that there are not only lunatics who must be, but who ought to be, restrained; and that cases do occur in which it would be infinitely preferable that a strap or glove should be prescribed, than that a miserable Patient should be incessantly hunted to and fro by a pack of keepers, or that he should be allowed to exhaust himself by continued gesticulations or gyrations, or by violence of any kind. It is often expedient to subjugate the perverted will; and to refrain from so doing when upon such subjugation depends mental improvement and increased happiness, merely because the process is irksome or painful, would be as wise and as benevolent as to withhold a blister or bleeding, when they are indicated, because the Patient is unwilling to submit to the infliction. There are likewise cases of morbid terror where it would be better to coerce physically than mentally, to bind down an arm than to quell and terrify by a number of attendants. Maniacs are often the victims of diseased and disgusting appetites, of earth-eating, self-mutilation, night-watching, and many other more humiliating and brutal practices, which no viligance can entirely prevent; and which, if overlooked in order to avoid restraint and to spare the infliction of a momentary feeling of bitterness, are inevitably hurtful, often destructive to health and life. As to the extent and intensity of this feeling, much misconception exists, as will be presently shown. Restraint is repudiated chiefly upon two grounds. First, that it painfully and injuriously compresses certain parts of the body, interfering with the natural discharge of the functions of locomotion, circulation, and respiration, according to the position of the apparatus. There is, and can be, no justification or reason for applying restraint of this kind, or in such a manner, and there is no necessity for so doing. Many contrivances are now accessible to every one which effect the purpose intended, and, at the same time, do not

interfere with the comfort or health of the Patient. Restraint is abused and misapplied when either one or other of these is interfered with. Secondly, it is objected that restraint irritates without subduing, gives pain to the sensitive, exasperates the violent, and degrades the rational in their own eyes. Now, the humane and enlightened Physician will never order coercion in such cases. The Patients who chiefly *require* restraint are such as are so debased as to be insensible to all other appeals whatever, and such as are, for the time, so engrossed and absorbed by their own internal emotions as to act automatically, and to be incapable of attending to any other impression. In neither of these classes is there any consciousness of the application of restraint beyond what is communicated by the muscular sense. A third, and very small class, may exist, where a vicious propensity is to be corrected, or a train of thoughts to be interrupted, and where it is intended to make a painful, and thereby a powerful impression.

These observations have been suggested by the conflicting state of opinion upon the subject. They have proceeded upon these principles, that it is rash to condemn and relinquish that, as a remedial agent, which has heretofore been employed exclusively as an instrument of oppression, and because it has been so employed; that greater force, and cruelty, and mental pain, may be inflicted in the attempt to dispense with restraint than by its application; that, so long as insanity presents the same symptoms that it does at present, the progress in ameliorating the condition of the insane must consist in substituting one description of restraint for another—as experience shows that while, for a vast proportion, moral discipline, occupation, recreation, the removal of all sources of irritation, the presence of numerous attendants, seclusion in padded rooms, and similar measures, suffice as means of re-establishing a certain degree of propriety of demeanour, there exist circumstances in which Patients must be protected from themselves, where they must be deprived of the means and opportunity to debase themselves still farther, and to commit that gradual suicide which their practices entail.

Attendants.

It is essential to the good management of every Asylum, that the corps of attendants be respectable and trust-worthy, that care be taken to render the remuneration adequate, and their situation as comfortable as is consistent with a regular and conscientious performance of duty. To them is in a great measure intrusted the happiness of the Patients, and the execution of those plans proposed for

the restoration of health; a task which, if faithfully discharged, merits a greater reward than can be bestowed. They are expected to unite the most menial services with the exalted functions of a moral preceptor; they must possess both fortitude and forbearance; they sacrifice almost all connexion with their families, the privileges and pleasures which even the veriest slave enjoys, to associate with the insane, to bear the brunt of unreasonable antipathies, caprice, and violence, to perform daily acts of kindness to the ungrateful, and to subdue their own feelings and temper according to a standard of the sternest virtue. The difficulty of discovering persons so qualified must be obvious. But the only mode in which any individual can be led to consult the true welfare of those intrusted to his care, is to render him happy and contented, to inspire him with an affection for his charges, to identify his interest with their happiness and recovery, and to transform him from the capacity of a watch to that of an attendant and companion. This has been attempted by a series of rewards and penalties, and by a scale of remuneration, which fluctuates according to the ability and activity of the individual in conciliating attachment, in preserving peace and harmony, and in giving effect to the recommendations of his superiors. The duties have been confined within reasonable limits, not more than twelve Patients being committed to each attendant; and even this number is diminished, or assistance given, should this be rendered expedient by the helplessness, or the excitement of any members of the class. To such as are entitled by the rate of board, or by some special arrangement, a separate attendant is appointed; but no distinction whatever is made should the necessities, or infirmities, or prospective cure indicate constant superintendence, when an additional servant is ordered as a part of the moral treatment. Over the comfort, personal cleanliness, occupations, and enjoyments of this group the attendant constantly presides: for desertion from these duties he is fined; and this is perfectly justifiable, as alarm-bells are connected with every gallery, which summon the Apothecary should assistance be required, or the occurrence of a crisis or accident demand medical advice, or should personal convenience render his temporary absence necessary. For acts of inattention, negligence, rudeness, or irritability of temper, he is punished in the same way; for harshness, intoxication, and other breaches of good conduct, he is dismissed; while for general or special merit, general usefulness, and for the success of the system which he assists to apply

in effecting cures and improvement, he is rewarded. There is reason to believe that provisions such as these are calculated to cherish the better parts of human nature; to act upon, and make use of, the less elevated feelings; and to secure a greater amount of kind and judicious treatment to the Patients than where men of an inferior stamp, at lower wages, are expected to act mechanically the part assigned them.

Confinement. Confinement is judiciously divested of all its terrors, monotony, and injurious effects; but its pressure should still operate in such a manner as to remind that it is enforced as part of a course of treatment for grave disease; that its rigour is, and can only be, relaxed as the reward of correct and rational deportment; and that health is the condition upon which perfect liberty is conceded. That this rule and governance produce happy effects may be traced in the *immediate* improvement which follows isolation. But, while the Patient's actions are thus constrained, ample freedom and discursiveness may be given to his thoughts; and those devices which best introduce agreeable and interesting matter of contemplation to the mind, and arrest the attention, are most worthy of regard. If they can be made to combine muscular exertion with such mental exercise as compels the temporary relinquishment of delusion or distempered feelings, the two-fold benefit is derived of invigorating the body and establishing

Occupation. a lucid interval. Occupation must ever hold a prominent place among such expedients. The inmates of the Crichton Institution are taught to regard idleness as culpable and unhealthy; and they have generally acted in accordance with this principle. The females have been occupied in sewing, spinning, knitting, fancy work. A few of the males have pursued their crafts as tailors, shoemakers, stocking-weavers; but the great majority have been employed as labourers in the fields and gardens. That the precise amount of labour done, and the comparative industry of different parties may be ascertainable, each attendant is provided with a memorandum-book, in which the number of hours each individual is engaged, and the nature of the work performed, are recorded. And to show how long these collective forces may be kept in operation, it may be mentioned that our labourers have been employed for upwards of 30,000 hours. It was desirable to surround the Asylum as speedily as possible with lawns, shrubberies, walks, and every provision for exercise and recreation; but, had this object failed to determine the choice of field-labour, the agricultural tastes

and trades of many of the Patients, and the advantages of moderate employment in the open air, would, and always will, render it preferable. Physiology suggests the additional recommendations of the tendency of such labour to exhaust the surplus nervous energy, to divert the mind from its own operations to external objects, and to procure calm and refreshing sleep during the night. The corps of gardeners and workmen have, at different times, consisted of eighteen individuals, who have all contributed, less or more, to supply the Establishment with fruits, flowers, and vegetables; and to ornament that which, to some of them, must be a permanent residence. Several acres have been trenched, dug, planted, and kept; and, while there is no disposition to judge of the value of what has been accomplished otherwise than by the beneficial and restorative effects which have accrued to the labourers, it would be difficult to disprove such an evidence of the usefulness of these services. At one time, the productiveness of the labours of lunatics was overrated; it was sanguinely imagined that the gain might be equivalent to the expense of their maintenance. Had this been a legitimate object, which it was not, the incompetency of many for sustained exertion, and the inferior address and powers of such as are capable, must have frustrated the project; but if it be considered that, in general, these men work without any stipulated hire, without possessing any interest in their labours, and while victims of a malady which, more than all others, induces inactivity and lethargy, the amounts of the profits will appear great. When there is an outlay of capital in the purchase of materials, and the profits depend upon the *sale* of the manufactured article, there may be loss; but in gardening and tilling, where there can be no destruction of material, and where wages are part of the profits, no *loss* can occur. Supposing that the labour of the ten lunatics constantly employed was equal to that of five sane men, it appears that, in six months, about £70 has been *saved* to the Institution, which must otherwise have been paid to common labourers, besides a less definite gain in vegetables, grain, and the external beauty of the grounds. Whatever may be thought of such occupation as a pecuniary speculation, the scene itself is beautiful. A group of men—separated, it is supposed, by a wide gulph from their fellow-creatures—who have been the terror of their dearest friends, and some of whom have been condemned for years to chains and darkness, are seen calmly and cheerfully engaged in the pursuit of a common object, employing tools of the most

formidable character, enlivening their task with a song, and feeling that, to them, as well as to others, the world is still fair and fertile, and the blessings of Providence many and kind. The hours of labour are to these beings a lucid interval; and the order and peacefulness of modern Asylums are mainly attributable to the efficacy of occupation, and amusement, and humanity, in rendering the Patients, for the greater part of their time, actually sane. That the suspension of sorrow and delusion may be but temporary and partial, and that fatuity or frenzy may be irradicable, is true; but every hour of happiness which is given, every degree of additional enlightenment which is gained, is a boon of incalculable benefit to the individual; places the whole mind in a condition to be benefited by the other measures for its improvement; and goes to that grand total of health and resignation which, next to cure, it is the object of all moral treatment to realise. Some of these men engage spontaneously in what they are directed to do; others, because they expect to be remunerated. Adopting a plan which I found to answer admirably elsewhere, a small sum is promised as wages to all who choose to deserve them; the power being reserved to determine the amount and the form of the recompense. In general, it is paid in some addition to clothing or food; by granting some privilege or indulgence; but occasionally, when recovery has already rewarded the toil, where the Patient has been made to co-operate in his own cure, money is given on dismissal, both in fulfilment of the agreement, and that the supply may serve as a protection from the want and non-employment, and other dangers which beset the convalescent lunatic at the critical period when he returns to the bustle and excitement of ordinary life. Nor must it be imagined that the products of such exertions are imperfectly finished or devoid of taste; in the one case, the gardens may be pointed out as the results of well-directed industry; and the contents of the Bazaar, on the other, as creations of fancy and ingenuity which have sweetened many an otherwise bitter hour, and assisted in engrafting the pursuits of perfect health upon the period of convalescence. The following Tables will illustrate these observations:—

Remuneration for Labour.

TABLE OF OCCUPATIONS.

Occupations.	Males.	Females.
Amanuenses,	3	
Domestic Purposes,	1	8
Cutting Firewood,	1	
Farm Labourers,	16	
Gardeners,	2	
Knitting,	1	6
Painting,	1	
Precenting,	1	
Reading,	18	6
Mat-making,		5
Stay-making,	3	
Sewing,		18
Shoe-blacking,	1	
Spinning,		4
Stocking-weaving,	1	
Tailors,	3	
Winding Worsted,		3
Fringe-making,		2
Flowering Muslins,		2
Fancy Work,		6

ARTICLES MADE IN HOUSE.

Articles.	Number.
Gowns,	42
Shirts,	42
Shifts,	64
Flannel Shirts,	32
... Shifts,	32
... Drawers,	24
Handkerchiefs,	150
Aprons,	40
Caps,	100
Petticoats,	40
Men's Jackets,	16
... Vests,	16
... Trowsers,	16
Shoes made,	8 pair.
... mended,	10 pair.
Desert Mats,	20
Doilys,	36
Fancy Bags,	14
Purses,	12
Frocks,	6
Stockings,	36 pair.
Socks,	24 pair.
Door Mats,	12
Fringe,	36 yards.
Quilts,	3
Small Articles,	56
Yarn,	26 dozens.

Recreation.

The effect which amusements are calculated to produce in tranquilizing and suggesting pleasing emotions in the lunatic is not sufficiently appreciated. A considerable portion of mankind regard recreation in some form as a pursuit; where the time and talents of

others are directed to higher aims, relaxation occupies a part of every day; and to all it may be pronounced a healthful and necessary accompaniment to toil, and a preparation for new exertions. Evidence exists to show that irremediable injury is inflicted upon the youthful mind by over-exertion unrelieved by that cheerfulness and enjoyment which nature suggests; and even the strong and mature intellect requires and demands for itself frequent and agreeable interruptions to the ordinary thoughts by which it is engrossed. The insane can plead both the feebleness of the one, and the engrossing speculations of the other, as grounds for an extension of their enjoyments, for the alternation, at least, of toil and pleasure, and for scenes of temporary mirthfulness and interest, which may disturb, if they do not destroy, that hurtful abstraction in which so many are plunged. Entertaining these views, and knowing that there is always a number of patients who, from their condition or rank, cannot, or will not, engage in active employment, every effort has been made to multiply and vary the sources of amusement. Wherever it was practicable these have been associated with exercise in the open air—such as driving, walking, quoits, skittles, bowls, &c.; but this cannot in every case be accomplished, nor is it desirable; and singing parties, dances, visits to menageries, races, regatta, the camera, billiards, drawing, music, have been engaged in to sweeten confinement, and to promote the cheerfulness of minds which reject higher means of consolation. With the less cultivated classes it may be conceived that the experiment of a Ball was somewhat dangerous, and exposed to ludicrous, if not to injurious excitement. But I have ever observed that individuals, both sane and insane, deport themselves better and more rationally in society than in solitude, when under the check given by the presence of strangers, the usages and customs of respectable life, and the influence of a common object. Soirées, at which the only attractions were tea, music, and a quadrille, repeatedly took place; and the event of the Queen's marriage was celebrated by a dance, at which about fifty individuals were present, of whom thirty were pauper patients. The effect of the music, the light, the rapid motion, and the novelty of the whole scene to beings so constituted, and so stinted of merriment, did produce excitement; but it proved to be of a salutary kind, and the result was a feeling of contentment and gratitude: it served likewise as a valuable test of the stability of the convalescence of several of the parties. Great caution and discrimination were employed in selecting

Ball.

the members of the party; the interest was not allowed to flag, every pause in the dance being occupied with a song or tune: all the superior officers were present, both to lend their authority and example to the attempt: the festivities were designedly of short duration: every thing was marked with the most perfect propriety and unanimity; and in ten minutes after the concluding chorus of "Auld lang syne" was sung, as profound silence and sleep prevailed as if no deviation from the ordinary rigid discipline had taken place.

Library.

The Library, which was commenced in September, now consists of 220 volumes, of which 184 have been read or consulted by 24 readers; and although still imperfect, has, with the aid of papers and periodicals, served to solace many a discontented and dejected spirit, to place the deluded and misanthropic in connection with real events, and with the transactions of their fellow men; and even more directly to act the part of a remedy, for whenever the judgment can be brought to receive and derive interest from the contemplations of other and these healthy minds, it is less attentive to, and less actuated by its own suggestions. There is a morose misanthrope, whose eyes are scarcely ever moved from Hume's History of England; a victim of a conspiracy of medical and physiological experimenters, who torture, poison, and persecute him, laughs merrily over Harry Lorrequer; a silent, solitary being, who steals the works supplied to others in order to possess constant access to amusement; and a destructive maniac, who was best deterred from mutilating the books he had read by giving him others which were new to him. A curious phenomenon may be observed in the double-sided view which lunatics take of questions which are connected with their particular hallucination, and in their receiving as true that which is altogether inconsistent with their own pretensions and statements. There is a gentleman in the House who declares himself to be the husband of the Queen; that he has appointed Lord Aberdeen as Prime Minister; and that he has repealed the Reform Act; who still received the intelligence of her Majesty's marriage without concern; reads the Morning Chronicle eagerly and attentively, although every line is a contradiction of his assertion, and refers to a state of society totally different from that which he describes. This perversity may be regarded as an objection to indiscriminate reading as an amusement for the insane; but even in this case, which is an incurable one, benefit may be traced in the enjoyment of the individual when following the course of passing events,

while the authority under which these are communicated affords a constant and ready refutation of the position and dignity which he has assumed. There are many lunatics who could not concentrate their thoughts upon the most simple topic; others who could not remain sufficiently long at rest to open a book; others who would misunderstand, and misinterpret, and misapply whatever is submitted to their notice; but by far the greater number retain capacity and susceptibility sufficient to be impressed and moved by the contents of books suited to their original tastes and acquirements. To this large class a well-selected collection should be at all times open.

As a statistical view of occupations has been introduced, it may be well to add another of a musements:—

TABLE OF AMUSEMENTS.

Amusements.	Number of Amusements.	Number of Patients Participating.	Remarks.
Backgammon,		4	
Battledoor and Shuttlecock,		6	A Patient and Attendant performed the feat of keeping up the Shuttlecock 1800 times.
Billiards,		3	
Cards,		10	
Christmas and New-years-day Dinners,		All.	
Concert and Theatre,		2	
Dances,	5	50	
Drafts,		15	There are two Patients players who could challenge the county.
Drawing,		2	
Drives—ordinary,		31	One Patient has driven 1465 miles.
Fancy Work,		9	
Grace, La,		2	
Music,		4	
Pic-nics to Newabbey,		6	
... Carlaverock,		5	
... Lochmaben,		1	
... Annan,		1	
... Irongray,		8	
Quoits,		9	
Races,		1	
Regatta,		7	
Skittles,		16	
Singing School,		2	
Visits to Camera,		5	
... Horticultural Exhibition,		30	One Patient has walked 405 miles.
... Menagerie,		15	
Walks,		24	
Writing, &c. School,			
Reading,			

The similarity between the education of the young and undeveloped mind, and the restoration or reconstruction of the infirm and diseased mind, and the tendency which intellectual training has to impart strength and order and precision to the faculties, has led to the introduction of education as an element of moral treatment. The substitution of some safe and useful occupation, which might at once amuse and instruct, for the frivolous games, or the idle and, it may be, incoherent conversation in which the winter evenings are spent, was an additional inducement to make this attempt; for while the inexpediency of long-sustained attention in any, but especially in the enfeebled mind, is obvious, as being in truth an effort to interrupt concentration by concentration; and while amusements of all kinds are in suitable circumstances recommended, the same, or probably more favourable results, will accrue from any engagement, provided the mind enter upon it willingly, be diverted from sorrowful or painful impressions during its continuance, and experience satisfaction from the trains of thought suggested. All these objects are as easily accomplished in overcoming the difficulties of the multiplication table, or in reading the history of the giraffe, as in the fluctuating fortunes of catch honors. Regarded merely as a pleasing and tranquil recreation, after the more important and laborious occupations are concluded, a school for lunatics is a striking and instructive scene. But if considered as a part of moral discipline; as a means by which the diseased intellect is to be weaned from its errors; by which delusions are to be displaced by real, and practical, and useful knowledge, useful when the pupil re-enters upon the active duties of life; and if the quiet, busied, and cheerful demeanour of the group, while instructed, be contrasted with the monotony, and misery, and violence, which formerly characterised—and is still, by many otherwise enlightened persons, supposed to characterise—the insane, the triumph of humanity will appear complete, and the hopes of the philosophical enthusiast to be realised. But while it is proved, by the decided success which has attended the progress of this experiment, that a new agent has been added to the science of moral treatment, the attempt, however, has been limited, the individuals submitted to trial few, and the full extent and nature of the effects require still to be developed. The exertions of the teacher have, as yet, been confined to the instruction of the convalescent and docile in the most rudimentary parts of knowledge; and of these writing and arithmetic were selected as being the

Teaching.

branches in which, notwithstanding the national boast, the natives of this country are very deficient; and as, in themselves, exercising rather the attention and perceptive powers than the passions or emotions. The Schoolmaster had, at first, four pupils, and to these eleven others have subsequently been added; and, in every case, manifest progress has been made and benefit derived. Many individuals who could write imperfectly, and with difficulty, have acquired accuracy and greater fluency; one who could write none—whose tuition in early life had, according to her own statement, "cost sixpence"—has acquired a tolerably distinct hand; an idiot, of the ultimate development of whose intelligence there can exist no hope, has, from the possession of an imitative power, made such advancement as to show that a judicious system of training, adopted in childhood, would have rendered him equal to a boy of very inferior abilities, but capable of bearing a certain share in the business of life. All minds, however weak and intractable, are susceptible of a certain degree of culture and expansion by education, and the idiot should not be shut out from the pale of improvement. Similar progress has been made in arithmetic; but what is here chiefly worthy of notice is, the gradual and steady approach of the majority of the Patients participating in these lessons towards sanity, and a greater amount of happiness during their second education; a consequence, undoubtedly, of the cumulative influences of employment, regular habits, and medical treatment; but in part attributable to the new agent we have described and recommended. The proper grouping of Patients, either for occupation or amusement, is of great importance. That good arises from the association of minds in different stages of sanity is highly probable. The healthy or recovering intelligence acts upon and imparts its tone and train of thought to the disturbed or tottering one: but as the reflex action of the injurious influence of the unhealthy upon the sane mind is even still better ascertained, the safest policy is to separate these sections, and establish a ward which shall serve as a sort of probationary tribunal before dismissal, secure tranquillity and society to those who are disposed or capacitated to enjoy them, and prove an object of ambition to those who are excluded. It has been remarked that there is so little intercourse and sympathy or similarity of opinion or feeling among lunatics, that a conspiracy embracing some common object is never formed, and that its formation is impracticable. This is true; and I have further observed that whenever fellowship or

Classification.

friendship springs up between lunatics, whenever they seek and love the society of each other, it is an indication of convalescence. This is a sound reason for the separation of the convalescent, who can appreciate the benefits and pleasures of intercourse, from the incurable or violent, who cannot. For temporary purposes, such as public worship, these distinctions must be suspended. The Chapel was opened when there were five Patients as worshippers; the congregation now amounts to fifty regular members; and of the eighty-two individuals who have been, or are inmates of the House, all but four have more or less frequently joined in these devotions, which are invariably conducted with great seriousness, and without interruption or disturbance. This is not merely a moral feat: an experiment as to how far the preventive check of discipline can be successfully carried, although even in this respect the circumstance is deserving of consideration; but that so large a number of maniacs so variously affected and incapacitated from participating fully in the service, should willingly and cheerfully place themselves in a position to receive consolation, and should for a time impose a check upon their eccentricities, or allow the sacredness of the place and purpose to act as a check, proves not merely the soothing nature of the mental exercise, but that while so engaged the mind approximates more closely to a rational standard than at other seasons. Service is performed twice every Sunday, in precisely the same manner as in the Established Church, although it is of shorter duration. Many important ends are attained by this arrangement; the return of the day of rest is impressed upon the memory; the Patients are assembled together under circumstances closely resembling those to which they have been accustomed in earlier and happier days; and associations are called up which inevitably connect the present impression of the mind with trains of thought pursued while its operations were correct and trustworthy. These recollections, the effect of example and control, always give to Sunday a character of solemnity and serenity; but the propriety of demeanour which uniformly prevails in Church astonishes even those who are accustomed to witness it day after day, and who are acquainted with the means by which it is brought about. The restless and violent become subdued and still; the vain and loquacious forget their pretensions, and yield to a feeling of reverence; the melancholic catches a glimpse of hope from the prospect, and joins in the song of praise, and not the less willingly when one similarly affected

Public Worship.

leads the little choir; and even the vindictive and morose seem to be actuated by better and holier feelings. Indeed, every pure and peaceful sentiment contributes to this state of calmness and composure. The remains of pious impressions imparted in youth; the remembrance of youth itself and home; parental instruction; the sentiment of veneration often exalted, sometimes uninjured, when the other faculties are obliterated; the external habits conferred by training and education acting when the intellectual acquisitions, made at the same time, have been swept away; and to employ these habits beneficially, were there no other reasons, the service of the Church of England is read to members of that communion; all these and many other causes and motives may be traced in different individuals, and constitute the chain by which a congregation, in other respects so discordant, is bound together and preserved within the limits of decorum.

Daily Movement in an Asylum.

Although the wards and proceedings of an Asylum generally present the smiling and cheerful aspect which has been described; and although to a visitor it appears impossible to detect indications either of madness or misery, or to see anything save a vast, well-ventilated, elegantly furnished house, the inhabitants of which are too busy or too contented to sigh for liberty, the picture has another and a darker side. There is a deep under-current of unhappiness constantly in agitation, which seeks vent in habitual moroseness or spleen, or in occasional bursts of violence, or in that capricious waywardness and irritability, which can neither be subdued nor soothed. There is a display of all the follies and failings of human nature deprived of the veil which the suggestions of prudence or reason, or the usages of society supply, and urged to assume their most aggravated forms by imaginary misfortunes and delusions. There are many interruptions to the harmony and order which can neither be anticipated nor counteracted if foreseen, which convulse the various sections and classes with the jealousies and strife by which larger and wiser bodies of men are disturbed. There is a quarrel, a complaint of injustice: one individual will not work or walk, another refuses to take food or physic; there are, in fact, so many circumstances which obstruct and disconcert the best and most benevolent arrangements for the improvement of the Patients, and add to the difficult and delicate duty of superintending an Asylum so much of constant activity, unconquerable zeal and patience, that it is expedient to submit an outline of the moral, social, and industrial movement of a portion of such a community during

one hour of one day. The sketch is a faithful transcript of real events, which fall under the observation of a physician during one visit.

Gallery No. I.—Of the ten female Patients; two are engaged in spinning, one in rivalry of the other; three are busy weaving worsted rugs; two in making patch-work; three are idle. Of the latter, one has slept none during the previous night, and has without compunction disturbed the whole of her companions by her merriment and noise; a second has had four attacks of epilepsy, is peevish, petulant, and clamorous for tobacco, which she has not earned, and which must have been withheld, if she had been entitled to it, as she has broken two panes of glass in her bed-room window in order to attract the notice of the nurse; a third has spoken none for some days, as she distrusts all around; has walked none, as she is impressed with the hallucination that all smooth surfaces are in constant undulatory motion, and sways her body to and fro in obedience to an impulse communicated from without. No. I. A suicide, who has attempted destruction by drowning, hanging, and still meditates to do so, having yesterday swallowed a pin with that design. No. II. Fatuous, happy. No. III. Ill for thirty years: the mother of mankind. No. IV. Convalescent from melancholia, but dying from consumption. No. V. After a long convalescence, has relapsed within the last week without apparent cause. No. VI. An incendiary, who set fire to her own house, and claiming Deity as her husband. She is generally industrious, but has declined to work at the time when she perceives that her assistance is most required. No. VII. Recovering from the fear of loss of salvation, but cannot be convinced that she is sane. No. VIII. A vain monomaniac, who is roused to fury by a quarrel with No. IX., who is a bold, imperious, but laborious creature, subject to sudden paroxysms of violence. No. X. is a mere automaton, prostrated by paralysis; speaks indistinctly, and is alive to fear and hunger only.

Gallery No. II.—This is distinguished as the silent gallery; the Patients living, but not associating together; and in which the great objects are to introduce cheerfulness and activity, and to dispel the lethargy which obstructs all efforts to conciliate and occupy. The monotony is successfully invaded by walking, driving, and games; and contentment generally prevails. But, upon this occasion, No. I. declines to wear a shirt, and when urged to do so, upon the pleas

of cleanliness and obedience to regulations, tears it in pieces, an act which leads to the prescription of a cold bath. No. II., a good-tempered and generous person, apparently from the irritation of scrofulous swelling, has struck an attendant a blow, in return for an imaginary insult, which he dates a month back. No III. has been confined for thirty years, part of these having been spent in nakedness and negligence; although now clothed and comfortable, and enjoying the gratification of many capabilities but recently developed, cannot be deterred from a constant discharge of saliva, which renders seclusion necessary. No. IV., a cataleptic, who is now only partially affected, but still obeys external impulses so faithfully and rigidly as to execute whatever he is mechanically prompted to do. No. V. lives literally alone, and, although vociferous in his selfish mirth, repels all approaches to intercourse. He is tormented by an old woman, against whom he rails all night. No. VI. washes his handkerchief and coat, if permitted, twenty times a-day. Nos. VII. and VIII., both well-educated, and the latter still enjoys reading, but neither speak, unless persecuted into a reply. No. IX. The continued obstinacy of this person in refusing to take food, suggests the propriety of making two remarks. First, that although such conduct may be founded upon a repugnance to food, or upon a determination to destroy life, it much more frequently depends upon disordered digestion, or other bodily ailment, and may be better overcome by the exhibition of some simple medicine, than by the interference of attendants and compulsory feeding. Secondly, failure, however discouraging, should never lead to the abandonment of entreaties, remonstrances, persuasions, commands, the exhibition of tempting and favourite dishes. In this, as in similar circumstances, the frequency with which an act is repeated, and a recommendation urged upon a Patient in order to bring about a habit of thinking, or feeling, or acting, in a healthy manner, seems of greater importance and efficacy than the nature of the recommendation itself, or the manner in which it is pushed. For three weeks this Patient took no nourishment but what was offered to him by the medical attendant, who was obliged to preside at every meal to prepare the food, and, while presenting it, to reiterate his injunctions. What added to the difficulties to be encountered, was the loss of language, or the silence of the Patient, who had not spoken for years. At first, the refusal and rejection was firm and decided, and for days

he received no food; he then yielded to the expression of a determination that life must and should be preserved. Subsequently, small portions were taken; but the will was evidently coerced and not overcome. Gradually, a greater latitude was apparently allowed to the appetite, and then whatever was presented was taken, and ultimately he sat at table, and conformed to the ordinary customs of society. Had forcing been tried, it would have likewise succeeded, but by outraging the feelings of the individual, and by placing him in hostility to his guardians.

Gallery No. III. contains seven Patients. The windows are up, and ventilation forgotten; a floor is unwashed, and a reprimand must be given. No. I. is jealous of honor and attention, and rendered unhappy when she is not the first and principal object of attention. No. II. is jealous of kindness and friendship, and can brook ill that respect or endearments should be bestowed upon others. She labours under the delusion that she is immortal and miserable. No. III., chained for thirteen years, now roams at perfect liberty, waltzing or whirling joyously round, dangerous to furniture only, but uttering cries of the most piercing and plaintive tone. No. IV., a romp, who disputes her position upon her chair as a right and prerogative. No. V., the Queen of France. No. VI., a suspicious melancholic, who conceives every kind act as of sinister import, and is upon the eve of trial for a horrible crime. No. VII. desires liberation; but has so little command of language as invariably to fail in explaining this strong desire. To mingle with, conciliate, soothe, rouse, encourage, depress, and organise for occupation elements so jarring; to inspire all with hope and confidence; to wear at once the aspect of cheerfulness, sympathy, and authority; to assume a different manner at every step; to repel, or rebuke, or receive without irritation insults, contumely, and ingratitude; to listen with patience to the daily delusions and complaints of minds ill at ease; to destroy the cherished hopes of affection or ambition, without inflicting pain; to suggest new views and interpretations of gross and grotesque mysteries; to joke into good humour; to order a painful remedy as a remedy for sullenness and sloth; to engage all, amuse all; and, amid all this mass of apparent confusion, difficulty, and disappointment, to keep constantly before the mind the grand objects of restoration and improvement, and to apply the principles of medicine at the same moment with the

principles of morals, are duties demanding all the fortitude, and prudence, and perseverance, which philosophy teaches or enthusiasm inspires; and are duties which are every day imposed upon the superintendents of the insane. Acting upon the conviction that such qualifications can rarely be found combined, and can only be acquired by long training and experience, it has been proposed to render the Institution a clinical school for the education of young medical men who propose to make insanity a special study. Under certain restrictions, one or more students will be admitted to act as Apothecaries, or Assistants to the Physician; who will thus have the inestimable advantage of living among the insane; of watching and becoming accustomed to their habits of thinking and acting; of performing every office which kindness dictates, or the treatment demands; and of observing all modifications of mental disease, and the means of alleviation employed. For obvious reasons, the whole of an Asylum cannot be thrown open to all students indiscriminately, however desirable in some respects such an innovation might be; and these Assistants are accordingly required to have received some instructions in medicine previous to their appointment, to be articled pupils of the Superintendent, and to be members of the Household.

We have hitherto been engaged in preparing for the future, in originating plans for enlarging the hopes and happiness of the afflicted, which time and experience can alone mature. Another year will afford materials for more ample comment. Reports like the present cannot, and ought not, to embrace more than the results of practice, as they are addressed to the public rather than to the medical profession. While mere technicalities are excluded, however, such opportunities should be used as vehicles to convey the opinions and moral treatment of practical men; to exhibit the particular systems pursued in different Asylums; the aspect of nervous disease under confinement and control; and all statistical data which can illustrate the history and success of the ameliorations of the condition of the insane—as these are topics in which all classes can sympathise, and are deeply concerned, and which they have a right to know. These publications are now generally read. They have disabused the public of many erroneous opinions, and much of the false feeling formerly entertained respecting mental disease, and diffused more Christian views of the nature of the malady, the condition of the Patient and

his guardians, and the objects and importance of isolation. These documents are, besides, the only legitimate records of labours which would otherwise remain unknown, and of facts which show that in this, if in no other class of human sufferings, the application of philosophy is but another name for humanity.

W. A. F. BROWNE.

1st June, 1840.

TABLE OF CAUSES, WITH THE PROPORTIONS OF MALES AND FEMALES AFFECTED, RECOVERED, DEAD.

Causes.	Males.				Females.			
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.
Abortion,					1	1		
Apoplexy,	1							
Avarice,	2							
Cruel Treatment,					1			
Destitution,					1	1		
Disappointed Affection,	1				3	1		
... Ambition,	1							
Domestic Affliction,					2			
Dysentery,					1			
Dyspepsia,	1				1			
Epilepsy,	2		1		1			
Excessive Study,	3							
Excitement, Political,	1							
... Religious,	2				2	2		
Exposure to Cold,					1			1
... Heat,	1							
Fear,	2							
Fever, Scarlet,	1							
... Typhus,					1			
Grief,	6	3			2	2		
Hypochondriasis,					1	1		
Injuries of Head,	3	1	1					
Intemperance,	4				1	1		
Jealousy,					1			
Lactation,					1	1		
Loss of Blood,	1							
Malformation of Cranium,	1				1	1		
Masturbation,	1	1						
Opium Eating,					1			
Parturition,					2			
Pecuniary Embarrassments,	3	1						
Phrenitis,	1							
... and Catalepsy,	1							
Pride,	1							
Prostitution,					1			
Religious Reading,	2	1						
Scrofula,	1							
Suppression and irregularity of Catamœnia,					6	1		1
Unknown,	4		1		3	1		
Totals,	47	7	3	0	35	13	0	2

TABLE OF AGES OF PATIENTS, AND RESULTS OF TREATMENT IN RELATION.

	Males.				Females.				Total.
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.	
Between 10 and 20,	1	1							1
... 20 ... 30,	12	2			5	2		2	17
... 30 ... 40,	16	2	1		14	5			30
... 40 ... 50,	8	2			10	3			18
... 50 ... 60,	6		2		2	1			8
... 60 ... 70,	3				4	2			7
... 70 ... 80,	1								1
Totals,	47	7	3	0	35	13	0	2	82

TABLE OF SEXES OF PATIENTS, AND RESULTS OF TREATMENT IN RELATION.

	Admitted.	Recovered.	Improved or removed.	Dead.
Males, .	47	7	3	0
Females, . .	35	13	0	2

TABLE OF DOMESTIC CONDITION OF PATIENTS, AND RESULTS OF TREATMENT.

	Males.				Females.				Total.
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.	
Married, - -	13	4	1		13	7			26
Unmarried, -	32	3	1		20	5		2	52
Widowed, - -	1		1		2	1			3
Unknown, -	1								1
Totals,	47	7	3	0	35	13	0	2	82

TABLE OF PROFESSIONS, AND TRADES OF PATIENTS, AND RESULTS OF TREATMENT IN RELATION.

Profession, &c.	Males.				Females.			
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.
Baker,	2	1						
Butler,	1							
Brewer,	1		1					
Blacksmith, wife of,					1			
Clergyman,	1							
... wives of,					2	1		
Clerks,	6	1						
Dairymaid,					1			
Drayman, wife of,					1	1		
Domestic Servants,					8	3		1
Farmers,	9	1						
... wife of,					1	1		
... daughter of,					1	1		
Farm Servant, wife of,					1	1		
Flowerer,					1			1
Gentleman,	1							
Gentlewomen,					3			
Governesses,					2	1		
Housekeeper,					1			
Joiners,	2							
Labourers,	2							
Lawyers, wives of,					2	1		
Mason,	1	1						
Merchants,	2							
Milliner,					1	1		
Nailor,	1	1						
Nurseryman,	1							
Officer of Dragoons,	1							
Officer's wife,					1			
Painter,	1							
Packman,	1							
Sailors,	2	1						
... wife of,					1	1		
Shepherd, wife of,					1			
Shoemaker,	1							
Soldier,	1							
Stocking-weaver,	1							
... knitter,					1	1		
Students in Divinity,	3							
Tailors,	3	1						
Tanner,	1							
Watchmaker,	1		1					
Weaver,	1		1					
Totals,	47	7	3	0	35	13	0	2

TABLE OF FORM OF DISEASE, AND RESULTS OF TREATMENT IN RELATION.

Affections of Intellectual Powers.	Males.				Females.				Totals.
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.	
Fatuity, . .	10	1	2		7			2	17
Idiotcy, . .	1								1
Imbecility, . .	8	1			1	1			9
Mania, with delusion,	2	1			5	2			7
Mania, general, .	2				7	3			9
Affections of Sentiments.									
Melancholia, . .	2				1				3
Monomania of Pride,	6	1			1				7
... Fear, .	1				1	1			2
... Suicide,					2	1			2
... Superstition,	2				5	4			7
... Suspicion,	6	1							6
... Vanity,	2		1		1	1			3
Affections of Propensities.									
Nymphomania, .					1				1
Monomania, furious and destructive, .	5	2			3				8
Totals, .	47	7	3	0	35	13	0	2	82

TABLE OF DURATION OF DISEASE, AND RESULTS OF TREATMENT IN RELATION.

Duration of Disease.	Males.				Females.				Totals.
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.	
Less than 1 year, .	12	7			13	12			
More than 1	3				3			1	
... 2	5		1		2				
... 3	2				2	1		1	
... 4	10		1		7				
... 10	4				1				
... 20	2				2				
... 30	2		1		2				

TABLE OF DURATION OF CONFINEMENT, AND RESULTS OF TREATMENT IN RELATION.

Duration of Confinement.	Males.				Females.				Totals.
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.	
Less than 1 year, .	23	7	3		26	12		2	49
More than 1	6				3	1			9
... 2	5				3				8
... 3	3								3
... 4	7								7
... 10	1				2				3
... 20	2				1				3
... 30									

TABLE, SHOWING THE STATURE, PULSE, RESPIRATION, &c., IN FIFTY PATIENTS.

Number.	Age.	Stature.	Pulse.	Respiration.	Temperature of Head.	Temperament.
Males.						
1	31	5·9	88	20		Bilious.
2	24	5·6	80	24	82	Bilious.
3	34	5·2	60	20	83	Nervous.
4	23	5·10	88	32	75	Lymphatic.
5	40	5·10	80	16	76	Lymphatic.
6	31	5·10	84	20	77	Lymphatic.
7	55	5·7	68	36	73	Nervous.
8	34	5·11	80	20	72	Bilious.
9	29	5·7	80	20	79	Bilious.
10	30	5·10	80	28	85	Nervous.
11	23	5·8	78	20	85	Nervous.
12	41	6·2	82	20	80	Nervous.
13	53	5·2	84	24	78	Nervous.
14	68	5·4	48	12	79	Nervous.
15	39	5·8	84	24	80	Lymphatic.
16	58	5·8	64	40	70	Bilious.
17	74	5·10	76	20	85	Nervous.
18	29	5·4	76	20	75	Bilious.
19	61	5·7	88	20	87	Nervous.
20	21	6·1	88	28	82	Bilious.
21	63	5·11	64	12	80	Bilious.
22	38	5·10	88	20	90	Bilious.
23	24	5·6	80	16	81	Lymphatic.
24	34	5·10	64	20	84	Sanguine.
25	21	5·8	68	20	83	Nervous.
26	57	5·5	84	16	80	Nervous.
27	37	5·9	76	24	80	Nervous.
28	40	5·6	88	16	89	Sanguine.
29	23	5·3	60	20	83	Bilious.
30	47	5·9	68	20	74	Lymphatic.
31	48	5·11	76	12	77	Lymphatic.
32	45	5·5	72	20	80	Bilious.
33	22	5·9	88	32	85	Nervous.
Females.						
1	42	5·7	80	20	84	Nervous.
2	64	4·11	64	28	82	Bilious.
3	40	5·3	100	24	80	Lymphatic.
4	60	5·1	60	16	80	Nervous.
5	38	5·I	72	20	76	Sanguine.
6	45	5·3	80	20	78	Bilious.
7	69	4·10	80	21	74	Nervous.
8	42	4·9	96	24	84	Nervous.
9	34	5·2	76	20	79	Nervous.
10	37	5·3	72	25	78	Lymphatic.
11	31	5·3	80	20	78	Sanguine.
12	36	4·8	100	20	82	Lymphatic.
13	37	5·0	82	24	84	Bilious.
14	31	4·9	88	20	80	Bilious.
15	28	5·1	64	16	82	Nervous.
16	46	5·4	92	16	86	Lymphatic.
17	31	4·10	76	24	76	Lymphatic.

RESUMÉ OF PRECEDING TABLE.

STATURE.

	4.8	4.9	4.10	4.11	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	5.10	5.11	6.0	6.1	6.2
Males,							2	1	2	2	3	3	4	4	7	3		1	1
Females,	1	2	2	1	1	3	1	4	1			1							

PULSE.

	48	60	64	68	72	76	78	80	82	84	88	92	96	100
Males,	1	2	3	3	1	4	1	6	1	4	7			
Females,		1	2		2	2		4	1		1	1	1	2

RESPIRATION.

	12	16	20	21	24	25	28	32	40
Males,	3	4	16		4		2	1	1
Females,		3	7	1	4	1	1		

TEMPERATURE OF HEAD.

	70°	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	89	90
Males,	1	1	1	1	2	1	2	1	2	6	1	2	3	1	5		1	1	1
Females,				1		2		3	1	3		3		3		1			

TEMPERAMENTS.

Temperament.	Males.	Females.	Total.
Nervous, .	13	6	19
Bilious, .	11	4	15
Sanguine, .	2	2	4
Lymphatic,	7	5	12

TABLE OF ATTEMPTS TO COMMIT SUICIDE.

Means of Destruction.	Males.		Females.	
	Males.	No. of Attempts.	Females.	No. of Attempts.
Abstinence, . . .	2	20		
Cutting Arm and Hanging, .	1	2		
Cutting Throat, ...	1	1		
Drowning, ...			1	3
Drowning, Hanging, and Swallowing Pin, ...			1	5
Hanging, ...	1	5	1	1
Precipitation, ...	2	2	2	2
Males, . .	7	30	5	11
Females, . .	5	11		
	12	41		

TABLE OF DISEASES.

Diseases.	Males.	Females.	Total.
Diseases existing before admission.			
Acne,		2	2
Angina Pectoris,		1	1
Bronchocele,		1	1
Convulsions,		1	1
Deformity of Spine,		1	1
Dysentery,		1	1
Dyspepsia,	1	1	2
Epilepsy,	5	2	7
Herpes Zoster,	1		1
Idiotcy,	1		1
Imbecility from supposed organic disease of brain,	1	4	5
Paralysis,	2	2	4
Phthisis Pulmonalis,		1	1
Psoriasis,	1		1
Ptyalismus,	1		1
Scrofulous swellings of glands,	1		1
Suppression of catamœnia,		3	3
	14	20	34
Diseases, &c., arising after admission.			
Apoplexy,	1		1
Diarrhœa,	1	1	2
Influenza,	1		1
Icterus,		1	1
Luxation of Humerus,*	1		1
Menorrhagia,		1	1
Pericarditis,	1		1
Pleurodynia,	1		1
Rheumatism,	1		1
Rubeola,		1	1
Scrofulous swelling of gland,	1		1
Suppressio urinæ,	1		1
Ulcer of leg,	1		1
Wound of hand,	1		1
	11	3	14
Table of Causes of Death.			
Epileptiform Convulsions,		1	1
Phthisis Pulmonalis,		1	1
			2

* This Luxation was caused by the action of the muscles during a fit of Epilepsy.

TABLE OF AMOUNT OF EDUCATION OF PATIENTS IN RELATION TO RESULTS OF TREATMENT.

	Males.				Females.			
	Admitted.	Recovered.	Improved or removed.	Dead.	Admitted.	Recovered.	Improved or removed.	Dead.
Highly educated,	8				3	1		
Well educated,	10	1	1		10	2		
Can read and write,	21	6	1		10	7		1
Can read, but cannot write,	4				7	3		1
Cannot read or write,	1							
Unknown,	3		1		5			
	47	7	3	0	35	13	0	2

WEEKLY STATISTICS.

From 23d May, to 30th May, 1840.	Males.	Females.	Total.
Patients in the House,	37	20	57
Maintained by their friends,	21	12	33
... ... the public,	16	8	24
Less than 1 year since first attack,	5	1	6
... 1 ... present attack,	9	7	16
... 2	4	4	8
... 3	4	3	7
More than 4	8	5	13
... 10	5	3	8
... 20	1	1	2
... 30	1	2	3
Expected to recover,	8		8
Not expected,	29	20	49
Convalescent,	1		1
From other Asylums,	19	9	28
... their friends,	18	11	29
Dismissed,		4	4
Attend Chapel,	33	18	51
Of 82 admissions, have attended Chapel,	45	33	78
Presbyterians,	27	12	39
Episcopalians,	8	7	15
Dissenters,	1	1	2
Roman Catholic,	1		1
Insanity, complicated, with bodily ailment,	11	10	20
... ... Paralysis,	2	2	4
... ... Epilepsy,	4	2	6
... ... Idiotcy,	1		1
... ... Imbecility, from supposed organic disease of brain,	1	2	3
... ... Amenorrhœa,		2	2
... ... Bronchocele,		1	1
... ... Menorrhagia,		1	1
... ... Scrofulous swellings,	2		2
Employed,	20	18	38
Restrained,			
Noisy and vehement,	2	2	4
Insensible to calls of nature,	3	1	4
Of dirty habits,	2	2	4
Dangerous to themselves,	1	2	3
... others occasionally,	2	1	3
Destructive of clothes,	1	1	2
Between 10 and 20 years of age,			
... 20 ... 30 ...	10	1	11
... 30 ... 40 ...	13	9	22
... 40 ... 50 ...	6	7	13
... 50 ... 60 ...	4	1	5
... 60 ... 70 ... &c.	4	2	6

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

Henry Scott Riddle, author of the poem "Scotland Yet", was under treatment in CRI from 10/5/1841 to 1/2/1842; suffered from an attack of melancholia, from which he recovered. CAE.

SECOND ANNUAL REPORT

OF THE

CRICHTON INSTITUTION FOR LUNATICS,

DUMFRIES.

11TH NOVEMBER, 1841.

C.C.E.
For Year 1/6/40 - 11/11/41 — (Eighteen Months)
Trustees, as below.
Directors (See CRE Apt 1840, p. 10) —
James Macalpine Leny of Dalswinton
Francis Maxwell of Gribton
John Babington
David Melville, & John Stairs.

TRUSTEES.

MRS CRICHTON, Friars' Carse.
LT.-COL. W. GRIERSON, Dumfries.
REAR-ADMIRAL JOHNSTON, Cowhill.

DIRECTORS. for 1841-2 C.C.E. i.e. 11/11/41 - 11/11/42 or "1842"

FRANCIS MAXWELL, Esq. of Gribton.
DAVID MELVILLE, Esq., Troqueer-Holm.
JOHN BABINGTON, Esq., Summerville.
DAVID JACKSON, Esq. of Newton.
JAMES CONNELL, Esq., younger of Conheath.

OFFICERS.

A. MELVILLE, M.D., Consulting Physician.
W. A. F. BROWNE, M.D., Resident Physician.
R. ADAMSON, Esq., Treasurer.
Rev. G. COWANS, Chaplain.
MISS SANDEMAN, Matron.
T. T. WINGETT, Apothecary.
MISS MACNAB, Housekeeper.
GEO. COOPER, Principal Attendant.

Patients remaining in the Institution, 1st June, 1840, - -		57	
Ditto admitted from 1st June, 1840, to 11th Nov., 1841, -		70	
			—127
Discharged recovered, - - - - - -	21		
Removed, - - - - - - -	9		
Died, - - - - - - - -	10		
	—	40	
Remain, - - - - - - -			87

In consequence of the Annual Meeting having been appointed to be held in the month of November, and the Asylum year naturally terminating at the same time, in place of at Midsummer, when the First Report of the proceedings of the Medical Officer was rendered, the present necessarily embraces a period of Eighteen Months.

General Results.

The following remarks will be found to contain much to encourage a continuance in the course hitherto pursued. They are intended to shew that a great degree of liberty is compatible with that seclusion and supervision which the treatment of insanity demands; that much rational enjoyment may be associated with impaired reason, ruined hopes, and hallucinations; and that the unperverted tastes, the remaining intellectual resources, and even the follies and foibles of the insane, present powerful weapons to be exerted in the eradication of disease, and in rendering life bright and happy. That occasionally events will occur to disappoint and discourage, is to be expected; and the abandonment of that prison-like discipline formerly existing, and which had safety and seclusion for its main objects, must multiply these; but the sum of our experience justifies the wisdom and the humanity of the measures adopted, and proves that the confidence of the public grows with our growth. Almost every apartment was recently filled, the applications for the admission of Patients are still numerous, and proceed from all classes of the community, and from all parts of the Kingdom. This rapid increase to our population was unlooked for, and somewhat embarrassing, and may have proceeded from temporary causes; but it suggests this reflection, that the reputation of the Institution, humble though that may be, is already widely spread, and that a friendly feeling and a confidence in the sincerity of our exertions exist in that large body of persons who have placed their friends, and, it may be added, their hopes and affections in our keeping.

Recoveries.

In using the word Recovered in the Table which precedes the Report, two meanings are conveyed:—First, that the persons thus discharged are, in the estimation of their friends, or of the Physician,

able to resume their place in society, to exercise their professions or occupations independently, and that they are responsible for their acts; and, secondly, that the change effected is a cessation of a set of symptoms which may depend upon some deep-seated vice or injury of the nervous system, and consequently may recur; and that the transition from mental darkness to light, from fury to tranquillity, is not, and cannot be traced directly to any of the particular means adopted, but is the result of a series of efforts, of a system of medical and moral treatment. The preference given to this modest term is necessary, because to imply that in all such cases the mind had re-acquired its original tone, and vigour, and accuracy, had sprung back to the point which it originally occupied, would be altogether erroneous, and as presumptuous as to declare that the Patients pass from an hospital or fever ward in perfect health, neither debilitated nor injured by the disease, from the ravages of which they have escaped, nor liable to relapse, nor, in short, retaining any indication of the condition from which they have emerged. A distinction is sometimes drawn between the recovered and improved; but this has been departed from, because an individual is either sane or insane; because every Patient derives less or more benefit from residence in an Asylum; and because there is great difficulty in establishing a standard by which it could be shown where improvement merged into recovery.

Mortality.

The rate of mortality is still much below what obtains in the healthiest and best-regulated establishments, two of the deaths having occurred from causes over which art possessed no controul. And if it be recollected that all lunatics are in a state of disease; that the very activity of their faculties exhausts and injures the constitution, and renders it prone to, and less able to resist other maladies; that Patients are often transmitted to public institutions suffering from organic lesions which must ultimately sap the foundations of life, and which it is almost impossible to treat in an energetic and suitable manner; and that they are never sent until all active measures have proved unavailing, and it is found impossible to treat or manage them at home; it is matter for surprise that among individuals so situate, the proportion of deaths should be so small.

Of the individuals admitted during the past eighteen months, twenty-five, or nearly one-half, were at the time affected with grave complaints involving vital organs, two of these laboured under severe wounds inflicted by themselves, one was actually dying, and of the

others it may be predicted that although watchfulness and care may protract life, and secure for a time a certain amount of healthy vigour, a fatal result must ensue. In another point of view, these cases present dark and discouraging features. Twenty-eight had passed the meridian of life, and were consequently beyond the period when the constitutional changes of growth, puberty, and maturity produce such marvellous effects in the economy, and frequently improvements in the relation and intensity of the mental powers; and were less susceptible of those impressions which it is the purpose of treatment in nervous disease to produce. Two laboured under incendiary and destructive mania; six were suicidal maniacs; eight refused obstinately to take food either at the time of admission or subsequently; two were earth-eaters; ten were furious; and eleven were idiotic or imbecile. Among materials so intractable and hopeless, it seems at first view presumptuous to expect that system, and order, and harmony should ever be introduced. And doubtlesss the attempt is a most laborious one, and demands all the zeal, and forbearance, and patience which a sense of the sacredness of the duty to be performed can call forth. Zeal to overcome the difficulties, to rise above the failures which occur at every stage of the course; forbearance towards the suspicions, the contumelies which arise, and the ungrateful, vindictive, and selfish feelings which are displayed; and patience to institute a series of remedies, the efficiency of which is problematical; to persevere after a hundred disappointments; to reiterate daily injunctions, and advice, and instruction, which are rejected; and to await with much misgiving, but with hope, the distant result of this long-sustained process.

Moral Health in an Asylum.

By such exertions, and by kind and prudent management, a healthy tone may be imparted to a household of lunatics where no improvement is effected, or can be expected, in their malady. This consists partly in the exercise of all the powers which remain undiseased and undisturbed, or under the will of the individual; in a disposition to meet conciliation by friendship, kindness by gratitude, and confidence by fidelity; and partly in the gradual accommodation of the mind to existing circumstances. When this spirit is diffused through all the inmates of an Asylum, not sunk in fatuity nor impelled by blind fury, the greatest end of moral treatment, if restoration to reason be excepted, is accomplished; peace and equanimity prevail throughout; and that condition is established which is most favourable for the

revival of dormant powers, the correction of vicious habits, and the growth of contentment and resignation. It becomes a sort of invigorating moral climate, in which the shattered mind recovers a portion of its strength and elasticity, and is more easily and successfully acted upon by other means of alleviation. We have endeavoured to realise this desirable state, and it is believed that these efforts have not been altogether futile or fruitless. There will always be, it is to be apprehended, sources of dissension, dissatisfaction, and misery, in such a community; but the ingenuity of benevolence suggests a hundred modes by which they may be lessened. There will always be proud and callous hearts which will refuse to be comforted, or to respond to any generous impulse, to listen to any friend or monitor, "charm he never so well or wisely;" but coldness and stubbornness may be softened, if not subdued, even through their very selfishness. There will always be that most intractable and irreclaimable class of Patients who stand upon the line which separates insanity from crime; who shelter violent passions, an ungovernable temper, and treachery, under the pretext of irresponsibility; who glory in strife and turmoil, and actually enjoy the disturbance and distress which they create; who retain intelligence enough to plan and execute mischief, and dexterity to conceal, or deny, or excuse it; who are so far the victims of morbid fancies or delusions as to disarm wrath, but who can only be reached by sternness and severity, or by a series of privations which, were it not for their insignificance, would be regarded as penal. We have been intrusted with several individuals manifesting this unsound, or ill-regulated, or vicious character; men whom it would be cruel to treat as criminal, but whom it is difficult to recognise as madmen; who have been the prodigals of their family, the outcasts of society, and who have passed a large portion of their lives in exile from the ties and affections which purify and elevate human nature. One of these is a vain malicious being, who quarrels with his companions; and, continues to quarrel, although maltreated by them, tyrannises wherever he can find a slave, defies all authority, disobeys every order and rule, destroys property, has passed through three galleries, and has been the Ishmael of all; but ever meets you with a smile, affects deference and courtesy towards his superiors, eludes the vigilance and stultifies the accusations of his guardians, and has a dexterous explanation and justification for all his misdemeanours, and speaks soberly and sensibly upon ordinary topics. Another is cunning, and trea-

Sources of Disturbance in an Asylum.

cherous, and wayward; enacts a paroxysm of frenzy when there is a fault to be concealed or extenuated; destroys his wearing apparel, falsifies every circumstance, and fulfilled the measure of his transgression, the other day, by biting off a companion's nose; and yet this man can speak and act rationally when interest dictates such a course. Both of these Patients have, however, been brought within the pale of discipline, and generally behave with propriety. It is conceived that men so constituted are even more deserving of pity and care than the imbecile or insane; and although the task of governing and guiding them be both difficult and dangerous, it is much to be wished that they were, at any early part of their career, consigned to an Asylum, before they have contracted dissolute habits, or irreparably denuded themselves of the effects of education and training, where they might be protected from themselves, provided with a haven and a home, and surrounded with the controul, and occupations, and encouragements which retain so many stronger minds within the limits of propriety, but which cannot be provided elsewhere.

Quiet in an Asylum.

Notwithstanding the interruption which Patients so disposed create, the quiet and stillness which prevail throughout an Asylum often occasion surprise. They generally afford a good test of the success of the system in operation, and either indicate a feeling of repose and content—and no reign of terror can so effectually silence the maniac as the reign of love and benevolence—or they prove that all are so employed, or so engaged, as to be able to resist or forget the tendency to extravagance and vehemence. There will, however, be restless and noisy members of such a body to disturb this harmony. One of these is a young man who, endowed with some ability for oratory, has continued for a year to declaim with unabated energy, and with only momentary intervals of lucidity, in a magniloquent, but still impressive style. His case is alluded to here in order to introduce the fact that he is almost immediately tranquillised and silenced when placed in his darkened room, evidently by the withdrawal of the stimulus of light. Another preacher of a different character, who has actually destroyed his voice by his cries and vociferations, and who spends much of his time in endeavouring to teach the alphabet to the sheep which brouse in the adjoining airing court, and which he declares to be deeply learned creatures; does not appear to be affected by the darkness, but ceases to shout whenever the light of the lantern carried by the nightwatch reaches his room. These opposite conditions show how important it

Sources of Noise.

is to possess means of acting upon the external senses as well as upon the affections of the Patients, and how much may be effected by what appear insignificant details and contrivances, but which really involve great principles.

Superintendence during the day.

The Officers of the Crichton Institution have proposed to supply, by personal superintendence and association, so far as such instruments extend and are applicable to the exigency, those deficiences, that powerlessness of the agents in the treatment of the insane of which every one who is conversant with the subject must be conscious. Besides the regular visit, or inspection in the forenoon, in which all the Officers participate, which occupies two hours, when every Patient is seen, cheered, reprimanded, prescribed for as may be required; when the pursuits and pastimes for the day are sketched out, the ventilation and cleanliness of the house examined; when the mighty machine is set in motion,—the different Officers, in their several vocations, are almost constantly in contact with the insane, keeping up a chain of associations, and an uninterrupted stream of sympathy and kindness, towards those who require, and sometimes seek so ardently for both.

The Patients should likewise be made to feel, so far as is practicable, that they are objects of interest and care at all seasons; that there is a system in constant operation which is intended to regulate their conduct and modes of thinking, as well as their diet and regimen. The more extensively these means are multiplied, and the more intimately they act upon the habits, and hopes, and happiness, the more entirely and confidingly will the Patient resign himself to the direction of those around, and become, as it were, plastic in their hands, to be moulded into that form, and according to that standard, which most closely approaches health.

Record of Observations.

It has been conceived highly important, not only that this superintendence should be exercised over all parts and persons in our community, but that a record should be carefully kept and preserved of every event in the social movement. To effect this, the Superintendent has been instructed to commit to writing the ordinary routine of duties and occupations; the most trifling, as well as the more striking and momentous occurrences of each day and hour; to describe the conduct of every Patient when it is characterised by excitement, eccentricity, or by some deviation from habitual deportment; to indicate, by name, who is culpable and who worthy of praise and reward; to trace any symptom of amendment, amelioration, or re-

lapse; to enumerate the engagements, the recreations of each person; the busy, the idle, the gay, the dejected; those who have played at bowls, or billiards, who have walked in the grounds or taken carriage exercise, or who have declined or been unable to do either; those who have enjoyed their food, and those who have refused to take it; in short, to represent at a glance a written picture of all that is passing in every department at every particular period, embracing the looks and passions, as well as the pursuits of the inmates, the moral as well as the domestic and physical aspect and state of the household. These reports are regularly inspected by the Medical Officer, who is thus prepared with full and faithful data for the exercise of his powers; the prosecution or modification of his plans; and, which is of equal consequence, is enabled to perceive at once the entire working and minute details of his system; is instructed as to its imperfections or success; is directed where authority must be made to bear, where encouragement is required, where reprimand and expostulation, and where his interference as a medical or as a moral adviser, may be beneficial. The knowledge that such a copious and accurate journal is in existence, that no fact or feature in the behaviour of any individual can escape from the record or the recollection, is no mean or powerless instrument in preserving order and discipline, and in producing useful impressions upon minds inaccessible to higher impulses. From the number and variety of subjects within the scope of such a history, and from the mental progress of many individuals being traced from day to day, and from year to year, such a document will ultimately claim an interest and value independent of its present utility. If composed and arranged with ordinary clearness, it will become in the hands of the physician, or of any one capable of generalising the contents, a source of information as to the developement and disappearance, the permanency, order of succession or connection of particular mental phenomena, and the foundation of a system of moral and general treatment, suggested and regulated by statistics and experience. To facilitate the accumulation of such a body of evidence as may prove useful to the stranger as well as to those more immediately interested, and at any, even a remote period, the form of register prescribed by law has been abandoned, and instead of a bare and barren list of admissions, discharges, and restraints, a connected and continuous description of the proceedings of each day is presented. At first, the diary

is narrative; but at the close of every month the entries are cast into a Tabular form, so that in a minute the condition of any one Patient, or number of Patients, at any time or hour can be referred to, its duration determined, and the means adopted, and the effects produced ascertained.

Thus it appears that in the month of October last there were ninety-eight Patients resident in the Asylum; that of these, two were discharged; thirteen were indisposed; two were affected with paralysis; one with convulsions; one vomited three times; two complained of headache; two of sickness; one of toothache; that in one the face was flushed, and in another it was pale. Four accidents took place in the same month; one Patient suffered from a scratch upon the nose; two from falls; and in one the ankle was discoloured. The hot-bath was given twenty-five times, and nine individuals were bathed; the shower-bath was administered eight times, six times medicinally, and twice to repress violence. Four Patients are reported as disobeying a regulation by remaining in bed after the hour appointed for rising, without permission or pretext of illness; one of these offended thrice; one, four times; one, ten times; and one, eighteen times. Four Patients are described as being each for one day mischievous; three, as noisy; the noise of one consisting in loud imprecations and maledictions, accompanied by good humour; of another in vain boasting and declamation, attended with violence and vindictiveness; of a third in the incessant repetition of the word "Just." Excitement was observed in eight Patients; in one there were eight paroxysms; in one, four; in two, three; and in all the others, one. Decided improvement is mentioned in three cases; in one an aggravation of the symptoms may be concluded to have taken place, as an attempt to elope is noticed. One Patient resisted the persuasions and efforts of his attendant to put him to bed; two were restless and unwilling to remain in bed; four refused to be shaved; two refused to take breakfast once; one refused to take it eight times. Dinner was refused once by six Patients; twice by two; and seven times by one. Tea was refused by three Patients once, and by two twice. Supper was refused once by eight Patients. Eight Patients seem to have taken an inadequate quantity of nourishment; three upon one; one upon three; two upon four; and two upon eight occasions. One Patient was forced to take food once; three were fed, one of these twenty-five times, another forty-nine times, and a third ninety-eight times. Under the head of

Exercise, it is stated that the Patients of the higher classes, besides the general forenoon muster in the airing grounds, had walked in the gardens nineteen times before dinner; ten times after dinner; that forty individuals had gone into the country in the carriage; that six enjoyed one drive; five, two; nine, four; eleven, six; five, seven; one, thirteen; one, seventeen; and two, nineteen. Upon four days, parties played at billiards; upon five days, parties played bowls; and fourteen Patients visited the Exhibition of Paintings and Natural History then open, examining the various departments with interest, feeling and expressing satisfaction, and deporting themselves as quietly and correctly as if endowed with the same tranquillity and strength of mind as the crowd with which they mingled. With six exceptions, all the females were employed in needle-work, music, &c., during the whole or greater part of each day; upon twenty-two days twelve male labourers were variously employed in the grounds; and one tailor and two shoemakers in the House. In contrast to this long detail of enjoyments and indulgences, it appears that one Patient was for three hours restrained for the purpose of carrying into effect the directions of the Physician, and of associating acts of violence and defiance with a feeling of inconvenience and a sense of degradation. This is but a brief extract from the record; but it will serve as a specimen of the mode in which the passing events of each day are preserved.

Superintendence during the Night.

The control of discipline and superintendence here insisted upon, however lightly imposed and gently exercised, should never be altogether relaxed or removed. A night-watch has accordingly been appointed, who commences duty at the time the ordinary attendants resign their trust, and extends over the hours of rest and repose that humane rule which subdues and stills so many angry and turbulent passions, represses so many sources of disorder, and compels the mind to engage in healthy and happy trains of thought. In the absence of general dormitories, such a provision is most beneficial. But such an Officer is, or ought to be, invested with higher and more important functions. He is not merely the guardian of the sleep of his charges, although even in this respect he is useful, as the consciousness of his presence or proximity brings quiet, and confidence, and slumber to many an anxious, or timid, or despairing spirit. He is the protector, the friend, the monitor of all; he visits the sick, administers medicine, attends to their wants, and narrowly observes their condition; and so precarious is the tenure of health in nervous

disease, that these attentions are laborious, and require to be unremitting; he inquires into all complaints, and gratifies all reasonable desires; he traces every sound to its origin; reasons with, admonishes, flatters the restless and noisy; replaces the somnambulist in bed; cheers and comforts the gloomy and desponding; enters the apartments of the suicidal, or of those in whom agitation, sullenness, or change of demeanour has been observed during the day; gathers from the garrulity, or ejaculations, or prayers, or songs of many, those secret and cherished thoughts and projects which no ingenuity nor friendship can at other times extract, and ministers to the support and consolation of every one in that particular way which is most necessary or most acceptable. The Physician often hears of the pleasure which the step of the night attendant communicates, as he passes through the galleries; and one poor invalid recognises in him a relative whose frequent visits yield hope and healing to her troubled mind.

Record of Observations.

By means of this Officer, the inspection and record of observations maintained by the Superintendent is carried on during the night. There is thus obtained a complete history of the twenty-four hours, comprehending the time of sleep and silence, as well as the hours of bustle and business; for the very dreams, and delusions, and reveries of the Patients, disclosed under the influence of fear, or in the confidence of solitude, are discovered and reported, and it becomes nearly as certain what are the condition and conceptions of a Patient alone at midnight, as at noon-day and when subjected to the scrutiny of his attendant. From the notes of this Officer it is learned that, in the month of October, twenty-nine patients were noisy during the night—fourteen of these only once; three, twice; four, three times; two, four times; two, seven times; one, eight times; one, nine times; one, eleven times; and one, twelve times. Another entry shows that, during two nights, seven patients were noisy; during three, six; during three, five; during four, four; during ten, three; during six, two; and during two, only one. Upon thirty-two occasions, the disturbance was produced by talking; upon seventeen, by shouting; upon seventeen, by singing; upon eight, by praying; upon seven, by swearing; upon six, by scolding; upon five, by croaking; upon four, by knocking; upon two, by moaning; upon two, by moving the window; upon one, by screaming; upon one, by whistling; and upon one by walking to and fro in the bed-room. Were the analysis carried farther, it would indicate the number of quiet and the

number of noisy nights, the speeches made, the songs sung, the sources of alarm, and so forth. This attempt has been fully detailed, because even in its present immature and imperfect state it seems calculated to collect much knowledge which must otherwise be lost, and to provide a check against any sloth or sluggishness in the application of the means of cure, care, or consolation. That the results would be more correct and useful were it confided to the execution of scientific men, is true; but this is, under existing circumstances, impossible.

Physical Exercise.

The usefulness of physical exercise in interrupting morbid associations, in exhausting that dangerous attribute of muscular strength of which the insane are often possessed, and its efficacy in promoting the healthier discharge of the bodily functions and inducing sleep, are so highly esteemed that every exertion is made to keep the Patients as long in the open air as possible. Without adverting at all to the influence which the novelty or beauty of external objects may have upon the mind, or to the suggestions and recollections which may be raised by sights and sounds which cannot come within the range of the ward of an Hospital, great importance is attached to the change of atmosphere. Transient though the effect may be, and imperfect as the experiment must be, from the limited space traversed; yet if an interval of a few hours, and a distance of a few miles, can produce an amelioration almost miraculous in certain nervous diseases, we have no right to speculate as to the precise limits within which that relation may exist, nor to conclude that a similar relation may not exist between derangement and local changes in the air. These views have led to an arrangement by which every person who is not confined by infirmity, or secluded in consequence of violence, passes some portion of the day in the open balconies, gardens, grounds, or in the country. Labourers, gardeners, and others, are engaged in the fields; but exercise of various kinds must serve to the higher and educated classes in place of physical labour. It is certain that a smaller proportional number of these classes are cured when affected with alienation; and this may, in some measure, depend upon the difficulty of supplying either adequate motives for exertion, or such occupations as shall give full scope to the muscular powers. The Pauper Patient works diligently to gain some trifling reward, or to escape in activity from the dull tedium of idleness, or from the poignancy of reflections which idleness gives birth to; or because occupation is to him a source of gratification. But what reward, what temptation, can be offered to induce a man of birth or

refined manners, or of sedentary habits, to engage in rude and painful tasks to which he is unaccustomed; and what exercise or amusement, which can be safely prescribed, can compensate for the activity of the gardener or labourer, or the interest which he takes in his employment? In recommending exercise to the insane, there are, however, limits which must be observed. Freedom must be graduated according to the state and to the trust-worthiness of the individual. If furious and vociferous, the Patient is not therefore deprived of the influence of the cool and refreshing breeze which almost constantly blows upon the elevated site of the Asylum; but he must enjoy it in a balcony shaded from the sun, removed from the observation of the curious, but overlooking that world to which almost all the insane pant to return. If in a calmer mood—which is, however, no sufficient guarantee against a sudden outburst of passion, an attempt to escape, or outrageous conduct, all of which require watching—the Patient passes an hour or two in the airing yards, still by a distant view connected with the external scene. If composed or convalescent, he is introduced into the gardens and policies, where there are walks of some miles in extent, winding among flower parterres, green slopes, shrubberies, and orchards, and commanding wide prospects of the surrounding country; and where, within the past year, a promenade, or at pleasure a carriage drive, has been formed, following the circuit of the external wall, and so well constructed, that exercise can be taken almost at any season. Even now, parties of five, ten, and twenty may be encountered taking advantage of this provision. Upon one occasion, forty-four Patients were in the open air, scattered through the enclosure, at the same time. And when these various groups are seen pursuing their pleasures and occupations under the cheering influence of a summer sun; when carriages pass along the avenue to their different destinations; when a party is observed to be engaged, and apparently interested, at bowls, or a larger body are seen perambulating the promenade; when ladies are grouped upon the seats or sward, or in the flower garden, and when every spot has its labourers; and when there is neither cry nor gesture to denote that all these persons are deprived of reason, insanity is shorn of its horrors, and exhibited under an aspect which brings it, as it should be brought, within the range of ordinary sympathy. Such scenes are keenly relished by the public; but it is extremely doubtful whether we should risk the exposure or laceration of a single feeling or prejudice in the Patients in order to demon-

Admission of Public.

strate how consonant with humanity the treatment of insanity may be. The gratification of what is a morbid curiosity may be purchased by the sacrifice of that quietude which is the first stage of convalescence, by the outrage of that retiring delicacy and consciousness of disease, which are the best foundations upon which moral training can proceed. All physicians who have associated intimately with the insane have appealed against the indiscriminate admission of strangers within the precincts of an Asylum. They court inspection, but they dread curiosity. They would solicit the visits of the scientific, the philanthropic, the guardians of the poor; but they would unscrupulously exclude all who come without interest, without sympathy, to gaze upon the wonders of a mad-house, or the extravagance of a "mind diseased." Many of the insane dislike and attempt to avoid the observation of their peculiarities; others experience a sense of shame and degradation under their misfortunes; almost all are keenly alive to new impressions, and are excited by the presence of new objects, even when they are inanimate. In individuals so sensitive, so governed by delusions, the intrusion of visitors must often inspire hopes which cannot be gratified, create apprehensions for which there is no ground, suggest fresh chimeras, and confirm former errors.

Carriage Drives.

To augment the pleasure, and vary the modes of taking exercise, and to increase the opportunities of changing the scene and air, a large carriage, procured for the use of some of the higher ranks, has been recently resorted to, and parties of Patients of the middle classes have been repeatedly conveyed beyond the walls by various routes, which all present some attractive point of view or matter of interest, and which, however dull and insipid to others, contrast agreeably and vividly with the monotony of an Asylum. The eagerness with which this indulgence, for it can be regarded as nothing else, is solicited; the gratitude manifested when it is granted; and the several benefits derivable and actually derived from it, suggest the insertion of a description of an instrument by which such results are attained, that its use may be adopted in similar Establishments.

Omnibus.

The vehicle resembles an omnibus, is light, and easily drawn by two or three horses, and is capable of carrying from twelve to fifteen persons; but it has this advantage and peculiarity, that the body is divided into two separate compartments, each having all the privacy and comfort of a private carriage. By this construction, three individuals, or three parties with their attendants, may enter, travel in company for miles, and

return to their respective rooms without any communication ; the one Patient or party being indeed unconscious of the presence of the other. Such an arrangement was not of course devised for the lower classes, and would neither be wished for nor prized ; by the middle classes it can, and should be only occasionally enjoyed, and it is naturally enjoyed with more zest because it is a source of gratification foreign to their habits ; but wherever the wants of the higher classes place such a luxury within the reach of the other grades, and where it is an object to create a new and the most novel means of distraction, and at the same time to carry out the principle of separation and classification to its utmost extent, this expedient will be found serviceable.

Occupation.

Wherever it is possible, occupation is prescribed, not merely as in itself a means of cure, but as preparative to all other attempts to remove mental disease. It contributes primarily to impart healthy vigour to the body ; and, secondarily, to expel delusion, and to establish that tranquillity which allows and facilitates the operation of rebuke, remonstrance, threats, encouragement, or reasoning. Employment in the fields is still preferred ; and there has been almost constantly ten or twelve men busied in cultivating the garden, in planting and preserving the grounds ; in fact, forming a corps of labourers upon whom the Establishment chiefly depends for many of the comforts, and all the external ornament and beauty, which may so deservedly be ranked among the sources of happiness and restoration to the other Patients. These men are robust, cheerful at work, grateful for simple pleasures, docile, and orderly, and quiet, and so invariably enjoying the profound and refreshing sleep which follows exertion, that the gallery in which they reside is scarcely ever reported as being disturbed during the night. Labour is not, however, upon any occasion, carried so far as to produce fatigue—the aim is to benefit the Patient, not to perform an appointed service, or to save expence ; and that the energies of such individuals are not over-tasked or exhausted may be concluded from the nature of their evening recreation, for they pass at once from the spade and the scythe to basket-making, in which some of them, in despite of rude materials, are extremely expert. To two of the Patients were, for a time, committed the care of a carriage and horses, and the manner in which they discharged their duties as grooms and drivers was most satisfactory. A still greater degree of confidence was, however, reposed in a convalescent, to whom was entrusted the superintendence of the stoves and heating apparatus, and who, during

the whole of last winter, undertook the dirty and disagreeable office, encouraged by the bribe of meat diet, and by the prospect of some small recompense if eventually discharged. Two tailors were for some time kept constantly engaged in preparing the paupers' dresses; one cobbler divides his attention between mischief and shoe-mending; one old soldier is a capital housemaid; and a painter plied his brush for some months most usefully. The activity which prevails in the female department will be best understood from the following Table of the articles which they have fabricated, and to which should be added the assistance given by one Patient in the kitchen, three in the laundry, and by four in the washing of miles of galleries and passages.

LIST OF WORK DONE SINCE JUNE, 1840.

120 Shirts.	96 Pairs Sheets.
84 Shifts.	1 Set Window Curtains.
40 Flannel Jackets.	18 Feather Beds.
36 Pairs Flannel Drawers.	18 Feather Bolsters.
18 Pairs Trowsers.	18 Feather Pillows.
18 Jackets.	12 Bed-Room Carpets.
18 Vests.	14 Chair Covers.
48 Gowns.	6 Sofa do.
50 Aprons.	1 Web, Flowered.
60 Petticoats.	20 Collars, do.
18 Pairs Pockets.	24 Pairs Cuffs, do.
24 Habit Shirts.	1 Child's Dress, do.
84 Caps.	8 Caps, do.
160 Handkerchiefs.	160 Yards Fringe.
82 Pairs Stockings, knitted.	60 Toilet Covers.
74 Pairs Socks, do.	12 Purses.
30 Bed-Gowns.	14 Bags, worsted work.
26 Frocks.	2 Rugs, do.
12 Pairs Corsets.	14 Door Mats.
36 Table Cloths.	4 Watch Guards.
330 Towels.	Spanish Figure sewed in worsted.
66 Bed Quilts.	

1st Nov., 1841.

Moral Treatment.

It is difficult to convey any adequate notion of the series of operations of which moral treatment consists, to describe the agents which have been, or may be, made to act directly upon the mind itself, because it is impossible to mark exactly where physical treatment terminates, as the efficacy of even a drug may, and often does, depend as much upon the feelings of repugnance or confidence with which it is swallowed, as upon the intrinsic properties. Indeed, every step beyond the regulation of the diet, and the exhibition of medicine to regulate and restore particular functions, there being no specific for derangement, leads to an attempt to reach the disease through, and by, the senses, the intellect, or the affections. The residence of an individual in an Asylum, the new arrangements, the absence of friends, the subjection to discipline, and the delivery of every thought

and wish into the keeping of strangers, are all intended and calculated to address the mind itself, to serve as silent arguments and warnings against error, to create a disposition to self-examination and self-regulation, and to force the adoption or imitation of rational views and habits. That these instruments often act in this way is unquestionable; and because they cannot be assembled or applied at home, it is well shown that efficient treatment can only be found in an Asylum. The occupations, recreations, the rigid routine, the varied exercises, the stern or soothing tones of the Physician's voice, all operate on the same principle; and when judiciously selected and perseveringly applied, remodel the whole nature, and sometimes restore health. But besides these means, there are many, such as the following, which are suggested by the peculiar circumstances of each case, founded upon some former taste or capability, or adapted to the actual condition of the Patient, or the change which it is desirable to bring about:—

Amanuenses. Our amanuenses, greatly increased in number, have been as industrious as if engaged in productive labour. At one time it was ground for envy and emulation which should be selected to assist the Medical Officer; many thousand pages have been copied or written to dictation, and in one case with a marked humanising and elevating effect.

Music. One young lady is at present curing herself of extravagant ideas of her own greatness by copying, and then playing music, at which she

Painting. is an adept. And that the curative powers of the sister art of painting might not be untried, we have an instance where a convalescent house-painter aspired to portrait painting, and executed a likeness of the Matron. The effort was certainly a failure; but it confirmed and con-

Translation. solidated the recovery of the artist. One amiable, and accomplished, and excellent being, who imagined that it was incumbent upon him to abstain from food to increase the comforts of the poor, and to prevent a general famine, and that his brain was transmuted into fat, and consequently impeded the exercise of his faculties, was induced to engage in the study and translation of *Molière's Malade Imaginaire.* He spent many delightful hours at this task, bending his powers diligently to overcome the difficulties, and to discover the beauties of the author, coming out of himself, as it seemed; forgetting his own sorrows and ailments; and, it may be, tempted to doubt their reality, while laughing at the hypochondriacal fancies and medicine mania of Argan. He subsequently undertook the translation of the life of St. Vincent de Paul, and glowed and gladdened with the benevolence

which pervaded his every sentiment in transcribing the eulogiums upon that Howard of the sixteenth century, the friend and father of the poor lunatic. In one case, where it was important to impart new springs of conduct, to alter the character and the profession, and yet to recommend what coincided with the previous tastes and training of the individual, the study of medicine was engaged in, and the Patient read assiduously, acquired a very considerable knowledge of the sciences of anatomy and physiology, and imbibed a strong ambition to prosecute his studies further. A well-educated gentleman, who conceives that he is undergoing a temporary penance for an offence against a high ecclesiastical dignitary, and who would willingly spend his days over a Greek or Hebrew work, was bribed to relinquish these severer studies for the acquisition of the French language, which, with a very few hints as to pronunciation, he accomplished, and would have grappled with German had the necessary books been accessible. A schoolmaster, who is too proud of his caste to engage in manual labour, cheerfully attempted the tuition of his fellow-patients. A clergyman of most morose and melancholy disposition so far forgets his dejection and selfishness for an hour each Sunday, that he reads reverently and correctly, the prayers of the Church of England to such of the Patients and Officers as belong to that communion. When it is added that the Clerk who reads the responses is likewise insane, it may be imagined that the scene is fraught with interest and emotion, and only surpassed by those which occurred in the primitive ages of the Church when the energumens creeped to the altar and were healed. Recovery cannot, in this instance, be directly traced to the act of devotion or the feelings excited; but there are reasons for supposing that these feelings are of a sedative and salutary kind; and they certainly possess this striking characteristic, that for the time they predominate over every other; and there may be observed the wandering reason, the turbulent passions, the deluded imaginations of priest and worshippers, however widely separated in all others, meeting and uniting in this one point, the solemnity of the act in which they are engaged.

Study of Medicine.

Acquisition of Languages.

Teaching.

Reading Prayers.

It was determined to produce a powerful, painful, and retrospective train of feeling in a person who seemed to be lapsing from a state of high over-wrought sensibility into one of apathy and senility. He had distinguished himself as a poet; and during one of his darkest and dullest moods, some of his own beautiful and pathetic verses were read

Reading Poetry to a Poet.

to him. He at first smiled, then appeared to be awakened to a recollection of the circumstances and emotions under which they had been composed, then became deeply affected and wept. He was agitated for some hours, but the effects gradually disappeared.

Love of Animals.

To engage the minor affections, and, in the absence of higher objects, to call forth that love for animals which has characterised men of refined and serene temperament, has been considered curative, and tried. Accordingly, sheep have been introduced into one court; in another rabbits have long ingratiated themselves with the Patients; in a third, urchins have become favourites; in a fourth, there is a colony of white mice; and in the fields, a jack-ass was courted and conciliated by a convalescent.

Public Reading.

The great objection to all these measures is, that they embrace only one Patient, or a very small number of Patients; that the application of them is, therefore, difficult and tedious; and that success must depend as much upon the skill and tact of the experimenter as upon the consent of the individual to be acted upon. What is wanted is some plan which shall rouse, arrest, and tend to regulate the intellect of a number of Patients simultaneously, without rousing or disturbing the passions; and as insanity, in a majority of cases, consists rather in excited feeling than in disordered reason, this precaution is absolutely necessary. It is not pretended that this panacea has been discovered; but a practice has been recently commenced which possesses many of the advantages coveted, is at all events perfectly innocuous, and promises to afford a very simple, cheap, and pleasing antidote to the darkness and dullness of a winter's evening. Such of the Patients as are known to be quiet and manageable, and as may be interested and amused, are assembled in the chapel between tea and supper. The place has been chosen because its construction is commodious and suited to the purpose, but chiefly because the Patients are accustomed to constrain themselves and regulate their deportment there. One of the Attendants, the others being seated among the Patients, is supplied with a work which shall always be new and attractive, and either historical or biographical, which he reads aloud for an hour, or until indications of exhaustion or restlessness appear. It will be observed that many objects are thus gained. Matter for reflection is supplied in a plain unostentatious manner to a much larger body of Patients than could be reached were the same book circulated, and by a person whom they are accustomed to treat with respect. Those who cannot read

are instructed; those who are not inclined to read, or to read continuously, may be cheated into listening. Incentives to irritability being withdrawn, the jealous and irascible man may pass a placid and peaceful hour in following a narrative; the attention may be fixed, the memory stimulated, and the whole current of thought turned into a new channel.

Concerts. Concerts have, during the past year, taken the place of balls and dancing parties; not because experience had proved the inxepediency of the latter, but because a greater number of Patients could be assembled together to enjoy the music than to share in the dance; and because, by the selection of popular pieces and national airs, a direct appeal could be made to the earliest recollections, and the most delightful feelings of which human nature is capable. The Dumfries Brass Band was put in requisition; and, after repeated trials, another novelty may be considered to have been introduced into the treatment of insanity in this country. During winter these concerts took place in the Board Room, in the presence of about forty or fifty of the Patients, whose animated and varied expression, and time-keeping feet showed how closely they followed, and how intensely they enjoyed, many of the tunes. In the summer evenings the Band was instructed to walk round the building, and thus address the ears of every inmate. This practice, besides including those who in a concert room might have disturbed their companions in disease, or been disturbed by them, supplied the pleasure unattended with the risk of the heat and imperfect ventilation of a crowded hall.

Amusements. Tranquil and convalescent patients have been allowed to attend quiet parties for conversation and music; to visit the Theatre, the Circus, the Exhibition, the Bazaar, the Races, and Public Concerts; and the liberty thus granted has in no case been abused, nor, so complete has been the controul exercised, have the insane been distinguished from those by whom they were accompanied. Now, when familiarised with the beneficent influence of a sounder philosophy, and instructed that many of the insane are only partially separated from the sane, such facts do not excite surprise or interest. But if it be recollected that, at a period by no means distant, *no* Patient ever passed beyond his cell or airing yard; and that the very individuals now described as mingling in the pleasures of their fellowmen would have been condemned to perpetual confinement and to chains, the boldness and triumphs of the humane system will be appreciated.

Effect on Incurable.

By such exertions has the year been marked. That these numerous expedients invariably or infallibly lead to the restoration of reason cannot be asserted. But they are deserving of a higher regard than as mere achievements of art or triumphs over the obstinacy, the caprices, and the misery of the morbid mind, inasmuch as they soften, soothe, and alleviate; and to do this must ever be the great business and object of those intrusted with the core of the insane. A large number, it is to be feared the largest number of those admitted into every Asylum, must be expected to pass the whole, or a greater part, of their lives in captivity; and to render this separation from the world as little an estrangement from happiness as is consistent with the ends in view, to render the reason partially and temporarily clear and capable of exertion, to cultivate and even create capabilities of enjoyment, are duties in every respect as important as the direction of the treatment and convalescence of the curable.

Responsibility of Officers.

Those intrusted with the superintendence of individuals so excitable, so wilful, so inconstant, so little amenable to the ordinary laws and customs of society, and actuated by motives so far beyond the reach of ordinary agents, must necessarily be endowed with great power. But it is not well that they should be altogether irresponsible; and accordingly, besides the examinations made by the Officers of the Law, the Directors have, in rotation, regularly visited the Institution; they have entered every apartment, seen and conversed with every Patient, possessed opportunities of witnessing the whole of the internal arrangements, of detecting abuses if they existed, of suggesting alterations and improvements, and of sanctioning the efforts of the different Officers wherever these were worthy of support. Fortunately, few difficult cases have demanded their attention; but it may serve as a guarantee to the public of the carefulness, and rectitude, and kindness expected from servants, and as a proof of the rigid inflexibility of the regulations issued to secure these objects, to record that, where certain irregularities had occurred, they unanimously approved of the exercise of that authority with which the Medical Superintendent is invested, in making a signal example of the offenders. From the other Officers and Subordinates the Medical Superintendent has received much cordial co-operation. He entertains strong objections to particularise and to bestow encomiums, upon the grounds that, where individuals are so intimately connected together, approbation will be interpreted rather as the voice of friendship than of justice;

that, if they remain servants in such an Establishment, it must be concluded that they continue to merit the trust originally reposed; and, above all, that he has formed so high and pure a standard of duty for them and for himself, that failure is, to a certain extent, inevitable, and that the only proof and reward of the forbearance, and anxiety, and labour which are exacted will be the harmony and success characteristic of each deportment.

The Medical Superintendent has been, upon many occasions, under great obligation to the Consulting Physician, whose kindness and experience are equally deserving notice.

To the Directors, the Medical Superintendent is bound to offer his personal thanks for the countenance granted to him in the discharge of his duties; but especially does he express his gratitude on behalf of those whose guardian he is, for the judicious kindness and the well-directed liberality which have marked their government of the Institution, and their intercourse with its inmates, many of whom are deeply sensible of the innumerable privileges which they possess, and grateful to the source from which they proceed. But in addition to their fostering care, it is to be noted that the generous and enlightened spirit which suggested and matured the Institution has not faded or failed; for the same unwearied anxiety for the relief of suffering, the same liberal humanity which designed and superintended this vast undertaking in its progress, still watches over the interests of those who now enjoy the fruits of so much labour and love; and may be truly said, if not to share their joys and sorrows, to cherish a most pure and sleepless solicitude, that all which science or art can do shall be done to enhance the one and to alleviate the other; and to restore them, under the blessing of God, from being "fast bound in misery and iron," to the light of reason and of their right mind. Directors.

W. A. F. BROWNE, M.D.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20,	1	3	4
... 20 and 30,	14	7	21
... 30 and 40,	11	2	13
... 40 and 50,	8	11	19
... 50 and 60,	3	4	7
... 60 and 70,	5	1	6

II.—TABLE OF SEXES OF PATIENTS.

Males.	Females.
42	28

III.—TABLE OF DOMESTIC CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	13	12	25
Unmarried, . .	28	14	42
Widowed, .	1	2	3

IV.—TABLE OF PROFESSIONS AND TRADES OF PATIENTS.

Professions.	Males.	Females.	Total.
Burgh officer, . .	1		1
Clergymen, . .	7		7
Clerks, . . .	5		5
Cabinet-makers, .	2		2
Drayman, wife of, .		1	1
Domestic Servants, .		5	5
Engineer, . . .	1		1
Excise officer, daughter of,		1	1
Farmers, . . .	2		2
... wife of, .		1	1
Farm-servant, . .	1		1
... wives of,		2	2
Gardener, . .	1		1
Gentlewomen, . .		2	2
Labourer, . .	1		1
... wives of, .		2	2
Mason, wife of, .		1	1
Merchants, . .	3		3
... wife of, .		1	1
Milliners, . . .		5	5
Miniature painter, wife of,		1	1
Officers, . . .	4		4
Post-boy, . . .	1		1
Sailors, . . .	2		2
... wives of, .		2	2
Schoolmaster, . .	1		1
Schoolmistress, . .		1	1
Sawyer, wife of, .		1	1
Shoemakers, . .	2		2
... wife of,		1	1
Soldier, . . .	1		1
Students in Divinity,	3		3
Surgeon, . . .	1		1
Tailor, . . .	1		1
Tanner, . . .	1		1
Tradesman, wife of, .		1	1
Weaver, . . .	1		1
	42	28	70

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy,		2	2
Imbecility,	5	1	6
Fatuity,	9	1	10
Mania, with delusion,	2	1	3
Mania, general,	3	7	10
Affections of Sentiments.			
Melancholia,	4	2	6
Monomania of Pride,	1	1	2
... Fear,	1	2	3
... Suicide,	3	1	4
... Superstition,	1	2	3
... Suspicion,	3	2	5
... Vanity,	1	2	3
Affection of Propensities.			
Nymphomania,		3	3
Monomania, furious and destructive,	8	5	13

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Amenorrhœa,		3	3
Apoplexy,	2		2
Blow on Head,	1		1
Calumny,	1		1
Cephalalgia,	1		1
Cruel Treatment,		1	1
Disappointment in ambition, enterprise, &c.,	4	1	5
Disappointment in Love,	1	1	2
Dissipation,	6		6
Domestic Affliction,		1	1
... Disagreement,	1	1	2
Epilepsy,	1		1
Excessive Study,	6		6
Excitement, Religious,	1	2	3
Fall,	1		1
Fear,	3	2	5
Fever, Common,	1		1
... Typhus,	1	1	2
Grief,	1	5	6
Hardships,	1		1
Intoxication,	2	3	5
Jealousy,		1	1
Lactation,		1	1
Loud Noise,	1		1
Menorrhagia,		1	1
Mortified Pride,	1	1	2
Parturition,		1	1
Pecuniary Misfortune,	2		2
Scrofula,		1	1
Unknown,	3	1	4

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	12	11	23
Hereditary tendency to Nervous diseases traced in . . .	7	4	11
No hereditary tendency traced in . .	23	13	36

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, .	17	15	32
More than 1	7		7
... 2	7	2	9
... 3	1	2	3
... 4	3	4	7
... 10	6	3	9
... 20	2	1	3
... 30			

IX.—TABLE OF NUMBER OF ATTACKS OF DISEASE.

	Number of Attacks.			
	I.	II.	III.	IV. or more.
Males, . .	25	11	2	5
Females, . .	18	4	2	3

X.—TABLE OF ATTEMPTS TO COMMIT SUICIDE.

Means of Destruction.	Males.	Females.	Total.
Abstinence, . .	2	2	4
Drowning, . .	1		1
Swallowing a Blister,	1		1
Strangulation, .	3	2	5
Wound of Abdomen,		1	1
... Throat, .	2		2

XI.—TABLE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly Educated, .	15	1	16
Well Educated, .	11	4	15
Can Read and Write,	12	16	28
Cannot Read or Write,	1	5	6
Unknown, . .	3	2	5

XII.—TABLE SHEWING THE MODE OF RECORDING THE EMPLOYMENT OF ONE SET OF PATIENTS FOR A WEEK.

Date.	Days.	Patients indicated by Numbers.													Kind of Employment.
1841 Nov.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		Hours employed.														
1	Monday, .	7	7	6	6	6	6	6	6	6		6				Cleaning shoes, wheeling coals, hoeing, mowing, and raking grass.
2	Tuesday, .	7	7	6	6	6	6	6	6	6		6				Cleaning shoes, raising, and gathering, and pitting potatoes.
3	Wednesday,	7	7	6	6	6	6	6	6	6		6				Cleaning shoes, raising potatoes, covering pit.
4	Thursday, .	7	7	6	6	6	6	6	6	6		6				Raising and housing potatoes.
5	Friday, .	7	8	6	6	7	6	7	6	6		7				Cleaning shoes and windows, raising and housing potatoes.
6	Saturday, .	7	7	6	6	6	6	7	6	6		6				Cleaning shoes, hoeing, raising, and housing carrots, earthing celery.
7	Sunday, .	2	2	2	2	2	2	2	2	2	2	2	2	2		Attending chapel, reading.
	Totals, .	44	45	38	38	39	38	40	38	38	2	39	2	2		Four hundred and three hours' occupation.

At the CRICHTON ROYAL INSTITUTION, and within the BOARD-ROOM there, upon TUESDAY, the 30th NOVEMBER, 1841, in the ANNUAL GENERAL MEETING of the TRUSTEES and DIRECTORS, held in terms of the Act of Parliament and Regulations of the Institution;

PRESENT:

Mrs CRICHTON of Friars' Carse;
Rear-Admiral C. J. JOHNSTON of Cowhill;
Lieut.-Col. W. GRIERSON, Dumfries—Trustees;

AND,

J. MACALPINE LENY, Esq. of Dalswinton;
FRANCIS MAXWELL, Esq. of Gribton;
JOHN STAIG, Esq., Dumfries; and
DAVID MELVILLE, Esq., Troqueer-Holm—Directors;

Rear-Admiral JOHNSTON in the Chair:

Dr BROWNE, the Resident Medical Officer, produced a Report, drawn up by him in terms of the Regulations; and the Meeting approve of that Report, and direct it to be printed: And they beg to express their admiration of the minute, able, and eloquent manner in which it has been compiled, and their thanks for the zeal and success with which the Establishment has been conducted by him.

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

THIRD ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1842.

TRUSTEES.

MRS CRICHTON, Friars' Carse.
LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

DIRECTORS.

for 1842-3. CE
ie "1843"

DAVID JACKSON, Esq. of Newton.
JAMES CONNELL, Esq., younger of Conheath.
Capt. LENNOCK, R.N., Kelton.
J. MACALPINE LENY, Esq. of Dalswinton.
J. STAIG, Esq., Dumfries.

OFFICERS.

J. GRIEVE, M.D., Consulting Physician.
W. A. F. BROWNE, M.D., Resident Physician.
Miss SANDEMAN, Matron.
T. T. WINGETT, Apothecary.
Miss MACNAB, Housekeeper.
R. HENRY, House Steward.
GEO. COOPER, Superintendent.

R. ADAMSON, Treasurer. Rev. G. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1841, - -		87	
Ditto admitted from 11th November, 1841, to 11th November, 1842,		38	
			—125
Discharged recovered, - - - - - -	18		
Removed or improved, - - - - - -	6		
Dead, - - - - - - - -	8		
	—	32	
Remain, - - - - - - - -			93

We conceive that the chief use of such annual summaries as the present, is to introduce the public to the interior of an Asylum: to expose transactions which cannot be witnessed, or even conjectured, by any other means, and to explain principles which otherwise can only be gathered from their results. They are not addressed to professional men, and are not, therefore, intended to be scientific treatises; they are not adapted to any one section of the community, but contain facts and observations which interest all men, whether they regard the sufferings of their fellow-men, with suffering sympathy, or the dangers to which they are themselves exposed, with selfish fear and foreboding. They develope systems of management, and modes of amelioration, which do or may apply to friends, companions, or dependants. They may, at the same time, embrace much that illustrates the philosophy of the human mind, and the development and progress of character, as influenced by civilization, opinion, and luxury. Object of Report.

The mere numerical results of treatment during the past year, are satisfactory. The proportion of recoveries to admissions is higher, and of deaths to the daily average of inmates, is lower than is generally the case. But such facts must not be received as evidence of the curability or the mortality of the disease. Were they regarded in this light, they would represent the former lower, the latter higher, than they really are. The truth is, that except in cases of extreme poverty, or where the manifestations of derangement are a nuisance or a source of terror, patients are not consigned to public institutions until they are found to be intractable—until the established resources of medicine have been exhausted, and they are regarded as incurable. Asylums have thus become retreats for the confirmed insane, rather than hospitals for the cure of insanity. The higher the rank of life to which the patient belongs, the more protracted is the ordinary treatment, the greater is the repugnance to have recourse to isolation. In private practice, where recent cases are promptly and judiciously treated, the success is great, and ought to be so, seeing that of chronic cases, which have been treated and despaired of, 35 per cent. are, under isolation, General Result.

restored to comparative sanity. Other circumstances disturb such calculations. The majority of patients enter Asylums infirm, debilitated, diseased; many labour under complaints which are inevitably fatal, a circumstance tending to raise the apparent mortality of the confined insane. Relations often remove patients when dying or in danger, a circumstance which tends to diminish the apparent mortality. The amount of recoveries is, in like manner, not fairly estimated. The standard of sanity held by physicians in charge of the insane, and by which they measure the capacity of individuals who have improved, or are improving, is too high, and abstract, and fluctuating: is not, and cannot be, founded upon a knowledge of the previous mental calibre and character, but is framed from their own notions of what ought to be the sane and healthy state in each case. It will correspond to the intellect and acquirements of the physician, and not to those of the patient. A jury, collected in the ordinary way, would be more competent judges.

Errors as to condition of Insane.

There are two prevalent errors as to the condition of the confined insane. The first of these is the traditionary opinion, inspired by ignorance and timidity, and confirmed by what is occasionally seen, and by what is always depicted by poets and painters, as the characteristics of derangement, and by what an injudicious and cowardly, if not cruel, system of management produced, which regards all who are deprived of reason as proud, passionate, morose, melancholy, desperate, dangerous—intractable by ordinary means, or upon principles applicable to the sane. The second is held by the sanguine, the philanthropic, the enthusiastic, and represents the insane as docile, tranquil, accessible to all influences—as more easily managed, controlled, and directed, than the sane, and as requiring nothing but gentleness and enlightened humanity to guide or force them into habits of sobriety and subordination, if not into the exercise of reason. This view has arisen from, and been countenanced by, the partial success which has attended the labours of the benevolent and scientific; by the hopes and expectations which such progress is so calculated to suggest; by the descriptions of the quietude, and peace, and pleasure, which pervade the retreats of the insane; of concerts performed, of plays enacted by them—in fact, by applying to all the insane, what is applicable only to a few. A patient at present under treatment would, in the first stage of his malady, by his violence, vindictiveness, and ungovernable rage, have justified the former opinion. His present pla-

cidity and intelligence, undisturbed by any delusion except that he is himself and another person at the same time, would seem to countenance the latter. But the occurrence of two such opposite states in the same mind, both of these being equally morbid, entitles us to condemn both opinions as extreme. Such individual portraits of peculiar forms of alleviation, possess great attractions, but they are less useful in displaying the difficulties encountered, and the expedients resorted to, in the treatment of the insane, than when the cases are arranged in groups, and delineations of the kinds of insanity which have prevailed, or, at all events, which have been admitted and treated, are thus afforded. It has long been a cherished opinion, that the character of mental disease corresponded to the state of society, and bore the impress of the time. And that periods of change, political convulsion, and revolution, are prolific in various forms of mania, and fill Asylums with kings, heroes, and speculators—that when the religious belief and moral sentiments are powerfully agitated, and fanatically appealed to, the unstable, the excitable, the superstitious, fall victims to melancholia, enthusiasm, or despair, are truths which history has preserved. But that the type of the mental disease can, at all times, be traced to, or identified with, the state of the population, or the predominating interest, or pursuit, or passion, demands further proof. This can only be obtained by a careful generalization of the observations made in public hospitals. During the past year, the cases received have more obviously been comprehended under particular species of insanity, than has hitherto been remarked; and although it may be impossible to refer this to any given cause affecting the community, it cannot be regarded as accidental. The patients have manifested either before, or subsequent to, admission, two very marked but dissimilar tendencies—that to self-destruction, and that to inebriation—for even where the cause was moral, the disease was aggravated by, or manifested in, acts of intoxication. There has been unequivocally an epidemic suicidal mania. Nor is this observation confined to the experience in the Crichton Institution. It embraces many similar establishments, prisons, workhouses, and all ranks and sexes of the reputed sane and the free. It appears, from the Reports of the Inspectors of Prisons in England, that during the last four years there have been 88 attempts made by prisoners to commit suicide, of which 19 were successful. Of the 38 individuals admitted into the Asylum, eight have attempted to destroy life, nine have threatened or intended to do so, and several are suspected of entertaining such designs. One attempt

Correspondence of Insanity to state of society.

Suicidal Mania.

unfortunately succeeded; fourteen were defeated. This enumeration does not include the individuals resident in the House at the date of the last Report; nor does it rank the repeated refusals to take nourishment as separate suicidal acts. The frequency of these accidents cannot fairly be attributed to the system now in operation, which has certainly and justifiably relaxed the stern and cruel coercion formerly employed, but has as certainly brought into exercise greater care, caution, and vigilance. The suicidal maniac is rarely dangerous or destructive. He would have been as free from bonds, under the most timid or callous discipline, as he now is under the influence of humanity and common sense. Although miserable, he is generally calm, cunning, even rational, and succeeds in his purpose rather by inspiring confidence, and by exciting commiseration, than by any direct acts, or demonstrations of feeling, which can be either anticipated, controlled, or frustrated. That a correct notion may be formed of the ingenuity and reflection exercised at a moment of extreme despair and despondency, and upon the brink of eternity; and of the foresight and attention which are at all times, and under all circumstances, necessary, and which, however well devised and rigid, may be, and will be, frustrated, a few examples of the contrivances resorted to may be given. A young man, a volunteer into our community, was bled by leeches in the temples; a towel was, by the care and kindness of the attendant, bound round his head; he retired to bed, was repeatedly visited by the night-watch, and, upon one occasion, was detected endeavouring to suspend himself by means of the towel to the corner of his bedstead. Another, a well educated person, baffled in his design and effort to arrest respiration, by the small size of the pocket handkerchiefs which are issued, attempts to surprise the attendant engaged in shaving him, by starting suddenly, and forcing up the razor against the throat. A gigantic and powerful man, instigated by the agony of terror, and the impression that he was to be sacrificed, after incessant struggles to destroy himself, and all those around, was found in the act of self-strangulation, although his hands were partially confined in order to prevent the accomplishment of his designs, and although he must have known that he was almost under the immediate supervision of the night guardian. Foiled in this plan, he refused to take food for several months; but discovering that the wants of the system can be supplied by means of the œsophageal tube and feeding funnel, in defiance of the will of the individual; and as we have remarked in similar affections, although willing to endure

death, unwilling to endure a disagreeable but transient sensation, he abandoned abstinence as ineffectual, but, at the same time, attempted to break, crunch, and swallow window-glass, with the same design. To meet this combination of distressing symptoms, it has been necessary to associate a supernumerary with the ordinary attendant of the gallery. A young woman possesses herself, while in the airing ground, of stones and pieces of coal, to which she gives angles and sharp edges by rubbing on the walls. She then swallows them thus prepared, and so far succeeds as to obstruct the deglutition of solids for weeks. A lady, long a member of our family, who had won the affections of all who could appreciate her gentleness, or estimate her suffering, passed through the various stages of anxiety, gloom, dejection, until under the promptings of a permanent despair, she seemed to concoct a scheme for self murder, in which every accessible means were to be tried in succession, and of which she spoke with composure, even with mirth, admitting, at such moments, that she had not fortitude to extinguish life suddenly. At first this design may have been suggested by a desire to put her boasted immortality to the test, or to prove it to the sceptics around, for she avers and believes, and there is no faith so sincere, genuine, and steadfast, as that of the insane, that she will not and cannot die; but, subsequently, she became incapable of devising or abiding by any consistent plan, and in refusing food for months, in attempting strangulation and precipitation, she obeyed the ruling impulse of the moment, to escape from exquisite pain. Her determination being known, she was placed in a room, from which every article of furniture was removed—which, in fact, contained nothing more than a French bed, without canopy, and a carpet. Notwithstanding these precautions, it was ascertained that she had pulled the carpet from the floor, collected the nails by which it was secured, and swallowed twenty-four of them. She was then removed to another apartment, where there was no carpet, and an attendant was appointed to remain constantly with her. The bed in which she lay was covered with cotton chintz, which was attached to the wood by nails. Stealthily, silently, and without changing her position, or disturbing her companion, she succeeded in extracting a number of these, which were likewise swallowed. Since this period she has stolen and introduced into the stomach a thimble, and a small padlock. But what is even more startling and instructive, is her confession that when comparatively sane and serene, when most trusted, and most worthy of

confidence, she was in the habit of devouring stones, pins, needles, and other small objects innumerable, with the settled resolution to sap the foundation of her strength and life. These instances might be multiplied, but sufficient evidence has been adduced to show the difficulty of guarding the insane against their own designs, of leading them to health and happiness, and to inspire an apprehension that neither human wisdom, nor art, nor watchfulness, can, in many cases, detect or counteract the impulse which prompts, or the cunning and ingenuity which executes, the act of self-destruction.

Dipsomania.

The applications for the introduction of individuals who have lost reason from excessive drinking, or who appear to act under a blind and irresistible impulse to inebriety, have been, and continue to be, very numerous. The necessity and the prudence of withdrawing such slaves to passion, from temptation and from access to all stimulants, cannot be doubted; but the propriety of endeavouring to effect their cure or reformation, as the process may be differently regarded, in a Lunatic Asylum, is open to discussion. The decision of such a question must rest upon the determination of the responsible, or irresponsible, state of the mind under such circumstances; upon the fact of the individuals acting under such an impulse, being sane or insane. This matter has not yet been sufficiently investigated, nor has it been tried before the competent legal tribunals. It is argued that if there really exists an uncontrollable propensity to inebriety, as there certainly is to homicide, arson, and theft, the law is bound to exonerate the individual, so actuated, from the consequences of his own acts, and is justified in depriving him of liberty, and consigning him to an Asylum. But until the humane example of the legislatures of other countries be followed in this respect, it is much to be regretted that some separate retreat does not exist, where a voluntary, or even compulsory, seclusion could be resorted to —where the diseased drunkard would be treated as an invalid, subjected to a natural and invigorating regimen and discipline, and inoculated with habits incompatible with intemperance and excess. The want of such a moral lazaretto, and the obvious injury to society, and the cruelty to the infatuated sufferer, arising from permitting free scope to his extravagance, and from then punishing it as a crime, has led a most benevolent public officer to suggest that cells should be erected, in connexion with the public prisons, where the fury of the paroxysm might exhaust itself, but where, of course, the durance is penitential, and not curative. The following facts, collected from re-

cent experience, would seem to call for a different interpretation, and a different treatment of the condition of these unfortunate men.

Three forms of derangement, or complications of insanity with drunkenness, have been met with. There is, *first*, the frequent variety in which the long and excessive, but voluntary and deliberate indulgence of the appetite for stimulants, gratified, it may be, in the social circle, and to obtain momentary excitement, to display wit, or imagination, or song, has produced directly mania or fatuity. There is, *secondly*, the brief delirium immediately succeeding a debauch, or a course of dissipation. In both of these forms, it will be observed, that the act or habit of intoxication is obviously the cause of the disease; but, in the *third*, the intoxication, or rather the craving for stimulants, for wine, or opium, or more ardent potations, is the symptom, the distinguishing characteristic of the alienation—in fact, the tendency to ebriosity, with impairment of the power of the will is, constitutes the disease itself. In the first two species, the appetite is created, cultivated under the sanction, and by the very act of the will, while the drunkard possesses, or appears to possess, sound bodily health, and such intellectual perspicacity and vigour, as to be accredited sane, and to be intrusted with the business, and burdens, and honours of life. In the third, the propensity is morbid, instinctive, involuntary. It sometimes originates in infancy, or extreme youth and age, where no preliminary or initiative course of indulgence, merely converted a habit into a disease, where the individuals were recognised and respected as virtuous, rational, it has happened, abstemious and even ascetic. The paroxysm is developed suddenly; it hurries its victim, in opposition to his best interests and present wishes, into scenes of degradation which he detests, and from pursuits in which he delights—it returns periodically, and leaves the mind temporarily weakened and wayward. The suddenness of the desire is, of itself, an indication of its morbid origin. It arises without provocation or premeditation, while the mind is engaged in intellectual labour, in abstract reasoning, or while under the dominion of the purest and most elevated sentiments—those most distant from, most incompatible with sensuality—it in a moment prostrates and paralizes the most firm resolves, the most virtuous motives, the most colossal obstacles of reputation and interest, and plunges its slave into an abyss of drunken delirium. It may coexist with intellectual power, but rarely with mental entirety, and this is confirmatory of the present views as to monomania, for if there be not invariably impairment of

the general vigour and activity of the mind, there may be detected an obtuseness in perception, a hebetude or capriciousness in the feelings and affections, an irritability of temper, a failure in memory, and, it may be, slight imbecility, which renders the individual less useful and trust-worthy as a member of society, less capable of commanding and applying the powers which he possesses, less keenly alive to the calls of duty, or less cognizant of what these calls are. This tendency, and these peculiarities and eccentricities by which it is accompanied, frequently appear in conjunction with epilepsy and other nervous affections, may be traced to grief, misfortune, diseases of the heart and stomach; are hereditary—they descend from sire to son, and reappear as regularly at certain ages, and under certain circumstances, as measles or gout—in short, they appear to be regulated by the same laws as the other forms of alienation. In making this exposition, we have been actuated by the wish to submit what appears to be a true and faithful description of this unsound condition of mind, and the reasons which exist for regarding it as a modification of insanity requiring confinement. It will further show that although patients displaying such symptoms, may be regarded as mad, it is only under peculiar and marked circumstances that the right can be claimed to treat them as such, and will thus serve as an explanation of the grounds for refusing many applications for admission which have been made. Incidentally the statement may be useful, as proving that much, that incalculable misery, the ruin of individuals, the discord and distress of families, would be averted or mitigated, were such changes of character regarded and visited, not as crimes and delinquency, but as mental aberrations, and subjected to discipline, as other descriptions of disease.

Correspondence of Delusion to previous condition of Patients.

If the delusions and peculiarities of the patients be classified, another illustration will be obtained of the close connexion subsisting between the aspect and direction of the disease, and the pursuits and prevailing characteristics of the time. The errors of the insane, as thus discovered to be but exaggerations or caricatures of public opinion and feeling—they are cast in the same mould, but distorted or destroyed by the fashioner. During the past year there have been received five individuals presenting various stages of fatuity, and one congenital idiot—all of them, with the exception of the latter, capable of mental exertion to some extent, and of enjoyment in some form, and nearly all of them gay and joyous from internal resources, and but

little affected by their own fate, or any external circumstance. One patient is insane from impairment of volition; one is exalted by the suggestions of pride and vanity; another is bowed and broken down by disappointed ambition; a third is a queen, and claims the crown matrimonial for her husband; a fourth is the Atlas of London, and supports the Metropolis by his own will and feat; a fifth is the possessor of all power; a sixth of all knowledge; a seventh of all riches. But the most impressive features remain. One patient has sown the whirlwind of unbridled passion all his life, and now reaps the storm of violence in his disease; five are proud in the possession, anxious for the preservation, or panic-struck by the loss, or suspected loss, of wealth, and by the approach of poverty and want; two are the victims of conspiracy and persecution; one trembles in fear of instant death; remorse inflicts agony upon one for some imagined delinquency in his commercial speculations, upon another for deep and irremediable moral guilt; two seem to be agitated and alarmed by morbid conscientiousness; one is confined for the commission of some undiscovered crime; two labour under religious excitement; in a third this suggests the delusion that he is inspired by Deity; in a fourth that he has sinned against the Holy Ghost; and four are convinced that they have lost all hope, and forfeited all title to salvation. The disposition of the diseased mind, at the present moment, to fear, remorse, religious doubt and delusion, is striking and significant.

Separation of Convalescent from Incurable Insane.

The expediency of separation and classification among a mass of beings so heterogeneous as that described, must be very clear. The facility with which such a principle can be carried into operation, depends more upon the structure of the Asylum, than the opinion or inclination of its Superintendent. There should, however, be a distinct ward, or house, for convalescents, attached to every establishment. However calculated to restore the diseased mind, the moral atmosphere of such a region is neither agreeable nor salutary to the sane. Perhaps for the very reasons, and in the very proportion of its usefulness in checking and controlling the sallies of derangement, and in regulating the exercise of the faculties, is the discipline of such establishments repugnant to the habits of the restored and rational mind. The victim of fever may endure the foul fellowship of an hospital while prostrated by disease; but the longing for freer and fresher air, and other scenes and sympathies, becomes strong and irresistible as the energies of health spring up. To the lunatic, absorbed

in visions of the past or future, with a mind in blank utter darkness, or lighted up with frenzied hope or passion, struggling under delirium, or sunk in despondency, the spot where he is, the companions by whom he is surrounded may be indifferent or unnoticed; but when this darkness, or dazzling effulgence, have alike passed away, and the senses can gather, and the intelligence can appreciate, the realities, the unmitigable misery, the grotesque mirth, the debasement, the incoherence, from any, or from all of which, he may have emerged; how painful, how depressing and pernicious must the impressions communicated be. If it be wished to preserve the weak and wavering powers from relapse, such incongruous associations should not be permitted to exist. Not only the recovered, but the recovering, should be spared such collision. It has been argued that by allowing the convalescent to mingle with, and minister to, the incurable insane, the benevolent affections may be called forth and cultivated, new and kindly relations established, and both parties benefited. But these feelings may be over-tried, over-taxed, excited, exhausted, and may thus become as readily as any other moral cause, the source of another paroxysm. We have, however, no right to solve this problem, by exposing the feeble, the eccentric, the susceptible, to an ordeal so dangerous to the strong and stable. For the experience of every man must testify, that the influence of the nervous, the irritable, the hypochondriacal, of all whose tempers and imaginations are disordered, although, perhaps, not diseased, in producing discomfort, and discord, and depression, is without limits; and the experience of those who pass their lives among the insane is decisive that it requires not merely a mature and manly intellect to resist the impressions received, to distinguish the truth or falsehood, the delusion or reality of the circumstances upon which it is called upon to decide, but a stern and severe nature, steeled against all but the highest dictates of humanity, and accustomed and acclimatised to the difficulties and disappointments of such a situation. The convalescent insane are certainly not in a condition to bear with impunity so harsh and harassing a probation. We contemplate arrangements for carrying these views into immediate operation, and have conceived it a duty to record them, as sentiments of a very opposite nature have been recently promulgated, and upon high authority. * In the absence of a complete provision, by which the convalescent could be effectually protected

Pleasures and Pursuits of Patients.

* On the Construction and Management of Hospitals for the Insane, by Dr Jacobi, p. 57.

from the evils dreaded, every effort has been made to enliven the monotony of their lives, to introduce them to the pursuits and pleasures of the world, or to carry these pursuits and pleasures into their seclusion. It must ever be a difficult, but important part of the duty of the governors of the insane to provide for the curable and the chronic such amusements as shall engage, but not excite the mind; as shall connect them with the happy and the gay, without removing the restraint and supervision which their condition may require. Much is gained, if captivity be rendered bearable: it is a great achievement, if it can be divested of its bitterness. And that isolation, separation from sane society is in itself intensely painful, however kind and judicious may be the exertions to relieve suffering, and however sincere the gratitude which these exertions may inspire, is well demonstrated in the strong desire for liberty manifested by almost every patient. The great majority of the insane pant for emancipation, and would obtain it by any means, at the very period when they experience the greatest kindness, and the most essential benefit in seclusion, and while they confess that there is danger in the course they desire to pursue. The decline and disappearance of this wish, like the growth of companionship, is often an index of returning health. We have recently met with instances of patients who could not be got rid of, who contracting an attachment to the hospital where their wounds had been healed, have protracted their stay upon frivolous pretences, have even simulated the insanity from which they had recovered, in order to prolong the friendly shelter they had secured. But if this coveted freedom must be denied, many of its enjoyments and privileges may be safely conceded. In a country like this, it is natural that industry should be insisted upon as an important agent in the treatment of insanity. But recreation, if well selected, is but occupation of a cheerful and agreeable kind, and has certainly been less systematically employed as a means of cure than it deserves, and than a consideration of the capabilities of the unhinged and unhappy mind would warrant. In accordance with these sentiments, the patients have participated in every public amusement which combined present gratification with prospective benefit, and in which they could mingle without excitement or injury to themselves, or offence or disturbance to others. They have formed part of the crowds which frequented the rooms of the Exhibition of Paintings and objects of Natural History, indulging each one his own taste or fancy, unnoticed and undis-

tinguished. They have examined and criticised unsparingly specimens of historical painting: one is a member of an Art Union; others have visited the sculptor in his studio. They have witnessed races and regattas. The camera at the Observatory has presented them with a map of Nithsdale, and transported them in fancy to distant and interesting objects, the antiquities or picturesque beauty of which they have at other periods been enabled to inspect by the assistance of the omnibus, which has carried parties to Carlaverock, Newabbey, Lochmaben, Friars' Carse, &c. They have made pedestrian excursions; they have fished in the river. They have been auditors at Concerts for music of various kinds: at Lectures upon Temperance. They have been spectators at the Circus; and latterly the Theatre has been an object of great attraction. This predilection has been encouraged for many reasons; but chiefly because the Drama conveys much amusement, and some information, without imposing either sustained mental exertion or attention, supplying pastime without passion, knowledge without study; suggesting truth by means of fiction; and appealing to the happy, the cheerful, and mirthful parts of our nature. Of the correct conduct of those who attended, and of the unobtrusive but evident expression of enjoyment which they gave, their sane companions may speak. At home, concerts, public readings, evening parties, dances, games at bowls, billiards, summer-ice, cards, chess, backgammon, have afforded means of diversifying the dull routine of discipline; although, perhaps, the exhibition of the magic lantern yielded the most unalloyed pleasure, and to the greatest number. This scene was described in the following lively manner by one of the officers of the Institution, in one of the public papers:—"Upon this notable and interesting occasion, we noticed nothing that could be called outré or extravagant: the middle state of rational enjoyment was uniformly preserved. As a moral experiment, we should, *a priori*, have been fearful of the result: we should have thought that the darkness, the variously distorted and ludicrous, and suddenly appearing and vanishing scenes of a phantasmagoria would have been too nearly allied to the 'night-thoughts of a lunatic,' to have been productive of good; and that it would, in many cases, have appealed to those points of disease which the improved treatment of the present day forbids; but the result proves that either our fears were groundless, or that the characters of the patients admitted to the show were considered before hand. Be this as it may, no one could have contemplated a scene like the

Phantasmagoria.

one we witnessed, without bestowing a thought upon the memory of the philosophic, but while he lived despised and persecuted, Roger Bacon, the discoverer of the wonders which so delighted the assembly of the afflicted. Poor man, if he could have known that six centuries after his own days, even the insane would have appreciated his exertions, it would have solaced his sufferings during the many years he was allowed to languish in a dungeon, condemned 'for having communion with the Devil, and being an Atheist.' At the same time, we were much affected by the reminiscence that there is as wide a difference between the treatment of the lunatic while Bacon lived, and that which is now practised, as is the difference between the estimate of the philosopher by his contemporaries, and the respect paid to his memory by his admirers of the present day." So beneficial have been the effects of these trials, that we have been, and are most solicitous to multiply such pleasures. In order to obtain these gratifications, in anticipation of them, and from the conviction that propriety of demeanor will alone entitle to indulgence, the insane exercise control over their minds: secondly, during enjoyment they control their minds, or rather their minds are controlled, as they become engrossed, as the happiness of others spreads to them, and as the memory of the past is shut out by the agreeable feelings of the present; and thirdly, they control their minds under the fear of compromising their right and expectation of a repetition of the indulgence. This power of control, or of concealment of predominating and morbid feelings is an indication of health, a beneficial exercise of the will, which may be trained, strengthened, and established. The tenure by which the returning health and composure of mind is preserved is feeble and fragile. The care with which it must be guarded; the discrimination and delicacy to be exercised in restraining or regulating the new-born impulses, or in employing the new-found strength, must be proportionally great and anxious. Illustrations of this mark the progress of every case. In the desire to gratify a natural wish, to impart pleasure, to treat the patient as sane, responsible, and independent, all that has been gained may be endangered or lost: the novelty of the situation, the joy at the deliverance from disease, the very activity of the faculties which it is, or appears to be, desirable should be active, may, and often does induce excitement, and overthrow the calm which had been established. To subdue the acute and prominent symptoms of insanity is an easy task; but to guide the partially recovered mind through convalescence

Control of mind during amusement.

Insecurity of Convalescence.

to complete soundness, most difficult. In the selection of the means by which this transition is to be accomplished, the previous dispositions and habits of the individual should be consulted, the nature of the instrument adopted, and all the conditions and relations, physical and moral, of both should be duly weighed. But notwithstanding every precaution, the stimulus is frequently too powerful. In the case of a young gentleman, who has since recovered, but who is still an inmate of the House from choice, and who seemed to stand upon the very confines of sanity, an excursion to Newabbey was prescribed. The experiment united all favourable and fortunate circumstances. There were cultivated taste and inclination upon the part of the patient; agreeable companions, beautiful weather and scenery. But the trial was unsuccessful: he left the Asylum rational, tranquil, full of hope; he returned flushed, feverish, agitated, and was in a few hours delirious. After a short interval, and when he had gained serenity, he was permitted to join a party in the Matron's parlour. Another paroxysm of fury followed so immediately, that it was obviously the consequence of the indulgence. And subsequently to these failures, when all such perilous enjoyments had been proscribed, defeat in a game at bowls produced a similar result. So impressionable was the mental constitution, so imperfectly united and consolidated were the energies at this period, that the motion of a carriage, the society of a few fellow-patients, his own want of dexterity, became causes of the renewal of the malady. It will ever be impossible to avoid such misfortunes; but every example tends to show how perfect yet plastic, how exact yet adaptive, must be the machinery employed in impelling the mind into any given course; how sleepless the care, how omnipresent the superintendence, that has to deal with the chances, and changes, and caprices, in the character of the insane. Fortunate it is that for the great mass of the insane special considerations are not required; a system suffices. Yet wherever a peculiarity or salient point can be discovered, and used as the basis of moral treatment, it should be taken advantage of. A determined suicide has been seduced, into temporary forgetfulness of his woes, and afforded an exemption from his purpose while translating Guizot and Vertot, turning from the transcendentalism of the former, to the bald narrative of the latter, as less trying to his powers. Another gentleman, who is omnivorous in reading, and passes over all works with a railroad speed, has been placed in connexion with a book-club that his insatiable ap-

Mental culture of Insane.

petite may be more readily supplied. Our own small library is in constant circulation, as may be learned from the fact that during the year that has terminated there have been 45 readers, and about 700 issues of volumes or works have been made. These are regular students, and do not include the casual readers, or the triflers over newspapers and periodicals. At one period the following books were in the possession of patients—Thierry History of the Norman Conquest, D'Aubigne's History of the Reformation, Gil Blas, Shakspeare, and many of Sir Walter Scott's novels, &c., a catalogue which shows the varied and elevated tastes which must be supplied, and the identity of the pursuits of many of the insane with those of men of strong intellect and fervid genius. To one of these students a daily task was allotted, and he subjected himself to examination by the medical attendant, in the same way that a course of history should be conducted. Another busied himself in compiling a common-place book: a third translates a treatise upon Dipsomania, ostensibly to facilitate the labours of the Superintendent: a fourth scans the newspapers, and extracts all facts bearing upon a topic of interest; while a fifth actually furnishes to a periodical the creations of his fancy. The more remarkable events of our recent domestic history have been chronicled by an individual whose former literary habits and professional pride are both gratified in officiating as the delineator of what others see and feel, but cannot describe. Indeed so numerous are the educated, the imaginative, and the learned, among our inmates, that an Asylum Annual is contemplated, and in progress. These avocations are not imposed as burdens; they are suggested as recreations: the mind is occupied, not taxed or fatigued. In a case where intemperance had first enfeebled the reason, then prostrated the will before the habit of indulgence, and ultimately swept away the acquisitions and accomplishments of a respectable education, instruction was resorted to as a means of cure. The man who had lost, or, by his own conduct, had obliterated the first elements of knowledge, was taught, and successfully taught to spell, and write, and cypher anew. The effort was made to reconstruct the mind from its own ruins; to restore its stability by giving to it the power to act in new combinations, and independently of the propensities.

Music, so long celebrated as the source of soothing and solace to the troubled as well as to the savage breast, has not been neglected. Our concerts during summer have been conducted by placing the pa-

tients in the balconies, and the performers in one of the airing yards; the beauties of sunset or evening being added to the pleasures of music. Besides these, we have a most enthusiastic violin-player, who pays welcome visits to the different galleries: we have supplied a flute to one individual, who discoursed sweet music while declaring that he was Lord of the Universe; and to another who, in imitation of his more accomplished associate, taught himself to play: both of these persons regained health. Repeated attempts have been made to recall past associations, to awaken slumbering tastes, and to elicit the extent of the mental impairment by means of music. Nor, in this training of the higher powers, have the more business-like, worldly wisdom acquirements been altogether forgotten. One youth, preparatory to entrance upon commercial engagements, is now learning book-keeping, and is deeply immersed in all the mysteries of double and single entry.

Influence of affection and Fear.

As indicative of the mode in which the particular circumstances or condition of each patient is considered and applied, as a means of amelioration, three additional facts may be adduced. An idiot boy, of seven years old, was placed on the bursar list. A weak and helpless infant in frame and stature, as well as in reason, he was placed in a gallery for females. This was done that he might be protected from the harsher manners of his own sex; that he might be the child of many mothers—the object of otherwise dormant or barren sympathies; and that while he received the benefit of care and kindness, he might become the instrument of bestowing happiness, and of rousing feelings akin to health. But fear, as well as love, has been employed. Intimacies and attachments are often contracted, it would be difficult to say upon what grounds, between patients and particular officers and attendants. The strength of such ties is sometimes great, and they become valuable agents in influencing the will. A female, who had determined to die by starvation, yielded up her resolution for many weeks, beeause she was fed by a hand that she loved. More powerful means, however, became necessary; and the horror which this gentle creature had confessed and evinced during a visit to the Theatre at the mere sight of fire-arms, suggested the introduction of a pistol at her meals. A. B., a proud, haughty, irritable claimant of the name and dignities of Queen Victoria, had not spoken for six months. The practice of M. Leuret, suggested the use of the douche. The effect was instantaneous and complete: she spoke whenever the water descended.

Her indignation was voluble and vociferous. She at first articulated with some difficulty, but ultimately regained her accustomed distinctness and calmness. Both her tongue and temper were completely conquered, for she has been courteous, quiet, and industrious, although not rational, ever since the water cure.

In quoting these departures from the ordinary rule of mildness in the treatment of the insane, it may be observed that perhaps the tendency of the popular views upon this matter is to relax too much the discipline in favour of the supposed sufferings of the insane. We should discriminate between the amount of the deprivation and the extent to which the sufferers feel their loss. It must not be supposed an invariable rule that the insane are unhappy. Derangement and misery are not synonymes. "There are said to be pleasures in madness known only to madmen." * The very nature of their infirmity precludes an estimate of its extent. They often live in a self-created world of peace and loveliness. They have arrived at the consummation of their wishes and ambition; they are kings, queens, heroes, or statesmen, unannoyed by the cares, or anxieties, or duties of these exalted personages. The inability to feel sorrow is oftentimes a characteristic of insanity. Nor must we ever expect, whatever system be pursued, to render a community of the insane as docile, as trustworthy, and tractable as the same classes in the possession of reason. If the difficulty of regulating the conduct of the inmates of prisons, penitentiaries, and hospitals, where the mind is only partially affected; or of schools, universities, barracks, and ships, where the mind is sound and strong, be great, the necessity for rigid, stringent, even stern discipline among the insane will be perceived. This authority must not, however, be confounded with harshness or severity. In liberating the body from chains and bondage, care must be taken that subordination is not maintained by the enslavement of the mind by the tyranny of fear.

> "Of all the tyrannies on human kind,
> The worst is that which persecutes the mind."—DRYDEN.

The ignorant attendant conceives that tranquillity is the great aim of his labours, and the most favourable state for the patient, as he knows it to be the most agreeable to himself; but he neither considers, nor can he understand, that the quietness of awe is as unhealthy as the agitation of anger; or that unless it flows from peace, and confidence, and content, tranquillity is of no value whatever.

* Johnson's Idler: No. 3.

Sleep of Lunatics.

Upon profound and prolonged sleep so obviously depends the state of the mind, that much attention has been bestowed upon the determination of the amount required and enjoyed by the insane; the means by which it is best promoted; the sources of disturbance, and the comparison of the state of the reason during the day and during the night, when surrounded by stimuli, and when these, or the majority of them, are withdrawn. To secure calm, and uninterrupted, and refreshing sleep, is one of the great objects of the Physician.

Means of producing Sleep.

Exercise, opiates, warm bathing, diet, are all regulated and recommended with this view.

1. Exercise.

We do not cultivate the mind at the expense of the muscles, were this possible; nor do we allow the slumber which should be taken during night to be interfered with by torpor and lethargy during the day. The carriage drives have been much enlarged, and a wider and more beautiful scope for exploration and enjoyment has been opened up by contracting with the neighbouring turnpikes. New arrangements have been made within the walls, which are calculated to infuse greater activity, to enforce more prolonged exercise and more rigid discipline among those who cannot be permitted to go beyond the boundaries, and must be treated in classes. The patients are left less to their own discretion; and in place of being allowed, from a mistaken kindness, to lapse into reverie and indolence, to assemble round the fire in winter, and to manifest their restlessness and mischief in the public rooms and upon the furniture, the distribution of their time and occupations, and so far of their very thoughts, is taken into the hands of their governors. Every hour has its appropriate object and occupation; and they become more the creatures of a system, and less the sport of their own distempered inclinations. The only novelty in this plan is the economy of time, the regularity with which the day is apportioned into minute divisions, and the great amount of muscular exertion which is recommended, and in general taken. For it may be held as an axiom, that occupation, and where from the rank, or the trade, or the tastes of the individuals servile labour cannot be enjoined, exercise during the day and rest during the night are most essential in promoting comfort and cure, and comfort where cure cannot be expected. The patients rise, or are raised from bed at 6 in summer, and 7 in winter. When the toilet is completed—and it sometimes is a most difficult, and laborious, and dangerous task for those in attendance—they occupy the public drawing-room until breakfast is served,

at 8 o'clock. A sufficient length of time being allowed that digestion may not be interrupted by motion, they proceed to the airing-grounds in fine weather, to the balcony when it rains, and to the inner gallery when the temperature or tempestuous state of the weather render shelter necessary. They are engaged in walking for two hours and a-half. Dinner is served at 1 o'clock to all classes, that being a natural and healthy division of the day. Half-an-hour before and an hour after the meal is appointed for rest and other purposes, when they again go into the open air or into the galleries, according to the season and state of the atmosphere. At 4 o'clock, they re-enter the drawing-room until tea is prepared in the dining-room, which is used, it may be mentioned, exclusively as an eating-parlour. They again occupy the drawing-room until 6, when exercise is resumed, and continued until 7. Supper is taken at half-past 7, and at 8 they retire to bed. The patients here spoken of belong to the middle classes, of which the inmates of public institutions must chiefly consist, and to such sections of these as cannot be, or for the time are not permitted to enjoy greater liberty in the grounds or beyond them. The scheme is fully and clearly detailed in directions furnished to the attendants, and is rigidly adhered to, no grounds of exemption being recognised except violence, illness, or infirmity. While the several bodies of patients are thus engaged, every door is ordered to be shut; the galleries and grounds are so constructed that the patients are in the presence of, and must be seen by, the guardian, whose attention is kept alive by the enforcement of severe fines for every violation of the code of regulations. It is thus ordained that injury to property is punishable by fine to the amount of the value of the article destroyed or mutilated; that injury to the person, attempted or effected, where negligence is proved, by dismissal and forfeiture of wages; and elopement, whether negligence be proved or not, by deduction from the wages to the amount of the expense incurred in the recovery of the fugitive. The more perfect the precautions, it will be observed, the greater is the real freedom of the patients, the easier is the duty of the attendant, as the former is induced or compelled, and can be fearlessly permitted, to take the full advantage of the means of enjoyment within the range of his position; and the latter is freed from the latitude and vagueness of a general and discretionary order, and relieved from all responsibility, provided the rules laid down be faithfully observed. The plan has, at least, these minor merits, if they can be

called minor, it secures exercise or exposure in the open air, or in the air of spacious well ventilated galleries, for five hours and a-half every day; it breaks up or prevents habits of lethargy and laziness, and introduces a promptitude and regularity in the daily movement of the Establishment, which conduces much to the attainment of the main objects in view; and, thirdly, it unites and keeps the patients constantly under the superintendence of the guardian.

2. Bathing.

Another means by which that repose so necessary to the insane is promoted, is tepid bathing. This was constantly practised until, in consequence of the long-continued drought, the general scarcity of water, and the failure of the springs upon which we mainly depended, we have been compelled to economize this resource. By great exertions, and at considerable expense, we have never been absolutely deprived of water; and the report of an engineer is only waited for, and wanting, to the completion and execution of a plan which will make the Institution in a great measure independent of the season, and secure an abundant and almost inexhaustible supply.

3. Labour.

Although labour has been less adverted to than on former occasions, as a means of procuring sleep and health, our industrious patients have not been less numerous, nor their work less useful and important. Sixteen men have been almost constantly employed in the gardens and grounds; and this is a very large proportion of the male pauper inmates of the Establishment. When compelled by the weather to remain in the house—and much more rarely do they submit to such compulsion than might be wished—they occupy themselves in mat-making, basket-making, mattress-making, shoe-mending, and watch and clock repairing. But keeping in view principles formerly laid down, these engagements are discouraged whenever the season and climate permit the use of the spade and hoe. One corps of labourers are at present far advanced in trenching the orchard. The female patients of all classes are more easily provided with employment, and are, perhaps, from previous custom and the nature of their avocations, more capable of continuous exertion. Of the 38 females who have been under treatment, 26 have been induced to undertake occupation of some description; 12 have been incorrigible idlers, or incapable, from bodily infirmity, of any exertion. By the aid of these assistants, much of that fashioning, remodelling, and repairing, inseparable from the careless and destructive propensities and habits of such a community, is

accomplished; and, besides this daily toil, the following table will give an outline of their supplementary occupations:—

WORK SINCE NOVEMBER, 1841.

24 Gowns.	8 Open-stitch Caps.
82 Shirts.	6 Pair ditto Cuffs.
88 Shifts.	88 Yards Fringe.
24 Pairs Flannel Drawers.	36 Toilet Covers.
36 ditto Jackets.	24 Chair ditto.
38 Petticoats.	6 Sofa ditto.
18 Night Shirts.	21 Pairs Sheets.
22 Aprons.	4 Pairs Corsets.
90 Caps.	6 Frocks.
120 Handkerchiefs.	20 Pairs Trowsers.
38 Habit Shirts.	12 Jackets.
20 Pairs Stockings, knitted.	14 Vests.
47 Pairs Socks, ditto.	4 Cloaks.
4 Comforts, ditto.	1 Worsted-work Figure.
12 Handkerchiefs, ditto.	10 Purses, netted.
6 Night Caps, ditto.	6 Book Markers.
7 Foot-stools, ditto.	4 Needle Books.
8 Hoods, ditto.	1 Portfolio.
3 Flower Stands, ditto.	

4. Opiates.

Opiates have been administered, less, however, for the purpose of inducing sleep than of subduing restlessness and excitement, of soothing and tranquillising irritation, and of testing the strength and efficacy of different preparations. Some of the drugs were given to such an extent as would startle those who repose confidence in the time-honoured doses of days gone by. The quantities even alarmed those who are accustomed to deal with the singular power of resistance to medicine, which is often a characteristic of insanity, and who are somewhat sceptical as to the boasted influence of hypnotics. The course was, in fact, interrupted from fears that, although no visible effects followed the administration of the dose, it might act detrimentally, although insidiously, upon the nervous structure, as it would certainly upon the organs of assimilation. The patients were directed to take what was ordered in the morning, as it is always difficult to ascertain whether, or how long, or how soundly a lunatic has slept during the night, as the repeated visits of the night-watch, by which this could be done, disturb the patient and dispel the inclination to slumber, and effectually neutralize whatever sedative property the medicine may possess. It was further necessary to watch for other effects, and to detect any drowsiness, or lethargy, or sickness, or increased tranquillity, which might exist, and which might fairly be attributed to the narcotic. This plan put the property to a severe test, as the light, noise, society, and occupation among which the subject of experiment must unavoid-

ably be placed, act in direct opposition to the tendency expected to be induced, and with great energy in temperaments so vivacious and inflammable as generally accompany insanity. There are likewise grounds for supposing that the habit of taking rest at particular hours, the periodicity of the system, contribute much in insuring the efficacy of opiates administered in the evening, as well as the contemporary exhaustion from exercise, the darkness, silence, and solitude. But after making all necessary and reasonable allowance and deduction for these antagonist circumstances, it has occasioned surprise that, whatever the doze given, sleep has scarcely ever followed. Other effects, and these very marked, have been traced; but although triple, quadruple, in some cases six times, the amount of the ordinary doze, neither drowsiness nor sleep have been observed. But the facts that patients who were active and lively presented dilatation of the pupil, could not read print of an ordinary size, heard dully and imperfectly, and appeared to have neither taste nor smell, seem to indicate that the narcotics used have a special, and it may be unobserved effect upon the nervous system, apart from, and altogether independent of the production of sleep. Here was the system saturated with henbane, opium, pervigilium persisting, while there was proof, that a powerful impression had been produced. Further, the resistance to the influence of narcotics does not seem necessarily to depend upon the presence of that excitement, or irritation, or orgasm of the nervous system, causing, or coincident with furious mania; for in many of the cases tried, beyond the existence of one delusion, that system might be considered in a natural and healthy state. These observations, and an annexed Table, will suffice to show that medical are associated with moral means in the efforts to re-establish health; and that further investigation and experiment are required as to the assistance to be derived from particular drugs.

Amount of Sleep of Insane.

From contemplating chiefly the phenomena of acute and recent derangement, it has been conceived by many that the insane are generally sleepless, disturbed, and noisy during the night. It would be but natural, indeed, to suppose that, when emancipated from the control of attendants, and delivered up to the wild suggestions of their own mind, that free scope would be given to the expression of their thoughts. A short residence in an Asylum would prove the fallacy of this opinion. But as such opportunities are not open to all, and as a faithful record is kept of the events of each night, of every sound,

and of its cause, of those who sleep and those who watch, some facts may be presented which place the subject in a new light. In all diseases of excitement, implicating the brain and nervous system, there is generally an indisposition to sleep and repose; and whole nights, weeks, and months, are said to have been passed in a state of complete wakefulness. In insanity, superadded to this cause, there are frequently present feelings of terror, joy, misery, remorse, and even painful bodily sensations, incompatible with rest. When insanity is newly developed pervigilium is regarded as an invariable symptom; when it has become confirmed or chronic, or when the morbid feelings or delusions have been fairly incorporated with what remains healthy, and forms as it were, part of the new character, the system appears to be reconciled to the irritation, and to resume those habits which had been interrupted. Noise is, in general, an infallible criterion of the state of the insane during the night; for, if not sunk in slumber and forgetfulness, the ordinary manifestations of disease find vent in sound. Although noise, then, has, of course, guided the night-watch in his researches and calculations, it has not been exclusively trusted to, as there are cases of which the characteristics are silence and somnolency. In the first place, it is proved that it is much less frequently necessary to prescribe opiates for the mere purpose of procuring sleep than what is now imagined. Not above five cases have occurred in the year demanding this treatment. Of the 365 nights, 324 have been quiet; 41 noisy. The greatest number of noisy nights are recorded in March, May, and June; but in November and February the House is reported tranquil and still. The night in an Asylum is long, generally consisting of twelve hours; but it is very rare that a patient spends the whole of this time in watching or noise. No instance is mentioned in the Tables, although in five months, December, June, July, August, and September, several patients have been observed to be noisy for ten hours. The total number of patients who have been noisy and sleepless was 69—all who have spoken, or whispered, or been detected awake, being included. In January, the total number was 36; in April, 34; in June, 32; July, 37; August, 34. The greatest number of hours during which patients were sleepless or turbulent occur in the same months. It is probable that extreme heat or cold may have contributed to produce this result. The maximum amount of quiet is invariably remarked to be obtained in tempestuous weather. It must not be concluded that

the howl of the storm merely drowns the vociferations of the watchers, for the attendant examines every room separately, and finds that the vigils of the inmates are actually suspended. Uniformity, and monotony, and melody of cadence have long been regarded and recommended as somniferous; but it is somewhat new to find that loudness of sound has the same effect. There are, however, habitual and confirmed night watchers and talkers, who, whatever the seasons or state of the atmosphere, pass part of the night in noise and restlessness. There are, for example, 6 who have been noisy in every month; 2 have been noisy in 11 months; 5 who have been so in 10; and so forth; but the greatest proportion are reported as only occasional disturbers of tranquillity The greatest number of hours lost in the course of the year appears to have been 645½, which is nearly equivalent to 54 entire nights; but the maniac in whom this occurs is endowed with a constitution which appears to resist fatigue and opiates. Two individuals have lost about 340 hours each; 6 about 220; 7 about 120—but the others have rarely lost more than 50 hours per annum, which is infinitely less than the sane lose or deprive themselves of. One practical conclusion may be drawn from these curious statistics: They may be made a measure of the morbid mental activity of each patient; for wherever the lesion of the nervous system is deepest and most extensive, the noise and watching is greatest and most protracted. A well-founded prognosis may likewise be formed of the approach of paralysis, paroxysms of violence, or exacerbations of the disease, from the appearance or increase and aggravation of these symptoms.

Dreams of Insane.

We are not content with this investigation; but where the patient does sleep, we follow him into his secret thoughts, into his very dreams. A record has been regularly kept of all remarkable dreams, phantasies, and visions, which have made so deep an impression as to influence the conduct of the individual, which have excited some powerful emotion at the time, or have been afterwards communicated. Latterly, certain patients have been selected for observation who are of marked character, whose habitual trains of thought are well known, and who spontaneously or willingly describe their feelings; their confidence is sought and secured, and the disclosures of every night are carefully preserved. This scheme has been adopted for the purpose of determining how far the night-dream corresponded with the day delusion; whether the events of the day exercised a similar power over the insane as they are believed to do over the sane, and to what

extent the mind is rational and responsible during sleep, somnambulism, and those states between sleeping and waking. The inquiry was new, and has led to a collection of most interesting and extraordinary information as to the laws of association during sleep, which cannot be discussed here. It has established, so far as it goes, the identity of the dream with the delusion, showing that the current of morbid thought flows on uninterruptedly through the agitation and the vivid impressions of the day, and the quiet and repose of the night. In some instances, it appears that previous acts and feelings enter into, and colour and direct the dream. Thus, immediately after one of our festive meetings, the visions of one of the party is found to contain a picture of glittering and gorgeous dresses; and of another to display a dance performed by the wives of the Goths and Vandals in St. Paul's Cathedral. Much more frequently the dream, regarded as a reality, moulds and modifies the conceptions and delusions of the waking state. Thus one man is persuaded that he is destroyed by magnetism, silent combustion, and complains to the authorities that attempts are made upon his life; a second dreams that he is possessed of corn, and wine, and oil, and distributes them next day; a third that he saw the books of the nation in the hands of the Lord-Chancellor, and that a long black stroke was drawn across the national debt; and in the morning he announces that he is about to pay it. It is as difficult to convey any adequate notion of the extravagance, the grotesqueness, and sometimes the splendour of these reveries, as to follow the unsound mind through all its waywardness and wanderings; but it is consolatory to discover that the prevailing characteristics are pleasure and happiness. Of about seventy dreams detailed with great minuteness, four either owed their origin or their predominating features to fear; seventeen to the gratification of some sense, or the realization of some hope, wish, or ambition; four sprung from re-awakened affection or humanity; three were occupied with political triumphs; three were disturbed by anger; nine were tinged with the harmless superstitions of early days; five seemed to be the offspring of vanity; two of pride; seven of suspicion; nine of avarice or the desire of aggrandisement; three were busied with martial pomp and glory; and three with the more peaceful operations of the farm: and of the total number, whether pure creations of imagination or indistinct and distorted recollections of past events, not above fifteen could be regarded as giving pain or suffering, and as calling for sympathy.

Admission of Patients.

The crowded state of some departments of the Establishment, and the wise and kind determination of the Directors that the comfort of the inmates should not be sacrificed to a vain boast of numbers, rendered it necessary to decline the reception of nearly forty patients in succession. Many of these possessed strong and urgent claims upon humanity; and all of them were, so far as is known, fitting objects for the charity: they were refused admission, however, irrespectively altogether of these claims or considerations, and with deep regret and reluctance, simply because the existing state of the House rendered such a step imperative and inevitable. Measures have recently been adopted that will happily remove the necessity for such a course, and extend the benefits of the endowment more widely than what was at first conceived practicable, or was contemplated. The inconvenience to which friends and guardians are under such circumstances exposed, may be, and was deplored; but there existed this consolation, that to whatever public establishment these sufferers may have been consigned, every necessary care and attention would be secured; the only competition now existing between different Asylums being the generous rivalry of effecting good, and conferring happiness.

Officers.

We have to record, and regret, the death of our late Consulting Physician. He retained an interest in the progress of the Institution until the close of life; and, with that keen observation and benevolence for which he was distinguished, carried into his retirement a vivid impression of the cases he had examined, and of the vastness of the undertaking in which, under happier circumstances, he would have participated. Dr Grieve has been appointed his successor. The other officers remain unchanged. It is hoped and believed that by an anxious attention to the many and difficult duties of their various important situations, by rigid economy in every department, by acting with one common impulse, with one common object, in concert and harmony, under a sense of the purity and piety of their mission, of the dictates of that charity "which is kind, which beareth all things, hopeth all things, endureth all things," perfect efficiency will be given to the views and wishes of the Directors, and to the expansive benevolence of the Benefactress.

Close of Asylum year.

The Asylum year was closed by the celebration of the rites and festivities of Halloween. Of the fifty patients who were present, there were many who could not be affected as it was our wish that they should be affected by the early associations, the long cherished and

happy recollections of that season; but all, from whatever side of the Tweed, participated in the joy and merriment. In watching this scene; in analyzing the groups that moved through the brightly lighted and garlanded hall; in scanning the glee and gladness of every countenance, the regularity and joyousness of the dance, and the decorum and propriety, and yet the unrestrained pleasure of every proceeding, we were accompanied by a professional friend who could recollect the former condition of the insane—who could conjure up the dark cell that was never illuminated, the scowling brow that was never smoothed or softened by joy or gratitude, the day of fear and distrust, the night of solitude and chains. His impressions were those of difficulty in distinguishing the sane from the insane; astonishment and delight at the revolution; exhilaration at the happiness which prevailed around; and gratitude to the bounteous and benevolent administration by which such wonders had been effected.

Asylums do not, even at the present day, always present such assemblages; their inmates are not all capable of such enjoyment, nor are those who attended upon this occasion at all times in a mood or condition for society and gaiety. Neither is human life beyond these walls one changeless scene of revelry. But it may be boldly, yet humbly affirmed, that the system which inculcates, and permits, and produces such exhibitions, which can conduct one-half of its pupils to and through such an ordeal, cannot be altogether evil, or vain, or visionary; and where individuals so situate can, and repeatedly do, abandon themselves to the enjoyment of such an hour, their lot cannot be altogether bitter or miserable.

W. A. F. BROWNE, M.D.

11*th Nov.*, 1842.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Under 10,	1		1
Between 10 and 20,	1		1
... 20 and 30,	7		7
... 30 and 40,	9	4	13
... 40 and 50,	10	3	13
... 50 and 60,	1		1
... 60 and 70,		1	1
... 70 and 80,		1	1

II.—TABLE OF SEXES OF PATIENTS.

Males.	Females.
29	9

III.—TABLE OF DOMESTIC CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	8	1	9
Unmarried, . .	21	6	27
Widowed, . .		2	2

IV.—TABLE OF PROFESSIONS OR TRADES OF PATIENTS.

Professions.	Males.	Females.	Total.
Architect, widow of,		1	1
Banker, . . .	1		1
Bookseller, . .	1		1
Brewer, . . .	1		1
Clergymen, . .	2		2
Clerks, . . .	2		2
Dentist, . . .	1		1
Domestic Servant, .		1	1
Farmers, . . .	3		3
... son of, .	1		1
Gentleman, . .	1		1
Gentlewomen, . .		3	3
Governess, . .		1	1
Grocer, . . .	1		1
Hawker, . . .		1	1
Horse-dealer, . .	1		1
Labourer, . .	1		1
Machine-maker, .	1		1
Merchants, . .	2		2
Milliner, . . .		1	1
Mole-catcher, . .	1		1
Officers in the Army,	2		2
Publisher, . .	1		1
Schoolmasters, . .	2		2
Shepherd, . .	1		1
Shipowner, . .	1		1
Student of Theology,	1		1
Watch-maker, . .	1		1
Weaver, . . .		1	1
	29	9	38

V. TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy,	1		1
Imbecility,	2	2	4
Fatuity,	1		1
Mania, with Delusion,		2	2
Mania, General,	5		5
Affections of Sentiments.			
Melancholia,	2	2	4
Monomania of Fear,	3		3
... Pride,	4	2	6
... Suicide,	1		1
... Superstition,	2		2
... Suspicion,	4	1	5
Affections of Propensities.			
Nymphomania,			
Monomania, furious, destructive, &c.,	4		4

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Amenorrhœa,		1	1
Asthma,	1		1
Blow on Head,	2		2
Care and Anxiety,	2		2
Congenital disease of Brain,	2		2
Disappointment in ambition, enterprise, &c.,	3	1	4
Disease of Bones of Head,		1	1
Disease of Stomach,		1	1
Disease of Spine,		1	1
Dissipation,	4		4
Eruption, Suppression of,	1		1
Excessive Study,	2		2
Excitement, Religious,	1		1
Fever,	2		2
Love,	1		1
Misfortune,	1		1
Paralysis, General,	1		1
Seclusion,	1	1	2
Shame,		1	1
Unknown,	5	2	7

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	7	2	9
Hereditary tendency to Nervous Diseases traced in	7	3	10
No hereditary tendency traced in	15	4	19

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, .	15	2	17
More than 1	3	1	4
... 2	1		1
... 3	3	1	4
... 4	6	1	7
... 10		2	2
... 20	2	1	3
... 30			

IX.—NUMBER OF ATTACKS OF DISEASE.

	Number of Attacks.			
	I.	II.	III.	IV. or more.
Males, . . .	22	5		2
Females, . . .	6	1	1	1

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	6	2	8
Have meditated, .	8	1	9
Intentions not manifested, or unknown, .	15	6	21

XI.—TABLE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, .	10	2	12
Well educated, .	7	2	9
Can read and write,	10	5	15
Cannot read or write,	2		2
Unknown, . .			

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, . .		1	1
Disease of base of Brain,	1		1
Hœmoptysis, . .		1	1
Ischuria Renalis, .	1		1
Marasmus, . .	1		1
Phthisis, . . .		2	2
Strangulation, . .	1		1

CRICHTON ROYAL INSTITUTION FOR LUNATICS. NIGHTLY STATISTICS OF NOISY PATIENTS FOR THE MONTH OF OCTOBER, 1842.

XIII.—TABLE SHEWING THE NUMBER OF NOISY PATIENTS, NUMBER OF NOISY NIGHTS, AND LENGTH OF TIME NOISY EACH NIGHT.

Dates.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of noisy nights	No. of noisy hours	Kinds of Noise, and Causes of do., &c.
NAMES.																																		
Females.																																		
B., -														½																		1	½	Scolds, and calls for help; thinks she is badly used, &c.
C., -			½																½		1				5		4					5	11	Scolds, thumps, swears, and screams vehemently; paroxysms.
D., -		2										3														1		2				4	8	Scolding, clapping hands, ranting, swearing, and clamouring.
H., -												1								2							3	2				4	8	Muttering and scraping the bed-clothes with her nails, &c.
L., -																					½					2	8			1	2	5	13½	Singing and talking incoherently; often merry and dancing.
K., -												½			2										1		2				1	5	6½	Scolding her clothes, trinkets, &c., appropriated by the servants, dirty sluts.
L., -																			2								1	1	2			4	6	Swearing, singing, laughing, and mimicking many persons.
M., -		1																4			½				3		3				5	4	12	Squealing, and saying that she is cut by knives; wants to Bankend.
M'D.,					1					½																						4	6	Singing, whistling, and laughing; often excited and merry.
S., -	1																															1	1	Scolding about her property (the Institution), and much in Maryport.
W., -			3	2						1																			4			4	10	Conversing with many people in an indistinct tone of voice.
Males.																																		
C., -	6	6		4		3		4	4								2		2	6		3	5	3			3					13	51	Restless, tricky, and sometimes ill-natured, and very mischievous.
K., -					3		½			2		1		1					½	4	1					1	3	1				11	17	Scolding, and swearing at wizards, thieves, vagabonds, &c., &c.
B., -						1				3																						2	4	Restless, mischievous, knocking about in his room, &c., &c.
D., -		1		½	½					1												½								1		6	4½	Talks aloud, and scolds in answer to voices from Heaven.
D., -											1					½				½								½				4	2½	Crying out in great distress, which those about him might relieve if they would.
E., -	2		2	½	2	4				1	3			2	1				2	1	2					2	4	2		1		16	31½	Lives happily, talks of jelly and pictures, of Gods many and Lords many; he is one.
G., -																														6		1	6	Muttering, spitting, and cursing.
M'G.,	2																															1	2	Talking incoherent jargon; in bad health, and quiet.
M., -		5							2			½					1															4	8½	Talking over his extensive reading of the Scriptures.
M'M.,										2	3																					2	5	Poorly in health, sleepless, squealing.
P., -				1									4	5	3	5			3				4					7				8	32	Uttering unmeaning sounds, and tearing and breaking things.
R., -					1	1		1	3	3	1	2								½							2			2	9	16	Singing aloud, and tossing things about in his room.
R., -														1						½												2	1½	Scolding in a loud tone of voice; sulky when crossed.
S., -	2			1						½			½			2																5	6	Sings, and talks about auld auntie Peggy.
S., -								2																								1	2	Restless, and tossing about the things in his room.
T., -	2	3	6	3	4	4	2	1	2		5	2	4	5		4	2	3	4	6		4	2		7	2	7	2		3		25	89	Loud talking, singing, laughing, rubbing, tearing, &c., &c.
T., -				2	1			2		1			1					1	2	½		2			1							10	13½	Laughing, singing, whistling, growling, and swearing.
T., -										1	3					1	1															4	6	Praying, denouncing; is chaplain to the Royals.
W., -																		½														1	½	Talking aloud, and repeating a parody on the 23d Psalm.
No. noisy each night	6	6	4	8	7	5	2	5	4	9	8	7	4	6	3	5	4	4	8	8	5	4	3	1	5	5	10	5	5	5	5	166 Noisy nights	381 Noisy hours.	

W. G., Night-Watch.

XIV.—TABLE ILLUSTRATIVE OF THE EFFECTS OF NARCOTICS.

Narcotics.	First, or Minimum Dose.	Daily Increase.	Last, or Maximum Dose.	Proportion to Ordinary Dose.	Effects, or Reasons for Discontinuance.
Hyosciami Tinct.	dr. i.	dr. i.	oz. iss.	As 6 to 1.	Parched mouth and throat; sensibility of pu pils, and visi n impaired; pulse rapid an weak; without drowsiness or loss of appetit
Belladonæ Ext.,	gr. ss.	gr. ss.	gr. vi.		Parched mouth and throat; dilatation of pu pils; dimness of sight; pulse 68.
Stramonii Ext.,	gr. i.	gr. i.	gr. iv.		Nausea; cephalalgia; dolor præcordiæ.
Opii Tinct.,	dr. i.	dr. ss.	oz. ss.	As 6 or 8 to 1.	Vertigo; nausea; vaccillation.
Opii Ext.,	gr. i.	gr. i.	gr. xij.	As 4 to 1.	Excitement; anorexia.
Black Drop,	gtt. x.	gtt. v.	gtt. lxxx.	As 8 to 1.	No effects.
Hyosciami Ext.,	gr. v.	gr. i.	xxvi. grs.		Excitement; pupils dilated; pulse 160.
Camphor, Gum.,	gr. v.	gr. ij.	xxv. grs.		Breath smelling strongly of camphor; cepha lalgia; thirst; somnolency.
Morphiæ Mur.,	gr. i.	gr. ss.	gr. i.		Tremor; pallor; nausea; lassitude; pupil contracted; pulse 72, small.
Morphiæ Acet.,	gr. ss.	gr. ss.	gr. iiiss.		Perfect narcotism; pallor; stupor; pulse 50 small; partial dilatation of pupils; sleep.
Lactucæ Tinct.,	dr. i.	dr. ss.	dr. iiiss.		Drowsiness produced.
Conii Extr.,	gr. ss.	gr. ss.	gr. viss.		No effects.
Tobacci Tinct.,	gtt. v.	gtt. v.	gtt. lxv.		Nausea; vertigo; cephalalgia.

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FOURTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1843.

TRUSTEES.

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LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

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for 1843-4. etc.

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J. B. BALFOUR, Apothecary.
Miss MACNAB, Housekeeper.
R. HENRY, House Steward.
Superintendent.

R. ADAMSON, Treasurer. Rev. G. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1842, - -		93	
Ditto admitted from 11th November, 1842, to 11th November, 1843,		49	
			—142
Discharged recovered, - - - - - -	21		
Removed or improved, - - - - - -	4		
Dead, - - - - - - - -	8		
	—	33	
Remain, - - - - - - - - -			109

The statistics of the past year are more than usually gratifying. If the rate of recoveries continues to reach to forty-two per cent. on the admissions, and the deaths do not exceed five and a-half per cent. upon the total number treated, there will exist substantial grounds for believing that the objects of the Endowment are fulfilled. The deaths have all been, with one exception, sudden; indicating the broken-down frames, the actually diseased systems, upon which mental derangement especially falls; the inability of the vital powers to make any restorative effort; and the want of opportunity for using the ordinary means of relief. In treating some of these fatal cases and other attacks of sickness which have occurred, it is incumbent to acknowledge great obligations to Dr Grieve, whose urbanity, and familiarity with the history of many of the patients, remove much of the difficulty of introducing a comparative stranger.

General Results.

The two most interesting forms in which derangement has appeared during the past year, have been the association of a propensity to destroy, and an obstinate refusal of food, with general disturbance of the faculties. Of the first species, twenty-four cases have been admitted. This tendency may be displayed either in the extinction of human life, of which there have been eleven examples; or in the demolition of furniture, of which there have been thirteen examples. There has been a decided increase in the proportion of these to the other cases admitted. It is a singular fact that this peculiar manifestation in those of infirm and diseased mind should be synchronous with the appearance of a similar tendency in those of ill-regulated and vicious mind, that furious mania and crimes against the person should increase at the same time.

Forms of Insanity admitted.

Mania with propensity to destroy.

It is the act, the process of annihilation, the excitement of breaking, crushing, destroying, which is the object and the source of gratification. The impulse, although the cause of the most sanguinary tragedies which disturb society, is not necessarily cruel; it often arises in a calm, collected, calculating mind, in the absence of every provocation and all design to injure, marked by all the gaiety and sportive-

ness of a placid and happy disposition, and is followed, it may be accompanied, by contrition for the evil or injury perpetrated, or the perfect repose and equanimity of a satisfied and successful ambition.

Propensity to destroy life.

That this thirst for blood, this passion for the mutilation of all that is entire, for the destruction and disorganisation of all that is perfect, is sometimes the single solitary diseased spot in the mental constitution; that it is, in fact, the disease itself, and may be compatible and contemporaneous with strength of judgment, culture, and correctness of deportment, history, as well as medical experience, seem to have established. A melancholy illustration is at present in the Institution, where a desire to kill, sudden and unprovoked violence, and the most ferocious and malicious cruelty under excitement, are associated with a keen perception of harmony, strong and unsuggested feelings of devotion, and the aspect and courtesy of the patient's original position in society; where, while speaking blandly and benignly, although it may be incoherently, a severe injury, with the wish to murder, will be inflicted; and where the offender, forgetful or unconscious of the assault, will pass immediately and composedly to the performance of a piece of music, or to the perusal of Tacitus.

But this frightful propensity, as presented to observation in hospitals for the insane, is in general one of a series of symptoms; is the result of a suspension of reason, and the moral sense, and all the governing powers; or of the sudden development of irresistible muscular strength, an impulse to action, and of the multiform painful and morbid sensations of which the sufferer is conscious, the nature of which he cannot comprehend, and from which he is anxious to escape. A distinction should, however, be drawn between the acts of violence which are resorted to by patients during anger, under delusion, and for a specific purpose; and the blind, unprompted, involuntary propensity which is here considered. There are inmates who would sacrifice those whom they regard as oppressors, in the hope of effecting their deliverance, or in obedience to a divine or diabolical instigation which they are constrained to obey; but there are others, who, free from malice or revenge, uninfluenced by a design or desire of liberation, would act in the same manner to the dearest friend,

Connexion of Homicidal Mania with Crime.

or to the most innocent, unoffending companion. It is difficult to separate this malady from crime; and the attempt to do so is rendered almost abortive when neither error, nor eccentricity, nor delusion, are broadly obtruded upon observation. But in the most

perplexing case of *real* disease, a careful analysis of the history and present condition of the individual will show that the reason or emotions participate less or more in the morbid action; that the impulse to destroy is either opposed by an impaired will and perverted conscience, or roused and fanned by some hidden and unhallowed hallucination; that it acts through and by faculties, which cannot escape its influence, which must be subdued or subdue; that the outburst of frenzy has been preceded by a long course of waywardness, irregularity, unsteadiness; that the mind has been inaccessible to ordinary motives, and the sport of all that is wild, and weak, and vain, and visionary. This view neither receives nor excludes impulsive insanity. The inquiry is made more complex when such symptoms succeed, as they frequently do succeed, habitual paroxyms of anger, a life of profligacy and violence; where they have sprung with and from slight unreasonableness and irrascibility; where they have strengthened with the augmented virulence and excitability of the temper, and where ultimately passion has merged into madness. But even here the propensity stands not alone. It must not be concluded that this species of derangement is confined to the violent and depraved; although it is true here, as elsewhere, that "those who sow the whirlwind reap the storm." The pure, the gentle, manifest similar dispositions. A lady of the most subdued and retiring manners, of quiet, even indolent habits, is converted, after one brief but pregnant sleep, into a bold, boisterous, reckless virago, who strews her apartment with the wreck of all that is frangible and valuable; who rarely loses her good humour; glories in her achievements, and, retaining a clear conception of their nature, changes her dress in anticipation of what she is about to be impelled to do, and even solicits coercion that these impulses may be controlled. Her request is not, of course, complied with. Restraint under such circumstances is inadmissable. It would be as wise to place a strait-jacket on a steam-engine. The irresistible tendency to seize and subvert cannot be ruled or controlled by bonds; and unless the object be remedial or preservative, unless there be reason to impress, or shame, or caution, or conscientiousness to appeal to, all physical interference would prove futile. Property must be preserved, and the expedients for doing so are fortunately numerous. That the melodramatic, the exciting tendency of a portion of our literature, which may be styled the sanguinary school of fiction, has suggested crime, and is calculated to train up youthful and ill-regulated imagi-

Influence of external circumstances.

nations to a career of dissoluteness and recklessness, and disregard of life, is all but demonstrated; and there appears to be still stronger evidence that the tales of rapine and murder, the descriptions of suicides, of coroner's inquests, in which the periodical press daily indulges—however necessary such a course may be in a state of society demanding the publicity and investigation of every occurrence, and however well adapted to gratify the morbid curiosity and debased feeling which prevail,—do directly and fatally act upon minds predisposed to mental disease, and impress a particular character upon its phenomena. It is impossible to exclude newspapers from the Institution, as they, in many cases, form the great channel of intercourse between the free and the isolated; but it is often necessary to weed and purify their columns of obnoxious paragraphs. In two cases, this inoculation of the horrors of crime and misfortune upon disease may be traced; and the virus may extend more widely, but escape observation, as it becomes absorbed and lost in the disposition or delusion. A lamp-post at the Hotel des Invalides suggested and supported seven suicides. The fall of one unfortunate man from Waterloo Bridge, during last autumn, was immediately followed by six attempts to commit suicide from the same spot; and there is no ground to conclude that the pernicious influence was confined even within these limits.

The incursion of this propensity is sudden and impetuous. A respectable and industrious tradesman, whose intellect had been first confused, then clouded, awoke from sleep and attempted to murder his wife; an artizan, sorrowing for the imaginary illness of a beloved child, seized an axe to slay the mother; a lady starts from her knees at the altar to assault a neighbour and friend; an educated gentleman strikes and struggles with his servant; a lady quietly and silently, but quickly, reduces every sheet and blanket to threads. Yet premeditation may co-exist, and consummate art may dictate the place and opportunity. A father despatched a trustworthy messenger to borrow or buy a fowling-piece for the avowed purpose of exterminating vermin, but, in fact, to shoot his son; a powerful but craven maniac invariably selects the noviciate of his attendant for wreaking vengeance and displaying vehemence; a vindictive monomaniac attempted to fabricate a deadly instrument from his tooth-brush, by means of the buckle of his stock, carefully concealing his operations, and carrying them on when he imagined that he

could do so unobserved. These proceedings shew that such a tendency may be cherished, sustained, regulated, reasoned on by a patient. In the majority of cases it has been exhibited in the destruction of property, in the immolation of window glass, and the unweaving of blankets and beds. The conduct of a female, whose ingenuity and pertinacity in producing noise, and in displaying a sheer insensate antipathy to every object that would break, or bruise, or tear—taxing and exhausting every expedient to arrest her devastation, and giving her a pre-eminence among many of her intractable companions—well illustrated the character of the disease, for she was regularly employed during the day in repairing and reconstructing the quilted coverlets, and other articles, which she had torn and damaged during the preceding night, and which were expected and destined to meet the same fate in her succeeding orgy. Her song was as gay in the one occupation as in the other. Another individual deprives himself of the comfort and warmth of night clothes, in order to reduce them to shreds and patches; and having indulged his predilection, conceals the evidence of his delinquency in the bed of his companion, in order to remove the blame, of which he is perfectly conscious, from himself. The cunning and stratagem of this person are so exquisite, that the night watch can never surprise him in his work of destruction, nor even find him awake.

Propensity to destroy inanimate objects.

Many of these refractory subjects set at defiance the influence of acetate of morphia, which has been found extremely useful in restoring tranquillity; the employment of canvass and quilted dresses made in one piece, and secured behind by flat locks; and necessarily require seclusion in a padded room. As that now in use here, and the improved plan adopted in the Nottingham Asylum, are both liable to serious objections, it is proposed to construct another, the walls of which shall consist of double quilted canvass, stretched on wooden frames, in the same way that the bottom of many beds are made. The canvass will be fixed on a number of frames placed in a socket and secured by locks, at a distance of half-a-foot from the wall, and may be removed or changed when it is necessary to clean or repair them. The only difficulty is, that the frames themselves will offer a point of resistance to the head or limbs of a patient; but these points may be padded. This plan embraces economy, cleanliness, coolness, and exemption from the smell of hay, straw, or wool.

Seclusion of Destructive Patients.

Tendency to Abstinence.

There has been a general tendency to abstinence. The preservation of life, rather than the restoration of reason, became the most imperative duty. To eat sparingly and irregularly, to fast rigorously and protractedly, to induce disease and debility by these penances, and to sink rapidly under this test of the powers of endurance, although supported by the purest motives and most sustaining faith, was the course pursued in a large portion of cases. For, if stripped of accidental and accessory manifestations, some religious impression was found to be the point upon which the determination rested. The object was sacrificial or expiative, not suicidal; there was no irrevocable resolution to die, unless death came as a part, or as the climax of the retribution or the atonement. That spirit which now agitates large bodies of learned and pious men; that clinging to primitive usages, seems to have penetrated those abodes of error and darkness, and to have communicated a peculiar character to the eccentricities of the insane. The pulse which beats healthily and gently in the general community, displays a frightful and feverish violence when it is observed in the enthusiastic and the weak. Of the patients submitted to treatment, thirty-three have, for longer or shorter periods, refused to take food. This abstinence has been total or partial, temporary or permanent, systematic or capricious, abandoned on persuasion, or obdurate and insurmountable. Such a symptom occasionally occurs in the progress of nervous disease; but what is worthy of remark, what has called forth these observations, is that it has characterised so large a proportion of cases, differing so widely in their causes, course, and consequences; and that, with three exceptions, the rejection of nourishment has not depended upon anorexia, or disorder of the digestive functions. Repugnance to food, and the refusal of it, should be carefully distinguished. A glance at the table which is here introduced will serve to show that this manifestation is generally the result of a mental process, and that the opinion, that it may be traced to nausea or indigestion, is altogether untenable and erroneous.

PATIENTS WHO HAVE REFUSED, OR DO REFUSE, TO EAT.
NOVEMBER, 1843.

No.	Name.	Duration of Abstinence.	Motive. Peculiarity.
1	A.	~ Days.	Fear of poison.—Eats if Matron present.
2	B.	~ Days.	Fear of mercury.—Fasts when constipated.
3	C.	8 Days.	It is sinful to eat.
4	D.	3 Days.	Fasts on religious grounds.
5	E.	5 Months.	A test of immortality.
6	F.	~ Days.	Pre-occupation.—She is sinful.
7	G.	~ Weeks.	Imagined difficulty in deglutition.
8	H.	~ Weeks.	Impression that she had fever.
9	I.	~ Days.	Inflammation of ears.
10	J.	~ Days.	The food is unclean.
11	K.	~ Days.	Furious pre-occupation.
12	L.	~ Weeks.	Caprice.—Moroseness.
13	M.	~ Days.	Pre-occupation.
14	N.	4 Weeks.	Object either religious or sanative.
15	O.	~ Days.	Obstinacy.—Pre-occupation.
16	P.	~ Weeks.	Divine command.
17	Q.	~ Weeks.	Plot displayed in position of plates.
18	R.	5 Days.	Dislike to particular servitor.
19	S.	~ Weeks.	To destroy life.
20	T.	5 Days.	To obtain a larger allowance of tobacco.
21	U.	~ Days.	Pride.—Dislike to eat with others.
22	V.	3 Months.	Fatuity.
23	X.	~ Days.	Moroseness.
24	Y.	~ Days.	Pre-occupation.
25	Z.	~ Weeks.	Fatuity.
26	A.	8 Days.	Preparation for death.
27	B.	~ Days.	Anorexia.—Is a Catholic.
28	C.	~ Days.	Feeling of degradation.—Divine command.
29	D.	~ Days.	Vow to use the left hand only.
30	E.	~ Days.	Anorexia.—Pre-occupation.
31	F.	~ Weeks.	Fatuity.—Pre-occupation.
32	G.	1 Week.	Suspicion of poison.
33	H.	~ Days.	Desire to have food in a certain way.

That serious disease of the stomach follows such conduct, and that it is extremely difficult to preserve life, whatever amount of sustenance be artificially supplied, is true; but the origin of these evils is to be sought in an affection of the nervous system, in the abolition, or impairment, or perversion of that natural instinct which suggests the act of eating, and renders it agreeable. Mere inappetency, an exemption from the cravings of hunger, is thus as undoubtedly a form and feature of derangement, as voracity and gluttony. Patients may be tempted by all that is inviting, and rich, and rare; they may remember the gratifications of sense, and comprehend clearly the penalty which must attend a departure from the ordinary laws of the constitution, and still they neither feel the suggestions of appetite, nor yield to the convictions of reason. More frequently this want of inclination, or opposition to the inclination, to eat, is suggested or supported by some ulterior object, by some under-current of thought or feeling, which is only thus brought to light. Then the natural appetite, or,

as it has been described by a victim to its pangs, the insatiable craving is held in check, is subjugated or extinguished by fear, or hope, or remorse. In one instance, where food was forcibly administered for many months, where six pints of highly concentrated nutritious liquid were daily introduced into the stomach, and where there was strong proof that no disgust or repugnance existed, the motives were obviously to exhaust patience, to excite fears as to the state of the health, and to secure liberation. This occurred in a melancholic of the most inflexible sternness of purpose, whose disease consisted in suspicion and obstinacy, but who had no desire to die. As a means of suicide, fasting is rarely resorted to. In the only two instances which have occurred in the present series of inquiries, both patients resolved to destroy life gradually and without suffering. They acted from cowardice; they dreaded the pain of poison, or the agonies of sudden and violent death. This was their own confession. One of these, a gentle, timid being, who could not even look upon fire-arms, who shrunk from contention, and strife, and suffering, maintained for months an unshaken determination to die by starvation, and only yielded to the greater firmness and perseverance of those to whose care she was entrusted. Another, a highly cultivated man of literary and secluded habits, unable to bear the conviction that he had toiled in vain, endeavoured to uproot and weaken the energies of life by long-continued abstinence and opium eating, in order that when the fabric tottered, its fall might at once, and pleasurably or unconsciously, be precipitated by a large last draught of laudanum. The difficulties of meeting such motives, of overcoming purposes interwoven with the very structure of the morbid mind, of devising expedients by which suspicion may be allayed, the will induced to yield, or the very delusion which has originated the evil rendered the counteracting agent, are endless and discouraging. Food has been infinitely varied to tempt the appetite; the simplest kinds have been offered to disarm apprehension, or it has been tasted and shared by those around; an officer has been supported on the strength of an order from the Horse Guards that he should eat; and where every persuasion and plot and plan have failed, the naso-œsophageal tube has been found of infinite service, both from the facility with which it may be introduced, and from the slight annoyance and irritation it occasions the patient.

Tendency to Self-destruction.

Suicidal mania as a congeneric form has appeared in twelve cases. This large proportion created constant anxiety and apprehension, and

called forth every care and precaution which these sentiments and habitual vigilance could suggest. Every insane person should be regarded as prone to the impulse of self-destruction; and although the expedients adopted to guard against such a casualty should not be so prominent as to suggest the want of confidence in the principles or promises of the party, or the insecure tenure of the existing state of mind, no amount of cheerfulness, no length of probation, can justify the cessation of supervision so long as the mind is subject to diseased action. That anomalous conjunction of the fear of death from others, and the desire to die by her own act, has appeared in one female patient, who, while obstinately resisting medicine, from the suspicion that it contained mercury and poison, having some knowledge of the constitutional effects of that drug, took every opportunity of filling her boots with water, in order that she might be attacked by inflammation and die. This systematic sapping of the foundations of strength and health was resorted to after many attempts at strangulation had been detected and defeated.

Tendencies to Virtue.

These are the dark and forbidding parts of the picture. But it has another side. There are in our wards conservators as well as disturbers of the prescribed order and peace. Men who, perceiving clearly the follies and turbulence of their companions, although unable by any reflex action of the mind to detect or admit their own, assist the attendants in their most disagreeable duties; advise, expostulate, threaten, and subdue the offenders. Friendships are contracted, which subsist long after the relations of the parties to the contract have totally changed. There are others capable and willing to impart the endowments and acquisitions which distinguished them in brighter and better days. There is a mother, separated for years from her children, who converts a scanty pittance allowed for labour in the laundry into useful clothing, and enjoys an annual jubilee when her little store is transmitted to her home. Daily occur sacrifices of personal comfort, the interchange of good offices, exertions to please, cheer, console; displays of the most generous and exalted sentiments of which the heart is susceptible.

Peculiarities of Patients.

If even the external attributes and manifestations of the insane be examined, those eccentricities and extravagances which remove them as widely from the standard of health as their delusions and morbid tendencies; those affections of motion and sensation which have their root in the disorder or disorganization of the nervous system; a

more striking representation of the aspect of the Asylum will be given, than if an analysis of the intimate mental condition of each individual were attempted. At present, of the 109 patients in the Institution, seven are biters; inflicting injury upon their own body, or that of their guardian, by the teeth, more from abstraction, or some debased desire, than from malice or passion. Of these, four are females, three males; two of the latter, however, certainly display their mordacity during strife and struggles, and are only remarkable for using the teeth as weapons of offence, in preference to the great muscular force which they possess. There is next a group of twenty-three mutes, of individuals, who, endowed with perfect organs of articulation, never use the powers of the voice, except on special occasions, and to particular persons. In one, this voluntary silence has been preserved for twenty, in another for ten, in a third for two years: in the others the practice has been adopted as an indication of dislike or anger, as a religious vow, or as a penance. A soliloquist or whisperer, who has not been heard to utter a word for many years, has lately endeavoured to speak to others; and among other peculiarities of his language he never employs the first person. A single instance of imitative speech has come under notice, where the patient could repeat clearly and distinctly the concluding words or syllables of what was addressed to him, but failed to originate a solitary expression. This phenomenon was conjoined with general paralysis. Not fewer than nine patients speak occasionally in a jargon which may be a compound of known and forgotten tongues and local idioms, but is so uncouth and incongruous as to defy interpretation. In direct contrast to this class are eighteen declaimers, who howl, shriek, and vociferate in every tone and tongue which the voice can embrace. The object is not to make known by words any predominant want or wish, but to give vent to feeling by natural signs; or to create noise, of the most powerful and penetrating kind; or to gratify that instinct which, in savage life, and under the stimulus of passion, finds expression in whoops, and shrieks, and shouts. Seventeen persons delight in nudity. The greatest number of these are prompted to disregard their feelings of decency and delicacy, and encounter exposure, cold, and discomfort, by those sensations of creeping, heat, and irritation, which are known to affect the surface in insanity. The most marked symptom in sixteen cases is reverie or abstraction. The attitude preserved for days, or months, or years, is that of profound attention and contemplation;

Patients who Bite.

Affections of Language.

Patients who Howl.

Patients who Denude.

Abstracted Patients.

every muscle is at rest; the gaze is fixed as if it accompanied fixity and intensity of purpose; and in many instances the activity of the vital functions seems to be diminished. This state is sometimes an act of the will; sometimes the result of that deep, concentrated, but involuntary dwelling upon one idea which occurs in monomania; sometimes it is the stupor of imbecility. The direction of the steady, stolid stare varies in different individuals: in six it is downwards; in eight it is forwards upon vacancy; in one it is upwards; in one the eyes are shut to exclude objects of dislike. Closely approximated to these are the automatics, who, although not cataleptic, are constrained to assume unnatural positions and modes of progression. Thirty-four patients are thus affected. Three occupy tenaciously the same bench, defend their right to the seat selected most valiantly, and can neither be compelled nor persuaded to abdicate; a fourth stands weeks on the same spot by the command of the Deity; three stand stiffly, rigidly, immoveably erect, although they change the sites of their statuesque attitudes; one of them now sits down with considerable difficulty, from the long-continued extension of his limbs; three stoop, as if bowed down by some enormous weight, and then remain fixed in this new and grotesque posture; five crouch in corners or behind chairs, from a design of escaping observation, or of compressing the body into the smallest possible size; four supinate, remaining for hours, and until disturbed, on their back. This preference of the horizontal position is often induced in order to accommodate or relieve particular sensations; but more frequently it is the demonstration of some powerful delusion. In one of the cases cited the patient avers that it is assumed for the purpose of keeping all parts of the body in equilibrium, and of allowing two combatants, life and death, fair play. One pronates, or rather pronated, for the habit has been eradicated, burrowing his face and person in the carpet, and shutting out light, and shame, and sorrow, by this abject humility. One person stands poised for hours upon one foot. Another would continue the same length of time supported upon the head and hands, if not interfered with; and is often found putting his gymnastic powers to the test during the night. This individual vaults to any elevated, point which he can reach, and climbs, clambers, and leaps upwards, whenever permitted, as if urged by an ungovernable impulse to ascend. The same practice is pursued by a female, who, when not actually held or watched by an attendant, either bounds into the air, crawls

Automatic Patients.

animal-like upon the hands and knees, or swings to and and fro in the act of nursing a child. When such a peculiarity is supposed to be incurable, while it has become a part of the mental constitution, and where it in no way impedes or mars the operation of other means of amelioration, it is indulged. Two mothers may be met in our galleries anxiously occupied in nursing gigantic dolls, and in bestowing upon them the boundless love which can now have no other object. The dress of these figures is a matter of pride and attention, their health and interests are watched, medical advice is solicited, physic and food offered, and the whole routine of the nursery closely imitated. A melancholic turns and twists the body like a Torso, and displays the most extraordinary contortions into which supple and trained muscles can be thrown. Two men never use the right hand, perhaps because it has offended them; two touch particular objects with either hand; one steps only upon certain spots in walking; another confines his movements to one spot; two run rapidly from point to point; one walks in straight lines, never diverging from the course he has laid down; a lady walks and waltzes constantly in circles; one person walks diagonally across the galleries and passages; and two walk backwards. Besides numerous examples of the extinction, there are seven of the vitiation and depravation of appetite. Impelled either by urgent hunger, which seeks gratification in defiance of the other feelings and instincts of nature, or by a total corruption of those tastes, and a loss of those antipathies by which the selection of edible substances is regulated, the patient devours whatever can be masticated and swallowed. It may be impossible to subdue this perverted inclination; but it may be modified and restrained by a liberal and frequent supply of proper aliment, and by attention to the state of the stomach.

Morbid Appetite.

There are many inmates who, unable to sleep or take repose, or instigated by that restlessness which seems to be coincident with rapid thought and excited feeling, but which is controlled and moderated during the day by discipline, occupy many hours of each night in walking and watching. Of the twenty which at present habitually indulge in these vigils, many are not violent or noisy; but calmly and silently seek in motion and in reverie that solace which others find in sleep. Some of these are somnambulists. Another and more extensive group, thirty-six in number, pass the same time in speaking. In these cases language is made the vehicle of their feelings: their

Night Watchers.

Night Talkers.

incoherent narratives or ejaculations are significant of the continuation of that current of thought which prevailed during the day, disclosed more unreservedly and boldly. Such ebullitions may consist in prayers, or objurgations; in complaints, or songs of joy; but they are generally sincere, and deserve to be studied as evidence of the state of mind of the individual. Of those arranged under this head, several give utterance to their conceptions while asleep, but many obstacles prevent the precise number from being ascertained. A plan of escape was detected from the revelations of a patient during the night, and frustrated. The night-watch, under whose observation such practices especially fall, is still found a most indispensable officer. His reports are most valuable indices of the more inaccessible symptoms of insanity; they make us acquainted with another half of the life of the insane; they raise the veil from their secret thoughts, their hidden habits; they exhibit them, when beyond the reach of surveillance and discipline, and when delivered up to the freedom of their own passions and will. Esquirol has wisely said, "On n'a pas une veritable instruction sur l'alienation mental si l'on n'a souvent observé les aliénés pendant la nuit."

Affections of the Senses.

In addition to the suffering which may arise from the consciousness of their own infirmities, or from imaginary sorrows, the insane are subjected to innumerable annoyances from irksome, unpleasant, or actually painful impressions referred to the organs of sense. The uneasiness, the sensation is real, the error resides in the conclusion drawn as to its nature. There are five patients in the Institution who imagine that they detect disagreeable sapors in every article of food. Two of these attribute the taste to poison; two to the want of culinary art in preparing the food; one is disturbed by the nauseous taste, but does not investigate its cause. There are ten individuals who, probably from similar although unacknowledged causes, do not swallow the saliva, but eject it laboriously and systematically. Four patients are tormented by noxious oppressive odours which do not exist, or are not perceptible by others. Eight are compelled to listen to and believe in the reality of sounds which arise in and are re-echoed within their own ears. Nine people the air, and especially their silent, solitary bed-room, with shapes and visions, which are as distinctly and visibly present as the solid chairs and comfortable bed which they can touch and use. These phantasies are in four cases the reproduction of images formerly impressed upon the memory, and suggested by the

1. Taste.

2. Smell.

3. Sound.

4. Vision.

fears or affection of the ghostseer; in two they are conceptions created by an alarmed conscience, consisting of beautiful or repulsive embodiments of God; in two the spectres are animals. In one of these a favourite horse occupies the same chamber as its former master, and is addressed and caressed as if worthy of fraternal care; in the other, serpents crawl out from every chink and crevice and encircle the body of the visionary. Peculiar sensations of softness and smoothness of the skin, neuralgia of the surface, the hallucination that the extremities were constantly galvanised, and that the whole body was in a state of combustion, igniting the clothes and melting the iron framework of the bed, have been noticed in seven patients, and have generally occurred in incurable or protracted cases.

5. Touch.

Decrease of Peculiarities.

Yet, startling as some of these peculiarities are, they are assuredly much less numerous and less extravagant than formerly. The incessant watchfulness now exercised to arrest and destroy in their birth the vicious practices and ridiculous eccentricities of the insane, the restraining, modifying influence of a well-adjusted system, have stripped the disease of many of those extraordinary traits which were at one time witnessed in every Asylum, have given a sameness to the external characters, although the secret bias and visions and delusions may be as various as before, and have cast all the patients in the same mould. One great aim is to introduce order and harmony, and the whole merit of the change is that the healthy powers are elicited, and engaged in concealing the signs of riotous and rebellious propensities, and in paying a tribute to reason by imitating its deportment, although it may be impossible to recognise or obey its laws. And where discipline does accomplish this, the insane of the present may be safely said to be less irrational and absurd than the insane of past ages. These additions to the invariable symptoms of insanity complicate and derange the most perfect and philosophical system of management.

Doings of a Day.

It may serve to illustrate the mere mechanical workings of the Establishment to detail the acts and arrangements of one day. At seven in the morning, the Night Guardian closes his report of the past eleven hours; the Superintendent carries round the razors, scissors, knives, &c., assorted in labelled cases, to the different galleries and private apartments. The Apothecary follows to ascertain that the patients have left their sleeping-rooms, or are about to leave them; to receive the verbal statements of the attendants; to examine into any urgent case where either new symptoms have appeared or any

aggravation has occurred. The scene at this time is one of great disorder and of danger; for, whatever precautions may be taken, the progress of so many toilets, the number of points requiring attention, the various duties to be performed, tax and may baffle whatever care and circumspection are employed. Breakfast follows at eight o'clock. It has been recommended that a portion of the Bible should be read aloud at this stage whenever circumstances will permit. At nine, the carriage carries a boarder into the country. At half-past nine, the razors are collected and placed in the laboratory. The tobacco and snuff, to which the industrious are entitled, or which long habit has rendered necessary, are now distributed, and the business of the day and labour are commenced. The labourers proceed to the grounds; the knitters, sewers, laundresses, kitchen-women are provided with occupation. At ten o'clock, the omnibus conveys two private parties to some favourite spot in the neighbourhood. The regular medical visit commences at the same hour. Every patient is seen, scrutinised, conversed with, prescribed for; delusions are exposed or repressed, that repetition may not imprint them deeper in the belief; errors are corrected, anger appeased, sorrow soothed; new directions given to contemplation; occupations and amusements recommended. Were five minutes accorded to each expectant, the examination would require a period of nine hours; but although many exact a large portion of the Physician's time, as others decline all intercourse, it actually occupies three. While this is taking place, the carriage has returned for another boarder; parties are walking and working in the grounds, engaged at billiards; and all who are not indisposed or otherwise employed take exercise in the balconies and airing-yards. At twelve, the wine, spirits, and porter are served out by the apothecary, and conveyed to the various individuals for whom they are ordered. At one, a bell, which announces all meals, departures, &c., intimates the cessation of labour, and that dinner is served. The Matron passes through the galleries to ascertain whether the meal has been abundant, properly prepared, and by whom taken; and should any have abstained, a report is made to the medical officer, who orders the exhibition of food, should it be deemed necessary; but this is rarely done until a refusal to eat has been persisted in for forty-eight hours. At two, labour, exercise, and amusement again commence; the carriage takes out another individual; the omnibus receives a large party of gentlemen, and intense is the desire to be included, and

bitter the jealousy and disappointment should partiality or irregularity in the arrangements for the different classes be detected. At half-past three, the carriage goes out for the last time. From one till four such medicines as have been ordered are furnished to the attendants. At four, a second medical visit is made to all persons who are in bad health, who have been excited, who have refused food, or solicited interviews. Two lists are then prepared: one containing prescriptions, one communicating instructions to the night-watch as to the patients who especially require his visits and care. If sickness exist, a special nurse is appointed. About the same time, the Matron is generally in company with the ladies, who play or listen to the piano, or join in impromptu concerts and dances. Tea is served at five o'clock, which is likewise followed by exercise, amusements, by a departure of parties to the Theatre or Concert, should such be accessible, and should no domestic entertainment present stronger attractions. At half-past seven, supper is served up. At eight, all retire to rest, except where indulgences have been granted for study or amusement. The Apothecary and Superintendent then examine the state of the whole house; ascertain that all patients are comfortably placed in bed; that the clothes have been removed from each room and folded, so that the number and state of the articles may be known; that no furniture but what is absolutely necessary be accessible; and inquire into the state of every individual. The night-watch then receives his final instructions, visits all parts of the house, enforces the punctual attendance of those intrusted with the care of suicidal patients, extinguishes all fires and lights, and writes a report of the events of every hour for the inspection of the medical officer. Such is a very meagre sketch of the transactions of a day. It does not and is not intended to embrace the moral management; these supplementary and accidental duties, such as feeding those who will not voluntarily support nature, admonishing those who have offended, reasoning with those who admit and may be influenced by argument, or those long conversations which have entertainment or instruction as their object, it does not and cannot include the multifarious items of domestic policy which remotely but powerfully affect the objects of care; but it gives the skeleton with which the nobler and better parts of the system are incorporated, and displays that humble but anxious solicitude for the health and comfort and safety of those who disregard these, or depend for their continuance upon the assistance of others.

Causes of Insanity.

It is to be lamented that so little information is supplied as to the cause and progress of the cases placed in isolation. Many individuals are subjected to treatment, of whom nothing is known, nor can be ascertained, except the name and parish. Their own statements must be regarded as apocryphal, or be received with extreme caution. This paucity of data, upon which to found an analysis of the character which is to be dealt with, or a scheme for the amelioration of moral suffering, is often the result of negligence or ignorance; sometimes of that false shame, or fruitless caution, which would keep family diseases under the same veil that conceals family misfortunes and misconduct. Such a course frustrates the great ends in view, and withholds one powerful lever by which the removal of disease may be accomplished, and the burden of regret, and remorse, and error, may be cast off. There is, however, a difficulty in deciding what *is* the cause of the overthrow of intelligence, of selecting from a mass of events, from a long succession of depressing and debilitating feelings, that particular point where health and sanity terminated, and disease commenced; that particular state of affairs, or body, or emotion, which led to the final change and catastrophe. An insignificant and inadequate circumstance may be fixed upon: it may appear to have directly preceded and premonished the attack of insanity, and yet, upon investigation, it will be discovered that the seeds of the malady have been sown and nurtured in the system for years; that the current of thought has been polluted or perturbed, from its very source. The causes of the disease lie deep. They must not be sought for on the surface of society, in the visible events, the misfortune or prosperity of individuals, in the sudden revolutions of the wheel of fortune, in the panic or the glut of commerce; but in the frame-work of the social machine, in the prevailing temper and temperament, the education, the transmitted character of the generation, in the susceptibility, the impressionability of the mass. When this influence is referred to education, it is not to the mere communication of knowledge, properly so called; but to the physical training, the habits of thought, the opinions, the impress and impulse imparted by the time, the moral institutions, the prevailing tastes and pursuits. There are in some ages predominant characteristics of certain bodily qualities, as of the nervous system; a peculiar delicacy or effeminacy of fibre, a morbid refinement, a luxury of sentiment, a panting after strong excitement, which predispose to mental disease, and should be kept in view.

State of Society most prolific cause.

There is, for example, a female in the Asylum, whose illness is attributed to a recent convulsion in the Established Church, in place of the high-wrought feeling, the long course of powerful religious impressions, and controversial anxiety, which preceded that event. There is, in like manner, a gentleman whose condition is traced to disappointment, while the dissipated and irregular habits, the irritable temperament which led and gave poignancy to his misfortunes, are altogether omitted. The obstacles to a true exposition of the relation of external circumstances to the developement of insanity, have led to

Predisposing cause.

the distinction of predisposing and proximate causes. That condition, or course of conduct, or habit of thought, which renders the mind prone to be disturbed, susceptible of exalted and ungovernable activity, and less capable of resisting the ordinary calls upon its powers, and the inevitable pressure of duty, or labour, or pleasure, has been distinguished from that event, or events, which, acting upon this

Exciting cause.

susceptibility or weakness, either excite the disease, or bring its features into view. But this division is arbitrary and inapplicable. The causes are often transposed; or what is truly a symptom of the disease is assigned as the cause. Where intemperance is represented as the source of the malady, it is clearly proved that repeated acts of intoxication at the same time predispose, excite, and constitute the main feature of the affection. Where it is attributed to pride, the natural disposition is assumed, and it may be correctly assumed, as leading to an unhealthy condition of mind; whereas it will be found that the ill-balanced understanding which yielded to the influence of the sentiment, or the changed position of the individual, were equally instrumental in subverting the stability of reason. Or, where a physical disease is supposed to interfere with natural character, the history and the moral relations of the patient are forgotten. The truth is, that the appearance of insanity is to be referred not to one, but to many circumstances; to the tenor of a whole lifetime, and not to the occurrences of a day or hour; to a multitude of hidden springs, which

Hereditary Tendency.

can neither be readily discovered nor appreciated. In a vast number of instances, the susceptibility, however much it may be aggravated and augmented by the conduct of the individual, has been transmitted, and is transmissible. Although, in the vague records sent with patients, predisposition, which may apply to the individual or to his ancestors, is adduced as the specific and sole cause in only four cases; yet in no less than thirty-three has a hereditary tendency to some nervous affec-

tion been traced; while in twenty-two of these the taint led directly and unequivocally to derangement. In several the evil has descended through many generations, has been coeval with the lineage of the race, and so wide as to involve the members of a whole family. One example may be quoted as illustrative alike of the degree to which, under various aspects, such a blight may extend; and of the production and propagation of that morbid tone of mind which places every man in peril, and may terminate either in the brilliancy of genius, extravagance of imagination, or in madness. A man of great talent, erudition, and enthusiasm, but predisposed to mental excitement, entertained a profound respect for knowledge, wished to render his children distinguished in some of its departments, especially in classical literature, and subjected them to a most severe and exhausting discipline during education, a discipline calculated to break down both the mental and constitutional energies, to destroy life or reason. The *apparent* results of this system have been, that one son has distinguished himself in works of fancy, and possesses a mind of exquisite delicacy, but morbid, irritable, and ill-balanced; a second is an irreclaimable drunkard; a third is an equally irreclaimable opium eater; a fourth has become imbecile; a fifth was under my charge; a sixth is of sound mind. The daughters, who received different training, are sane and well. The fabricator of this tangled web of human misery, unhinged by study and soured by disappointment, died delirious.

Classification.

The sound intellect resists with difficulty constant contact and communion with the insane. There is suggested such an extravagance of sentiment in the intercourse; such a distrust, irritability, and confusion of right and wrong, truth and falsehood; and there is required so sustained a strain upon the observation, so powerful a check upon the passions, that the healthy tone, if not the equilibrium of the mind, suffers in the relation. The partially deranged, the tranquil and docile monomaniac, in the same way, are injured by association with the furious and agitated. Excitement is infectious; delusions have been multiplied, and even imparted; terror, and disorder, and dislike, have been the consequences of mingling together those who can and those who cannot control their passions; and scenes of confusion and animosity have arisen where all should be harmony and peace. In accordance with these views, a small separate gallery containing ottomans which cannot be broken or injured, gas pendants

Gallery for Agitated.

which cannot be reached, and which immediately adjoins the sleeping apartments of its inhabitants, has been appropriated to the irreclaimably violent and destructive; and the public rooms have thus been relieved from the noise, and turbulence, and actual misery which the manifestation of morbid and malignant feelings infallibly produces, and insured that quietude and composure, and those opportunities for reading and occupation, which are necessary conditions of the return to health, if they do not act directly as remedial agents. Nor is the gallery for the furious a penal habitation, although it serves as a place of exile for those who oppose the constituted authorities; nor is it a focus of ferocity and vindictiveness. Quietude and order reign there for days. Children enter it fearlessly, and mingle with the patients, who appear to be tranquillized by the smallness of their numbers, by the withdrawal of enjoyments from which they are debarred, and the absence of that arrogance, and intolerance, and tyranny, which their fellow-sufferers so often and so harshly exhibit.

Gallery for Convalescent.

Extending this principle of segregation further, a gallery has been filled with convalescents, and with those who rarely interrupt, and may be benefited by, the rational intercourse, the pleasing pursuits, and the correct manners which prevail around. Music, painting, reading, cards, chess, here constantly engage the attention; gratify, cultivate, or call forth former and familiar tastes; displace that brooding melancholy which the monotony and idleness of confinement so often engender in the active and educated mind, when freed from delusion; and assimilate the situation of all admitted to that which they expect, and are expected to occupy on restoration to society, and secure all the advantages derivable from the converse of the rational, the example of the tranquil and decorous, and the constant succession of agreeable, enlivening, and elevating impressions. The consciousness of the superiority of caste, of enjoying a greater amount of confidence and a greater number of pleasures and privileges, acts favourably, and, while appealing to the selfish part of the character, encourages that self-control and forbearance and amenity of manners which constitute the chief bond and ornament of social relations. There is deep regret and bitter recrimination when expulsion from this part of the house is considered necessary, and a strong desire to be considered worthy of admission. It now contains two clergymen, one physician, one banker, one officer, and one man of letters and others, and forms the most formidable test of the Superintendent's patience, judgment, and delicacy of tact. The strength of

returning reason, and the dexterity of minds habituated to think subtilely are to be encountered, as well as the cunning of distempered emotions. The pleas for liberation; the dread of an impending paroxysm or of some new affliction; the arguments to demonstrate that fever or fancy have been mistaken for derangement, that friends have been timid, or suspicious, or unkind, and neither discriminating nor disinterested, are inexhaustible and most perplexing; yet the existence of such a place, so well regulated, so quiet, so characterised by the thoughts and habits of educated and rational men, is somewhat astonishing even to those who pass their lives amid the wonders effected by moral control. From the class now described are principally drawn those who join in the amusements and intellectual employment provided, although others are participants. Besides the daily exercise and carriage drives, many excursions have been taken to Caerlaverock, Newabbey, Friars' Carse, and to the usual haunts of tourists. Upon some of these occasions the party has been augmented by respectable strangers, whose presence, new direction of thought, accomplishments, and friendly attentions dissipated the appearance of restraint and superintendence, suggested new views, and opened up healthy stores of enjoyment. Mr Sinclair, of Dumfries, having most kindly offered the use of a house in the High Street, thirty of the patients were enabled to witness the entry of Van Amburgh. A few were permitted to attend his evening exhibition, but for the majority such a scene was considered too exciting. Billiards, cards, chess, summer ice, have occupied many a tedious hour within doors. In the evening, exhibitions of legerdemain, ventriloquism, musical and dancing parties, visits to the Theatre, concerts, and other public places have been resorted to as rewards, encouragement, and distraction. And if the influence of discipline and supervision be carried into effect in these assemblies; if the patients are never allowed to forget that they are observed and under probation and upon honour; and if due care be bestowed in selecting those of decorous deportment and suitable dispositions, no reasonable objection can be urged to the meeting of the sexes. Such reunions are but an extension, a new application of the principle regulating all attempts to approximate the conduct of the insane to what is sanctioned and demanded beyond the precints of an Asylum. The discipline of the unsound mind in this respect resembles in many ways the treatment of the infirm and diseased body. Much is empirical and experimental. Principles are

Amusements.

Excursions.

Theatre, Balls, &c.

adopted and means are employed, suggested by the recognised laws and supposed analogies of the sound mind, with the view to remove delusions and to rouse or resuscitate energies which do not yet bear the stamp and recommendation of experience, and the precise operation of which cannot be gathered even from the result. In the course of the festivities of last season, an imbecile lady was induced to attend a party of the convalescent patients where there was much good humour, mirth, music, and charade acting. She participated in none of these amusements, but sat apart impassive and imperturbable. On the following morning, a total transformation had taken place. She had passed suddenly from weakness to strength, from drivelling imbecility to clear, cogent intelligence, from disease to health. The restoration was perfect and permanent. Now, it would be rash and sanguine to affirm that the music, which did not appear to reach her ear, was the cause of her recovery; that some song or sound of other days had reached her memory; that some hidden chord was struck; that some powerful association was excited and communicating its influence through a long succession of dormant but living thoughts and emotions reconstituted and reorganised the shattered and prostrated mind; yet, it would be equally unjustifiable to conclude that the impressions, or some of them, received upon this occasion, were not instrumental in effecting what every other resource, medical and moral, adopted during a period of two years, had failed to accomplish—in imparting an impulse and form to what was hitherto lethargic and confused. Such unexpected and decided consequences demonstrate the propriety of multiplying and varying, to as great an extent as possible, and at every stage of the malady, however advanced and hopeless, the moral agents which can be brought to act immediately upon the mind of the insane, even where the present state of our knowledge does not permit us to discriminate the precise cases in which such means are applicable, or to determine the precise mode or moment in which they should be applied. Less exciting pleasures have been found for other members of our community. A teacher has been employed to give instruction in music to one patient, who has the enthusiasm if not the talent of an artist. At one moment, indeed, the sounds of pianos, flutes, fiddles, and the guitar might have been heard from different parts of the house, robbing the moral chaos of much of its gloom, and disguising, if not dispelling, the sorrows of both performers and auditors. A patient, who has passed much of his time in Germany, and

Mental culture of Insane.

who has imbibed a passionate admiration of its literature and language, is allowed to impart their beauties to a sane inmate. A lady, while recovering from partial imbecility, engaged in the same study, and became a proficient in the very act of becoming well. As a test of clearness of intellect, mental activity, and consistency of pursuit, the translation of Grotius de Veritate, &c., was prescribed and accomplished. And even where there is no hope that the mind will be improved or strengthened, where delusion is ingrafted upon the healthy faculties, and has formed a principle of action, where the only aim is to shut out error for a time, and to render the individual sane and serene for one hour, while he is engaged in fact, the cultivation of particular tastes and tendencies is encouraged and indulged. A reveriest has been tempted from his dream, and from his corner and carpet in which he was accustomed to coil himself, to refresh his knowledge of Oriental literature; and now reads and writes Hindostanee and Persee with ease and delight. His version of the tales of Sadi is far advanced. The son of Prince Charles Edward is busily engaged in crayon drawing, and in the study of French. A clergyman, who was the daily victim of poison, has consented to revise the census of the population; and another member of the same profession wrote, at a time when much depressed, a number of sermons displaying average ability. Our literary labours have been varied and voluminous. An emulative rivalry in composition arose in the convalescent ward, which was not discouraged, and which produced poems, satires, songs, ethical essays, even sermons, one of which was delivered in the Chapel by the reverend author; which were all required to pass the rubicon of the Superintendent's criticism and censorship, and which possess this, if no higher merit, of being the offerings of gratitude. Many of the verses have been published, and shew how exquisite may be the sensibility, how felicitous the fancy, how sound, and clear, and coherent may be the descriptive powers, where there is a total absence of self-control, where there is profound, permanent anguish, where reason staggers and refuses to obey the will whenever it approaches the investigation of a certain class of propositions. The drama has not been forgotten; and the hope is entertained that a farce, written in the Asylum by a patient, may yet be acted in the Asylum by patients. The most curious of the works actually produced has been a highly elaborated sketch of a constitution, for the Asylum, by a gentleman who may be considered the Abbé Sieyes of our Republic. In this theorem the most

Literary pursuits.

prominent feature was, that the government should be vested in a council of patients; that every violation of decorum, every departure from reason, should be tried by a jury of the inmates; and that the Medical Officer should act solely as a judge, in awarding punishment when the accused was found guilty; in other words, in prescribing medicine when it was declared to be necessary. A great variety of periodicals are circulated through the Establishment. These are derived from various sources. They are procured expressly for the use of the inmates; they are sent by friends to the Institution; they issue from book-clubs; or they are supplied by relatives to particular individuals. A list of the most important of these will shew that the political leanings and literary progress of the world are closely followed within these walls.

Reading.

TABLE.

Athenæum.	Dumfries Herald.
Times.	Dumfries Courier.
Globe.	Blackwood.
Morning Chronicle.	Bentley.
Illustrated News.	Quarterly Review.
Evening Post.	Edinburgh Review.
Caledonian Mercury.	Phrenological Journal.
Tom Burke.	Penny Magazine.
Martin Chuzzlewit.	Saturday Magazine.
Chambers' Journal.	The Record.
The Witness.	Many Provincial Papers.

Our Library has received considerable additions. Some of these have been contributions by friends. That they have been fully appreciated may be learned from the fact that there have been many hundred issues, and about fifty readers. The serial publications and more important works are given out on the principle of itinerant libraries, and travel from gallery to gallery in succession. But so numerous are the applications for books, and so difficult is it to apportion and distribute them properly, that a plan is under consideration to provide a reading-room, which might contain book-shelves, and all the periodicals received; and to which access might be given, under sufficient guardianship, at certain hours to such of the patients as desired and deserved, and were in a state to enjoy, the privilege. A most amiable and erudite patient has already appeared as a candidate for the office of Librarian. In the anxiety to divert the mind from itself, and from the clamorous demand for such recreation, many authors are resorted to whose principles are either not known, or are not altogether approved. Occasionally a check requires to be imposed upon the course of reading, as when a suicide perseveres in inquiring

for such works as Bolingbroke, the Radcliffe novels, and Bird's novel of the Infidel's Doom. But the evils of such indiscriminate gratification, if evils there be, must be utterly insignificant when compared with the advantages. Thrice we have known delusions created and confirmed by passages read and imprinted upon the memory. In two of these instances the source from which the poison was extracted was the Holy Scriptures. In the third, a patient found in a periodical the description of the character of George III.; he then drew a historical parallel between himself and that monarch, and then proclaimed himself George V. But such accidents are over-balanced by the amount of real knowledge, the habits of steady attention and consecutive reflection, the exercise of memory, the introduction of happy and wholesome views of mankind, the springs of innocent mirth, which the faculties must and do receive even from desultory reading, and even when enfeebled or erratic.

Private Theatricals.

But the most novel and interesting attempt to render amusement subservient to the objects of treatment, was the introduction of private theatricals as a means of occupation to a certain portion, and enjoyment to above one-half of the inmates. It is believed that this bold step in advance was the first of the kind made in Britain. Convalescents and monomaniacs have repeatedly attended the public Theatre; but that about sixty patients should, with perfect propriety of deportment, with keen appreciation of the merits and mirth of the performance, witness the repeated representation of farces or vaudevilles by members of their own community, by those participating in their own infirmities, was certainly a noble triumph over the sorrows and intractableness of disease; a miracle if we reflect upon the past, an augury of success if we look to the future. Yet the achievement should be regarded less as a boast or proof of what may be accomplished with the most stubborn and rebellious materials; of how far the insane mind may be carried towards health; how closely it may be made to imitate the manifestations of the sound and strong, than as a means of calling forth neglected energies, of diffusing bustle and expectation, and enjoyment where all is generally dead, and dull, and dark; of creating sources of happiness on the very limits, but not beyond the pale of surveillance, apart and distinct from the position of those concerned, and in themselves so fraught with ideas and feelings incompatible with melancholy or moroseness, and so suggestive of pleasing recollections and associations. The benefits were not, how-

ever, confined to the exhibition, nor especially to the actors, whose previous training, exercise of memory, self-possession during impersonation and success must have proved curative, but included the healthy tone which pervaded the Establishment during the whole of the Theatrical season. The collection and preparation of a wardrobe, the erection and decoration of the stage, the speculations as to effect, the rehearsals, the criticisms, the composition of prologues and addresses, the green-room supper, the debut and retirement of companions, all contributed to unite the different inmates in a common purpose, and to furnish matter for thought and conversation very widely removed from what generally obtain among them. In fact, the discovery of a mode by which the insane could be induced to form themselves into a society, and to proceed towards a given end in concert, constituted the most important aspect of the enterprise. By a fortunate combination of circumstances, which may never occur again, a strong taste for histrionic display, and very considerable powers of impersonation, were found to exist in several of the patients; and a company was formed, from the stage-manager to the prompter, upon the model of similar associations, and guided and governed according to established rule.

The chief inducement to these gentlemen to engage in so new, though so congenial a course, was unquestionably the anticipation of popular applause; and the extension of admission to the Directors, and to a portion of the public, not merely afforded the gratification sought, but acted as a salutary check upon the mode in which the attempt was conducted, and laid bare the nature and extent of the experiment in all its bearings. Yet, few of those who witnessed these recreations, who passed through gay and garlanded halls, who sat amidst quiet, well-dressed people, listened to music, and derived pleasure from the exposure and caricature of the follies of the time, who saw, in fact, a play fairly acted on a well appointed stage, could readily believe that the whole was, in great measure, the creation of the insane, that they sat beside them, listened to them. Or, that among the performers were men believing, or who very recently believed, themselves to be emanations from Deity; to be endowed with a double being; that they could destroy the metropolis with a single nod; who had passed from the fury of mania to the highest exercise of intellect. Much of the success of the efforts was owing to the co-operation of Mr Wingett and other officers; but fifteen pa-

tients, either directly or indirectly, joined in the amusement, and contributed, in various degrees, to render the scenic deception complete. It is satisfactory to know that about one-half of these have left the Institution; that one of this number is now engaged in the practice of his profession in Canada; that another has proceeded to India; a third passes the winter in Italy in the study of the Fine Arts; and that a fourth is acting piously and prudently as a clergyman in his own country.

Where the position or condition of the patients do not permit them to engage in pursuits such as those described, manual labour is enjoined. A party of gentlemen assisted to trench a portion of the grounds; and the numbers employed in agriculture and gardening, and the state of the fields, lawns, and shrubberies, show how much such an expedient is appreciated and how far it is carried. The occupations within doors are rather indicated than enumerated in the following Table:—

WORK SINCE NOVEMBER, 1842.

161 Shirts.	10 Straw Mattresses.
74 Shifts.	6 Sea-grass do.
68 Flannel Jackets.	4 Straw Ottomans.
11 Pairs do. Drawers.	30 Door Mats.
19 Pairs Trowsers.	10 Garden Baskets.
38 Gowns.	12 Pairs Braces.
39 Aprons.	2 Flannel Spencers.
52 Petticoats.	2 Worked Collars.
36 Bed-gowns.	1 Pair do. Cuffs.
81 Caps.	1 Knitted Cap.
33 Habit Shirts.	40 Pairs Socks.
202 Pocket Handkerchiefs.	6 Pairs Stockings.
50 Pairs Sheets.	8 Ottomans.
100 Bolster-cases.	40 Mats.
24 Bed Quilts.	4 Patch-work Quilts.
27 Beds.	1 Worsted-work Chair.
12 Toilet Covers.	2 Do. do. Footstools.
117 Towels.	

Admission of Patients.

Although compelled to refuse admission to a number of patients belonging to the middle classes, and to decline an influx of the poor from other districts, from the want of suitable accommodation, we have been able to receive every pauper lunatic from the Counties of Dumfries and Wigtown, and Stewartry of Kirkcudbright, whether sent by friends, parishes, or under Mr Fox Maule's Act. So that the most clamant cases have been provided for; and if a vast number of the insane be still without proper care, the responsibility rests with the parochial authorities upon whom they are dependent. Two individuals have been admitted on Mrs Crichton's presentation to the Bursar class. One of these belongs to the humbler classes, has been

long affected with the malady, and had become an oppressive burden upon those who were her natural protectors. She is now surrounded by friends and comforts, and seems partially conscious of her situation. The other is a foreigner, cast upon our land by one of those political storms that scatter their victims far and wide, stripped of friends, country, children, and deprived of reason by her misfortunes, and by that ungovernable wish to revisit her native mountains, to which all Celtic races are liable. She is a lady by birth and education, and is now secured many of the privileges of her station, although the violent character of her malady renders her incapable of enjoying to its full extent the boon conferred.

Introduction of Water.

We have now an abundant supply of pure water. In accordance with a plan provided by Messrs Grainger and Miller, of Edinburgh, an engine has been erected on the banks of the river, of eight horse-power, capable of delivering 48,000 gallons per day into a reservoir situated in the upper part of the grounds. From this the water passes through a capacious filter into a tank which communicates with the steam-engine in connexion with the house, and is, by its means, transmitted to cisterns in the roof, to be used for domestic and hygeinic purposes as may be required. Our privations have been so great, our opinions as to the usefulness of bathing in the treatment of mental diseases, and in preserving the bodily health and tranquillity of those affected, are so strong, that this addition to the comforts and capabilities of the Institution is a subject for sincere congratulation. It is proposed that the large excavation and the disfiguration entailed upon the grounds by this undertaking should be covered and concealed by the formation of a mound, which may serve as an outlook over the surrounding country, and may be sown with grass, and made ornamental by shrubs. It is the wish and petition of all parties that this project should be executed by the inhabitants of the Institution.

Officers.

The duties of the officers in carrying out the daily routine are obviously many and momentous. They are every moment called upon to meet exigencies; to rule and regulate, to comfort and cure the insane; to educate their sane subordinates in proper views and to a suitable and humane management of those they are appointed at once to serve and command; to yield up every private and personal feeling to the general good; to console when they are needful of that which they offer; to labour for the restoration of the health of others when ill at ease themselves; and at every exertion to encounter ingratitude, and

violence, and disappointment from those they struggle to benefit. In the performance of many of these tasks, the Superintendent has been most efficiently assisted and supported by his coadjutors, and by no one more cordially than the Apothecary, Mr Wingett, who resigned his situation at last meeting in order to prosecute his studies elsewhere. When it is stated that for the last four years this young gentleman has lived constantly with our patients; that his association was so intimate and domestic that he has scarcely absented himself from his duties for a day; that his sacrifice of the pleasures and pursuits of his age neither infringed upon his happiness nor cheerfulness; that he was trusted by the Superintendent beyond his years; that his general abilities, professional promptitude and firmness, his benevolent disposition, and unexhaustible store of good humour, conciliated the confidence and respect of every one interested in the well-being of the Establishment, and the friendship of every one within its walls; no higher compliment can be paid, no better earnest given of what is expected from his future course.

Such is the annual record of the past, and some of the aspirations and plans for the future. There is much to rejoice at, much to encourage a prosecution of the same humble, assiduous, benevolent course. Nothing is claimed of merit except for an unwearied endeavour to take advantage of every means and occasion to enlighten reason, mitigate sorrow, and to raise up the broken spirit; or, where such attempts would be vain, to render the continuance of disease compatible with happiness and contentment. No success is boasted of or anticipated, except what Providence has assigned as the natural result of the judicious application of the resources of art, and an implicit obedience to the dictates of humanity.

W. A. F. BROWNE.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 20 and 30,	9	4	13
... 30 ... 40,	8	8	16
... 40 ... 50,	5	5	10
... 50 ... 60,	5	1	6
... 60 ... 70,	2	2	4

II.—TABLE OF SEXES OF PATIENTS.

Males.	Females.
29	20

III.—TABLE OF DOMESTIC CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	12	3	15
Unmarried, . .	18	15	33
Widowed, . .			1

IV.—TABLE OF PROFESSION OF PATIENTS.

Professions.	Males.	Females.	Total.
Artist, . . .	1		1
Banker, . . .	1		1
Bookseller, . .	1		1
Carpenters, . .	2		2
Clergymen, . .	2		2
Constable, . .	1		1
Domestic Servants, .		3	3
Farmers, . . .	2		2
... daughter of,		1	1
Gentlemen, . .	2		2
Gentlewomen, . .		13	13
Housekeeper, . .		1	1
Labourers, . .	5		5
Merchants, . .	2		2
... son of, .	1		1
Mason, ...	1		1
... wife of, .		1	1
Officers in the Army,	3		3
Physician, . .	1		1
Sailor, . . .	1		1
Sempstress, . .		1	1
Shepherd, . .	1		1
Surgeon, . . .	1		1
Weaver, . . .	1		1
	29	20	49

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy,			
Imbecility,		1	1
Fatuity,	2	1	3
Mania, with Delusion,	2	1	3
Mania, General,	2	2	4
Affections of Sentiments.			
Melancholia,	3	1	4
Monomania of Fear,			
... Pride,	5	2	7
... Suicide,	2	1	3
... Superstition,	3	3	6
... Suspicion,	5	1	6
Affections of Propensities.			
Nymphomania,			
Monomania, Furious, Destructive, &c.,	5	7	12

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Blow on Head,	1		1
Disappointment in ambition, enterprise, &c.,	3	2	5
Disease of Liver,	1		1
Dissipation,	4	1	5
Embarrassments, Pecuniary,	1		1
Excitement, Religious,	2	1	3
Fear,		1	1
Fever, Scarlet,	1		1
Grief,	1	2	3
Love,	3	1	4
Nostalgia,		1	1
Pre-disposition,		4	4
Pride,	3		3
Privation,	1		1
Residence in India,	1		1
Shame,	1	1	2
Speculation, Mercantile,	1		1
Study, Excessive,	2		2
Toil,	1		1
Ulcer, Healing of,	1		1
Unknown,	1	6	7

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	12	10	22
Hereditary tendency to Nervous Disease traced in	6	5	11
No hereditary tendency traced in	10	6	16

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, .	13	10	23
More than 1	3	1	4
... 2	7		7
... 3 .. .	1	1	2
... 4	2	4	6
... 10	2	3	5
... 20		1	1
... 30	1		1

IX.—NUMBER OF ATTACKS OF DISEASE.

	Number of Attacks.			
	I.	II.	III.	IV. or more.
Males, . .	15	10	4	
Females, . .	12	4	2	2

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	4	4	8
Have meditated do.	5	4	9
Intentions not manifested, or unknown, .	20	12	32

XI.—TABLE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, .	10	6	16
Well educated, .	6	6	12
Can read and write,	11	5	16
Cannot read or write, Unknown, . .	2	3	5

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, . .	1		1
Convulsions, . .	1		1
Erysipelas, . .		1	1
Diarrhœa and old age,	1		1
Dysentery with Paralysis.		1	1
Paralysis, General, .	2		2
Phthisis, . . .	1		1

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

FIFTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1844.

TRUSTEES.

Mrs CRICHTON, Friars' Carse.
Lt.-Col. GRIERSON, Dumfries.
Admiral JOHNSTON, Cowhill.

DIRECTORS.

J. Macalpine Leny, Esq. of Dalswinton.
J. Staig, Esq., Dumfries.
Francis Maxwell, Esq. of Gribton.
John Babington, Esq. of Summerville.
J. B. Hepburn, Esq., Castledykes.

OFFICERS.

J. Grieve, M.D., Consulting Physician.
W. A. F. Browne, M.D., Resident Physician.
Miss Sandeman, Matron.
J. B. Balfour, Apothecary.
R. Henry, House Steward.
Superintendent.

R. Adamson, Esq., Treasurer. Rev. G. Cowans, Chaplain.

Patients remaining in the Institution, 11th November, 1843, - -	109	
Ditto admitted from 11th November, 1843, to 11th November, 1844,	39	
		—148
Dismissed recovered, - - - - - -	14	
Removed or improved, - - - - - -	5	
Dead, - - - - - - - -	8	
	—	27
Remain, - - - - - - - -		121

We are entitled to speak of the success and prosperity of the Institution during the past year; success in alleviating disease and misery; prosperity in the multiplication of those means by which the benevolent purposes of such an establishment are to be effected. More than one-third of the patients admitted have been restored to the possession of reason, or to intelligence sufficient for the resumption of their civil rights. Only eight of one hundred and forty-eight individuals, all labouring under grave disease, have died; six of these from maladies over which medicine has confessedly little or no control. It is at all times easy to augment the apparent curability of derangement; but, in order to accomplish this, there are ushered into the world persons of odd and eccentric dispositions, disturbers of families and of society, who are tolerated, but not trusted; who perpetrate crimes and outrages under the pretext or protection of their infirmity, but who claim all the privileges of sound and sane men. It is a question of some importance, whether the human mind be ever restored to its original health and strength after an attack of insanity. Calmness and composure may return, the capacity to engage in complicated matters of business or abstruse studies, and that self-possession and correctness of external deportment which are regarded as indices of health; but is there not generally retained some peculiarity or perversity, some tendency to excitement or extravagance, some infirmity or unsteadiness which require shelter and sympathy? That other organs are generally and permanently altered by severe and long-continued disease, has been established by extensive experience; and there is no probability that the brain is exempt from this law. It is likewise certain that grand changes and total revolutions take place in the character contemporaneously with the removal of derangement. The precision of reason is sometimes regained without its strength, or greater powers and more intense feelings may be developed. It is affirmed that the Jerusalem Delivered was the offspring of Tasso's insanity. The disease produces suddenly what old age does gradually in the system. The whole mental economy may

General Results.

Curability of Insanity.

be stripped of its ability for sustained activity; or particular faculties may assume a new relation and proportion to the others; or what was most salient and brilliant may have become dark and dimmed in lustre. Robert Hall lost the splendid imagination for which he was celebrated during alienation, but preserved his vigorous judgment. The suspicion that singularities or habits of thinking and acting in discordance with the character of the individual, may be compatible with sanity, or with such a degree of sanity as justifies and calls for liberation, renders it exceedingly difficult to decide at what stage of convalescence a patient should be discharged. The only true and infallible test of sanity is the effect of the re-entrance upon active life. If recovery consists merely in a cessation of the acute symptoms of the disease, in the mitigation or extinction of all the tendencies which are dangerous, or loathsome, or ludicrous, the decision is simplified, the register of cures would be infinitely increased; and perhaps in some cases, upon this principle, it is so. But a patient may not only be inoffensive, but shrewd and sagacious, and endowed with gentle and kindly affections: he may be distinguished by no other morbid trait than want of confidence in his own powers, by greater restlessness or greater inactivity, by an automatic movement of the limbs, or an insecurity of the tenure of health, a tendency to relapse so strong that the ordinary and inevitable cares and casualties of life act with double and detrimental force; and he may be deprived of liberty on these grounds. The standard by which these conditions will be tried, and the expediency of exposing them to contact with the world, will vary according to the views and opinions of the judge and of the friends in each case; but it certainly is the safest, and wisest, and most humane practice to prolong the period of probation as much as possible. During such a trial, an Asylum should fulfil its highest functions. While the mind is clouded and excited, it is, as it should be, an Hospital; when consciousness and coherence return, it should become a Home. Every plan should, at the same time, be resorted to, that the patient may be brought into communion with his fellow-men, that he may be familiarised with their usages, and tested by his conduct under new or renewed relations.

Mania with General Paralysis.

An analysis of the forms in which the disease has occurred will serve to show the nature and direction of one division of our labours. More than one-third of the cases admitted were either actually affected with Mania, complicated with General Paralysis, or presented

the premonetory symptoms. Three deaths have occurred from this cause. This intractable species of alienation is generally the result, direct or indirect, of dissipation and intemperance, the termination of a long course of irregularity, excitement, and sensual gratification, even where these may not have overstepped the limits of prudence or propriety. It is likewise the heritage of genius. It is the disease of maturity, unless when indulgence or extravagance has accelerated the usual course of life, and punished the victim of youthful folly with the decrepitude and dotage of old age. Its advances are slow and insidious. The irritability of temper by which it is ushered in may be slight; the muscular tremor of the lip, or hand, or foot, may be so trifling and transitory as to escape the notice of the sufferer and of those interested in his fate. It has repeatedly happened that a peculiar curtness or rapidity of utterance, or the omission of the last or penultimate syllable of words in reading or writing, or of a particular letter, has been the only proof, although it be an infallible one, of the commencement of that long and vast series of changes which constitute the disease. Even in the cases under consideration, marked although they now are, the first indication of derangement observed was irregularity in the size of the pupils in three, stammering or hesitation in one, the use of incomplete sentences in one, and shuffling with the feet in one. A nice discrimination is required to decide at what point and time the first deviation from mental health takes place, so ready and dexterous is the mind in concealing its own defects, and in attributing the muscular debility by which these are accompanied to irrelevant and adventitious causes, and the progress of these two classes of symptoms is so equal and parallel that it is impossible to determine in what relation they stand to each other. But there can be no doubt that the source of both is extensive cerebral disorganisation, which may be arrested, but cannot be removed. The complaint may continue for months or years, but generally consists of three stages. During the first, the temper is irrascible, the affections capricious, the opinions decided, the hopes aspiring, sanguine, the senses are preternaturally acute, the manner hurried and impetuous, the face becomes florid, the hand trembles, the feet stumble without cause physical or moral. This condition has been mistaken for intoxication, and has condemned those to obloquy who required sympathy and medical interference. During the second stage, there are decided exacerbations of mania, indomitable pride, suggested by

delusions of the possession of intellectual pre-eminence, dignified rank, or vast riches. One of our inmates emulates Byron; another excels all men in extemporaneous prayer; and a third measures her possessions by the reach of her vision. There is perverted sensation converting stones into gold, and the scratches of a pencil into exquisite paintings. There is impaired muscular power; the patient runs and staggers rather than walks; he is still competent for great exertions but fails to perform motions demanding precision or delicacy. A patient still in the Institution could run with such velocity as to outstrip the attendant, but could not apprehend a comfit or a pea. Repeated attacks of apoplexy, or convulsion, or of these conjoined, gradually reduce the mind to imbecility, extinguish the senses, render the limbs paralytic, and the life of the individual purely vegetative, and constitute the third stage. In this helpless and hopeless state are patients generally committed to retreats for the insane, to test the benevolence and ingenuity of their guardians, and inevitably to swell the amount of mortality. These cases are now so numerous, so peculiar in their course, entail so much suffering, and demand such constant care and superintendence, that to carry out the true principle of classification distinct wards should be prepared for their reception. These observations are justified by the increasing frequency of the affection, and by the necessity for prompt measures even in retarding its progress.

Pyromania.

A more rare variety of alienation is Pyromania, or the tendency to incendiarism. It seems a modification of the blind impulse to destroy. While traceable to perversion of the will and sentiments, it may be provoked by malice, revenge, or other motives common to the vicious and unsound mind. A very large number of the cases which have been most carefully examined have occurred in mere children, or extremely young females, who, when able to explain their conduct, have asssigned no more intelligible reason than a desire to witness a conflagration. The disease is occasionally epidemic or imitative, affects various individuals unconnected by consanguinity or intercourse in succession, and spreads desolation and terror over a whole country. This should be kept in view when such acts are investigated judicially, for madmen may be mingled with anarchists; or the act of the malicious or rebellious incendiary may have suggested a similar course to the excited imagination or distempered propensities of the pyromaniac. At precisely the same time in 1830, when such devas-

tation was committed in England by rick-burners, bands of young women perpetrated similar ravages in France without apparent object or design. They were regarded and treated, and perhaps wisely, as lunatics. The involuntary propensity to burn is generally associated with bodily disturbance, an undeveloped constitution, and mental imbecility, but it is not necessarily so. It may likewise be the element of a mind combining strong intellect, serenity, and self-control. It has occasionally been developed as the last atrocity of despotism, or the wildest erraticism of genius. If combined with the monomania of pride and superstition, the patient burns a palace or a cathedral; if with the tendency to suicide, he casts himself into the fire; if goaded by imaginary insults or injuries, the property of an enemy is selected; but if the desire be blind, insensate, impetuous, the destruction is indiscriminate. Persons labouring under the impulse not merely disregard life, they act as if it were invulnerable, and caress the flame they have produced, and almost invariably and anxiously watch its progress. One of this class, who was not a suicide, has been observed to handle ignited coals as if they were harmless, and, after setting fire to a sofa, sat quietly down upon the burning cloth as if to court immolation. Another inmate, who originally manifested her derangement by attempting to destroy farm produce, still, upon all favourable occasions, consigns her dress to the fire, without regard to the value of the article or to her own comfort, and obviously derives intense gratification from the brilliant flame which she has produced. This woman, although passionate and so irrational as to recognise in her fellow-patients former friends and acquaintances, disguised as females, is acute, cunning, and perfectly conscious of the culpable and dangerous nature of her irresistible propensities.

Cataleptic Mania.

Four cases of Cataleptic Mania have been admitted. So rare and inconsistent with previous experience were the phenomena of this disease, that its existence was at no remote period doubted. This definition of the affection may be given, the extinction of the power of the will over the muscles; its external features are the permanent flexure or extension of any part of the body, in whatever position it may be placed. The will may be actually dead or dormant, or merely suspended: it may even be in full operation, the sudden, strong and reckless will of inflamed passion; but it is separated from its organ, the body. It cannot act on, or through its instrument. The muscles and mind become two distinct systems: they are isolated, and do not, and

cannot act together. This separation may be complete or partial; certain movements may be practicable; or there may remain power to resist to a certain extent the independent action of the muscles. If the arm or leg of a cataleptic be extended, or bent, or placed in any constrained posture, there it will remain unmoved, immoveable by the possessor, and apparently endowed with preternatural strength and rigidity, until the muscular force be exhausted, or a new arrangement of the parts be made by some external agency. It is worthy of notice that the reunion is sometimes effected by sudden shocks or violent agitation of the body. Galvanism has been known to re-establish volition. A lady, now under treatment, can be roused from the profound trance in which she is plunged by forcing her to run to and fro. For a moment she exercises will, seizes upon the food placed before her, devours it voraciously, and immediately relapses into the stupor, stolidity, and fixity of position from which she has been awakened, when she again requires to be propelled from place to place, and to be nourished through her nose. The whole frame may indeed become so stiff and statuesque, as to be moved about as if truly inanimate and passive. In general this is but one of a series of morbid phenomena. It accompanies fatuity and lethargy. It is superadded to indications of more active, although equally perverted mental operations. Delusions are suggested by the sensations imparted by the condition of the limbs, and the patients conceive themselves teapots, clocks, pillars, or lamp-posts; and as the "dreams at the dawn of philosophy," and the most obsolete superstitions, are observed to reappear in the visions and vagaries of the insane, so likewise the current theories of the time are represented; and the cataleptics assert, with some appearance of truth, that they are under the influence of animal magnetism, that they are in a state of rational somnambulism. This belief has been met with in three cases recently treated.

Delusion.

The objects of our care may be divided further into two grand classes —those who entertain delusions, who, as their sole characteristic, or, in addition to incoherence or imbecility, see, and hear, and feel what does not exist, believe what is not and cannot be true, and is inconsistent with their own knowledge;—and those who do not. These errors are of three kinds: where the mind creates or reproduces, from previous impressions or cherished hopes and projects, a picture or series of events, and receives them as real, present, and involving great and grave interests. Spectacles, conspiracies, conquests, and

discoveries, are thus conjured up, in which the friends or foes of the patient, or the patient himself, are actors. Secondly, where a real sensation conveys a false impression to the mind, where savoury and well-prepared food is rejected as poison, or a pebble regarded as a precious gem; and thirdly, where a real sensation, communicated correctly to the mind, suggests an erroneous interpretation of its origin or import; where the bow of a friend is received as a broad and intelligible hint to leave the country, or as an acknowledgment of rank and royalty. Disease may thus commence and exist at either extremity of the chain of mental operations; the mind may be deceived by its own acts, or led astray by the external senses. The steps of the process generally are, an excited feeling, it may be excited by excessive indulgence or by bodily ailment, disturbs the judgment which is incapable of appreciating the nature of the reports of the senses; and ultimately the senses report falsely. There are, however, striking instances in which such evidence of the senses is rejected. A gentleman in the Establishment, when left in darkness, is constantly surrounded by dead or distant friends. He sees them distinctly, vividly; hears them speak in their accustomed tones, and on their favourite topics; he even feels the friendly grasp of their hands; but he knows that the vision is unreal; and although it disturbs, it does not deceive him. The character and colouring of these delusions is determined by the predominating feeling or passion, they harmonize with the acquired or original condition of the mind. Of the 148 patients who have resided in the Asylum, 52 have displayed this symptom. In one the delusion that a daughter was dead, sprang from affection. I. Affection. In two it appears to have originated in ill-regulated fancy; and as both were ignorant or illiterate men, the sources must be sought in that day-dreaming and castle-building in which mountaineers are said to indulge. II. Fancy. One of these, though innocent of all bloodthirsty acts or designs, was daily compelled to witness, without participation or fear, frightful combats, in which the dead amounted to millions, and among which were invariably enumerated 33 schoolmasters. The other conceives that he is necessitated to quote couplets, and to repeat the names of four persons in succession, as an exercise of his powers and voice. The desire to acquire has determined the delusion of four. III. Avarice. One of these, ruined by speculation, still speculates, and has an unlimited credit on the London Bankers: another is the possessor of waggon-loads of gold: a third lays claim to property to

which he has no title: and a fourth recognises in the Asylum a
IV. Fear. palace which has been prepared for him. In nine cases vague terror, directed to particular sensations, has assumed precise forms. In one the source of apprehension is a talkative old woman in a red cloak, who walks with her victim, sits beside him, sleeps beside him; in a second, the stomach is the residence of a loathsome reptile; in a third, obviously subjected to general suffering and uneasiness, the whole body is imagined to be in a state of combustion; a fourth hears the voices of persecutors in every sound; a fifth is conscious that his ideas pass from his head visibly, tangibly, although in opposition to his will; a sixth is attacked by robbers; a seventh haunted by ghosts; an eighth terrified by the inmates of a menagerie; while a ninth is
V. Superstition. provoked by the trespasses of a flock of sheep. In a country where religious feeling is supposed to be so deep, and general, and enthusiastic, alienation may be expected to assume the features of superstition and fanaticism. There are accordingly nine cases which derive their delusions from these sources. One individual has communion with Deity; another with Demons; a third with the national spirit, a Brownie; a fourth acts constantly and directly under the influence of the Divine afflatus; a fifth is the bride of the Saviour; a sixth has risen from the dead; a seventh has been spared the agony of dissolution; two have committed crimes which can neither be expiated nor
VI. Suspicion. forgiven. Suspicion of the motives of others is a fertile source of delusion. Of eleven patients six are convinced of the existence of foul and malignant plots, framed to destroy or injure them, ramified in some cases through a whole profession or class of society, and traced with a minuteness and ingenuity which rival the police. The object of one plot is to compass death by poison; of another by galvanism; of a third, to drive the victim mad; of a fourth, to deprive of property; and of a fifth, to deprive of liberty; and in one, to offer repeated and gratuitous insults. The agents of these designs are Physicians, Lawyers, Drovers, Colliers, Mankind. A highly accomplished person believes that she has been mesmerised; that in consequence of this unnatural condition, she bleeds from every pore, and is connected on every side by cords to the instigators of these machinations, whom, however, she cannot see. She is drawn, twitched, and swayed by the imaginary influence of these bonds, and passes much time in deprecating the inhumanity of the proceeding, or in com-
VII. Pride. manding that such a string should be cut. To pride or vanity may

the fancies of not less than nineteen individuals be referred. Of these one is a King; four are Queens; and one is to be a Queen; one is a Pacha; two are Princes; one is an Earl; and one a Countess; one is a Lady; and two are Knights; one the first of his family; one the first of his profession; one is William Shakspeare; and three possess all the natural qualities and accomplishments which constitute them the most powerful, or perfect, or pure of human beings.

Double Consciousness.

Intimately connected with these perversions of the faculties is double consciousness, or morbid duality of mind; a condition which invites, but has hitherto defied, the investigations of the metaphysicians. The personal identity seems to be lost or impaired. The individual is separated into two distinct beings. He feels the promptings of two different natures; he remembers two different trains of thought, and conceives that he is two persons at the same time, or at different times. Or, which is more rarely the case, all recollection of the one state is lost when the mind passes into the other, and the two periods of existence are in no way connected by consciousness or memory. One of these states may be healthy, characterised by the exercise of sound sense and generous affections; the other may be diseased, marked by folly or passion; or both may be diseased, but distinguished from each other. Various modifications of this form of mania exist in the Institution; but the most interesting examples may be described. A. B. conceives that he is himself and another person at the same time; he acts as if this belief were sincere, and cannot divest himself of the conviction that in his own body are two minds or persons suggesting courses of conduct widely opposed. He is certain that his original self, A. B., is a base abandoned scoundrel, tempting his other, or new, or better self, to whom it should be noted is attached the emphatic *Ego*, to commit crimes or acts of which he altogether disapproves. The second person of this duality repels, struggles with these abominable solicitations, such as that he should commit suicide, and loathes the tempter or first person. This struggle sometimes becomes real and visible, when the hands, acting under the will of No. 1, or the virtuous and opposing impulse, beat and bruise the legs, body, or head, which, it may be presumed, are supposed to belong to No. 2, the vicious or tempting impulse. The object of the one is obviously to inflict pain upon the other. The blows are so severe as to leave marks for days, and when these are adverted to

the answer is, as if from No. 2, "Don't justify him, he deserved it." Such conflicts generally occur during the night; the delusion appears to be strongest at the time of awakening, and the interference of the Night Watch is required to part or pacify the combatants. The mind appears on these occasions to be so pre-occupied by the delusion as to confound the sensations communicated by these blows and to refer them to the body of another. In conversation with those around, A. B. speaks at one time as No. 1, at another as No. 2. In the second case, the mind appears clear and coherent during the day, but insane or unsettled during the night, and when the patient is in a horizontal position. The healthy perceptions recognise the morbid ideas or dreams, for such it is probable they are, as appertaining to another state of being, and that they are the result of insanity. The patient is of cultivated mind, and able to analyse and describe his own feelings. He believes that he has two natures. For twelve hours he can laugh at the delusions of his companions and at his own; but during the night he supposes himself to be in a state of complete mesmerism; that he is mad, and has the delusions of all the persons in the same gallery concentrated in himself; that he is under the influence of supernatural power, which rules all his thoughts and actions, fills his mind with visions of the past and future, and enables him to accompany the Night Watch in his rounds, and to perform many inexplicable deeds, which are either repetitions of what he has done, or prefigure what he is still destined to do. He, the same man, emphatically declares these to be the hallucinations of an insane man, who is himself, and yet different. Both of these manifestations of disease may be attributed to the abstruse but vain philosophical inquiries of the mind while in health.

Effects of severe Study.

Year after year cases are received where the ruin of the mind has been induced by its extreme cultivation, by inordinate or inappropriate or premature stimulation. Rapid travelling, legislation, and learning are the reputed characteristics of the age. Some of the effects of the early and excessive training of the mind, the attempt to force maturity of intellect, to anticipate the natural development of power and the gradual acquisition of knowledge, may be learned in the abodes of the insane. Their records show that exhaustion, impairment, perversion of the faculties, may be traced more frequently to the ardent pursuit of knowledge than to its neglect; that where the mind is subjected to long-sustained activity, where it is crowded

with impressions, tasked by laborious exercises, stimulated by emulation, treated as if unconnected with a feeble and perishable frame, as if it was inaccessible to fatigue, or lassitude, or disease, and all this in youth or childhood, the issue is decay, decrepitude, and moral death. Precocious minds do not wear well. It would be vain to speculate upon the amount of evil inflicted where obvious disease, or disease incapacitating for liberty does not follow, upon the sensitive, the susceptible, the imperfectly developed constitution, by a system which disregards or omits all means to supply that strength of the nervous organs which it taxes; but when actual derangement is the result, when the mind is shattered by its own activity, or bowed down and broken by the pressure of its own acquisitions, we see clearly the truth that a high state of civilization has its curse as well as its blessing, and that the very struggle to press forward may be the means of retarding the social progress. In many instances the mental constitution is affected through the body, undermined by want of muscular exercise, by long vigils, irregular diet, and all the painful and harrassing sensations which attend a highly strung and excited organisation; but in others the intellect gives way suddenly, it snaps asunder, as if destroyed by its own efforts. A very interesting illustration of these statements occurred during last year. A boy of excellent abilities and ardent temperament attended two schools. He was urged, forced onward, by both his teachers. He ceased to take repose or relaxation. He had no time for either. His days were spent in public efforts and displays: his nights in preparation. He could not now sleep. A rivalry arose between his teachers: the child was animated to greater and more extraordinary exertions that this feeling might be gratified. He was next observed to weep over his incompetency to accomplish what was expected from him, and after a short struggle he became imbecile, and ultimately furious. By enforcing perfect mental repose, and active physical employment for a long period, he was restored to reason.

Moral Treatment.

Much of what is designated moral treatment consists in the conferences and controversies of the officers with the patients, in the attempts to disentangle the intricacies and confusion of thought; to substitute precise for vague conceptions, hopes for fears, reason for impulse; to convince of error; to dispel delusion by evidence extracted from the victim; or by striking illustrations or ludicrous suggestions. It is a sound general policy not to argue with the insane;

but there is always a large class of patients who render such a rule abortive, who exhibit disease in the description of their state, in arguments upon their perspicacity, in confessions of doubts which must be solved, of errors which must be corrected, difficulties which must be overcome, and in seeking consolation or triumph from the statements of an adversary. Such individuals prepare for a discussion; they arrange their positions; give point and terseness to their expressions; and not merely court but compel a denial of their assumptions. And as such a spirit of polemical gladiatorship is frequently displayed by men of education and talent, the situation of a medical superintendent, called upon at once to expose folly and to avoid the infliction of humiliation, becomes difficult and delicate. He will be required to encounter the most consummate dexterity and finesse of acquirement, sound judgment mixed with the cunning fallacies of disease, the most inflexible tenacity of opinion, aided by unlimited versatility of illustration and defence, and elevated perhaps by some high, and holy, and legitimate purpose. He will be exposed to satire; he will find his slightest error, or discrepancy, or ignorance, or forgetfulness, seized upon and turned against him; and he may be forced to retire from the struggle discomfited and exhausted. His duty in treating recent disease, or in ameliorating the physical condition of the incurable, is but trifling: his daily care must comprehend the moral improvement of those who are and who must remain destitute of intelligence: it must extend to the reconstruction of the mind upon a narrower and less secure basis; to the adaptation of acquired and morbid tastes, habits, and opinions, to new and painful circumstances; to the eradication of vile and vicious peculiarities; and to the development of those faculties which have survived the general wreck of mind. A gentleman was, during last summer, prescribed study, and acquired, with but little assistance, a tolerable knowledge of the French language. A man deeply skilled in Eastern tongues, but deplorably ignorant of his own, has studied grammar, and familiarised himself with composition. A third, in gratification at once of his generous feelings and former tastes, has taught another inmate German. The editor of a newspaper is again busily engaged in manufacturing paragraphs. A veteran soldier now divides his time between music and mathematics, and prefers to dwell on a sonata to showing how fields were won. We thus add to mental acquisitions, and enlarge the scope and sphere of many powers, if

Re-education.

we do not, and cannot reinvigorate those that are weakened, or restore those that are lost. A youth, whose body on admission was coiled up like a ball, and whose mind was obscured and imbecile, has been gradually taught to walk upright, and, in defiance of many remaining eccentricities, to read, recollect, reason, and resolve. Under due care and circumspection, the destructive energies of five of the most furious and restless patients have been expended upon digging and draining; and an individual, whose sanguinary dispositions and great strength had condemned him to restraint and restriction elsewhere, is now so completely moulded and influenced by firm, uniform, vigilant, but mild discipline, as to be neither feared nor formidable. It has been essayed to elevate, to rouse, by placing the self-abased among those of higher tone of mind, and to depress, to engender humility, by placing the arrogant, the contumelious, and exacting among the coarse and rude, who disregard or despise the claims of rank, or riches, or refinement.

Attendants.

The enforcement of this discipline must necessarily be entrusted to a considerable degree to attendants. We have banished the gross and glaring atrocities which were recently misnamed discipline—barbarities resorted to in profound ignorance, but prescribed as remedies. We have so elevated the apprehension of those immediately responsible for the conduct of the insane, so circumscribed and chained their passions by rules, and checks, and supervision, so systematized their duties that gratuitous cruelty towards those "who know not what they do," is either abandoned, or instantly punished. But there is still wanting a grand element in the management of the insane, without which the true results, the legitimate extent of the reform commenced can neither be carried out nor attempted, without which there will still be negligence, coarseness, if not rudeness of manners, injudicious restriction or relaxation, and the absence of all those qualities which should render the attendant on the insane a companion at the very time he is a guardian. At present the attendants are merely the commandants, kind and honest commandants it may be, of men who obey from fear, or hope, or habit. But what is desirable is a corps of educated and pure and pious men and women, who would be respected by the lower orders for their attainments and character, and who would be confided in and associated with by the higher classes as friends, advisers, and consolers, and more readily obeyed than a servant in all things but

his office and power. Plebeians are more easily managed and controled in an asylum than persons of rank; and it is obviously because they submit unresistingly, as in health they are accustomed to submit, to authority. The reputation of the physician, his skill, his kindness, or simply his position, secure for him the respect and obedience of the poor; whereas these qualities only place him near to, or upon a level with, patricians: they may conciliate friendship, but nothing more. The same observations apply still more forcibly to the influence of attendants. In continental countries this desideratum is supplied by the religious orders, whose usefulness in this mission cannot and should not be concealed. It is not proposed to fall back upon or await the revival of such usages. Yet it is desirable that such assistance could be procured. A medical officer cannot dedicate himself fairly and fully to the moral treatment of his patients: he has economic details, correspondence, and a mass of unprofessional duties to embrace; his subordinates are incapable of undertaking such a task, and many individuals whose symptoms admit of amelioration by intercourse and society, are necessarily left to self-communion, lethargy, and despair. The assistance of young medical men has been obtained in some places. This is wise and well, so far as the interests of science and education are concerned; but it does not fulfil the ends in view. The object is to obtain men of high caste of mind, mature age, and energetic character, and whose purpose it is to carry the blessings of religion into the breasts of the desponding and despairing. We do not possess such auxiliaries, and we must, therefore, have recourse to those measures which withdraw the insane from the dominion of those who necessarily govern their conduct, which give play to their higher faculties, and which open up to them the advantages of healthy, and happy, and elevating usages and occupations, if not with companions of strong and cultivated understandings, and views, and tastes kindred to their own.

Religious Orders as Attendants.

Tribute to Attendants.

But while some of these higher qualities desired may not have been displayed in the existing staff, testimony must be borne to great and judicious forbearance, to courage without harshness, to vigilance without impertinence, and to unremitting attention and kindness where indisposition or infirmity had reduced the objects of care to helplessness or second childhood.

Library.

The statistics of our Library would indicate an increase of literary taste, and of that calm and contemplative state which enables the mind to embrace and enjoy the thoughts of others. A very large

portion of our inmates have been thoroughly educated, and even under the pressure of mental darkness and delusion, amid the fall or feebleness of the higher faculties, the predilections and pursuits of cultivation and refinement, remain and crave gratification. Among these there are divines, physicians, artists, men who have lived on and by literature and science, philosophers and poets by profession, and who continue to long with all the ardency of their former nature, and the morbid appetite of excitement, after the new and the true. In one gallery containing ten individuals, French, Italian, German, Persian, and Hindostanee are read and spoken, and the most celebrated works in these languages are demanded or coveted. It is impossible to satisfy all applicants; but the limited means possessed have been considerably augmented by the liberality of individuals, and by access to private collections. There have been 44 constant readers, of whom 10 were females and 34 males; to whom 569 issues have been made. Some slight injuries and mutilations have been observed; but it is an interesting fact, and strongly indicative of the honesty and carefulness of the readers, that not one volume has been lost or destroyed during the year. About sixty additions have been made to our Catalogue, which has been remodelled and classified by a patient. Knight's Weekly Volume, Moxon, Smith, and Chambers' cheap editions of standard works furnish a frequent supply; but even these are found inadequate to satisfy appetites stimulated by indulgence, by the tedium of confinement, or to fill up the hours which are not and cannot be devoted to other employment. Nor are the works selected frivolous and ephemeral, the study bestowed transient and trifling. One student made himself master of Malte Brun's ten volumes on Physical Geography; a second has attentively read and criticised twenty volumes of English Divines; a third spends several hours of each day over Burke's Peerage; and a fourth translated a considerable portion of a transcendental German work on Insanity, but it must be confessed he failed to complete his task. The distribution of these books was not determined by accident, caprice, or solely by the inclinations of the parties. The first was recommended to a man who had adopted, perhaps in compliance with a morbid suggestion, an abstruse theory, called divarication, which deals in subtleties of language and morals, and which had seduced him from the region of fact, reality, and reason. Taylor, and Barrow, and South, were placed in the hands of a patient who was passing, and did, in the progress of partial convalescence, actually pass from neologism to Christianity. Genealogy

and heraldry are not denied to an individual who cultivated them while in health, and whose birth and bearing and tendencies render them favourite pursuits even now. The exercise of rendering into plain intelligible English the profound but obscure views of Jacobi was enforced where there existed unfounded doubts as to the vigour and permanency of former talents and acquirements. It was an attempt to convince a man that his mind was sane, and strong, and under control. This explanation is intended to show the vast importance of reading and regulated study in the management of the insane. It opens up a thousand channels by which new and given impressions may be conveyed to the mind at the will, but without the apparent interference of the physician: it introduces moral medicine into the system, unattended with suspicion as to its nature, or the intention of the administration, and with all the authority of those most honoured for genius, or learning, or virtue: it soothes or animates, depresses or excites, instructs or amuses, and in some instances exposes the folly and fallacy of particular opinions, according to the state of the patient and the discretion of those to whom the instrument is confided. It is certainly as expedient to bestow care upon the Library as upon the

Drawing. Laboratory. In prosecution of the same principle, a gentleman has been encouraged to teach himself the use of crayons; and although at first a false notion as to his own high birth seemed to limit his choice of subjects to heroes and hidalgos, he ultimately acquired great dexterity, and produced portraits of exquisite beauty and finish. The

Music. sister art has had its votaries. Two gentlemen have taken lessons in music. While the success of the experiment should be estimated rather by the amount of pleasure derived than the progress made in the attempt, a composition in psalmody, called the Crichton, may be mentioned as a proof that the science is likewise attended to. Where no such results can be hoped for, and where indulgence to wishes seems calculated to promote comfort and happiness, without a sacrifice of mental equanimity and repose; where an innocent pursuit or partiality stands out from the general irrationality, it becomes a principle of treatment to afford gratification. Men of feeble mind and solitary habits are thus allowed to have dogs as companions; mothers have poured out their pent up tenderness upon dolls; good humor has been bribed by a suit of ribbons; a man of discursive and sanguine imagination has been allowed to study Mesmerism, under the impression that it cures all nervous disease; another of deeper feeling has been encouraged to write poetry; and a compromise long existed with

another, disposed to injure his health by abstinence, that the supply of tobacco should correspond to the supply of food.

Newspaper.

As another mode of employing these dormant or valueless energies of contributing to the amusement of the rest of the community, and of demonstrating how closely the insane mind may, in its operations, approach the standard of health, as well as how widely it may depart from it, a periodical is to be produced, which will be edited, composed, and corrected exclusively by inmates. The first number of the *New Moon* has already appeared. It has these qualities—it is the unaided work of five patients, who are or have recently been residents in the Institution; it will serve as a vehicle for the free undisguised feelings and views of the writers, whether erroneous or not; it will be a compound of the grotesque and the beautiful, of the sensible and extravagant, it will be a collection of the impressions of healthy and the new creations of disordered imaginations, of mental portraits, and of all that relates to the present condition and prospects of its contributors, and of the class to which they belong.

Amusements.

Almost every week has been enlivened by some amusement. In a community where so many are reduced to the level of children, the return of such innocent gaieties is regarded as a holiday; and to those of stronger and sterner nature, who desire to escape from the present or the past, they afford a future, a scene, an hour to be hoped for. The great and engrossing business of the life of the insane is to support sorrow, to contend with intense emotion, or to be bound and deadened by delusion or fatuity. However numerous and varied the fancies and feelings in some of these states may appear to be, the characteristic of all is sameness, monotony, insipidity. The mind dwells upon a single idea, it excludes all collateral associations, or it bends all its powers or stores into this focus, or the same train of thought returns day after day, hour after hour, attracting and converting every new impression into the main current, or it is a desert, a void, a chaos. In alleviating these conditions, mirth and recreation become endowed with higher attributes, they cease to be frivolous diversions, and assume the rank of instruments of cure. They suggest and supply new and delightful sources of reflection to the barren and inactive mind; they supplant more debased and more painful impressions; they seduce and deceive the sorrowful and dejected into temporary composure, and diffuse that tone of gentle hilarity which is so conducive to health and peace. Wherever it was possible such entertainments

were selected as seemed calculated to yield higher and purer gratification than mere mirth; such as, if failing "to point a moral," might impart some truth, recall some natural affection or sympathy, arrest attention, stimulate reflection. In strict accordance with this view, a successful attempt was made to introduce lectures upon Natural Science as a mode of communicating a class of ideas totally new and unexciting, and of demonstrating by experiment and explanation the actual simplicity of many facts and phenomena and natural processes apparently as mysterious and inexplicable as the hallucinations which prevailed among the audience. The attempt was much impeded by the imperfect apparatus, the poverty of specimens, and the lack of lecturers. A museum is projected, which will obviate some of these difficulties. Notwithstanding the incompleteness of the machinery, several evenings were most usefully and pleasantly occupied in lectures by Mr Aitken of Dumfries on the physical, and Mr Balfour on the chemical, properties of the atmosphere, who are entitled to praise for contributing so much to this first step in a direction so novel and interesting. Fifty-five patients attended these exhibitions. Their deportment indicated deep interest and curiosity; and, although wonder was perhaps the predominating feeling, it was rather the wonder of newly-awakened intelligence than of awe or ignorance. Subsequent inquiries, discussions, and criticisms proved that much information had been acquired or revived, and that the principles of the pump or syphon, and the analysis of water, had neither been misconstrued nor forgotten. In situations where the splendours of chemistry may be exhibited while its truths are taught, inexhaustible means will always exist to amuse and improve the insane.

Lectures.

Private Theatricals.

Theatrical representation, as a mean of cure and pleasure to the insane, is not now confined to the Crichton Institution. Melodramas have been acted before the inmates of asylums in this country; and Tartufe has been produced by the patients in Salpetrière with the same sort of poetical justice which suggested the selection of Redgauntlet by the company in this Asylum. Three pieces were brought out during last season. Of these the Mock Doctor was the favourite. It contains some ludicrous allusions to asylums and their governors; and the shouts of laughter and triumph with which the exposure of the savage practices formerly pursued in these places was received indicated how keenly some portion of the audience understood the point and truth of the satire, and how cordially they rejoiced at the

revolution which had established the gentler rule under which they then were. Eleven patients participated in some degree or other in the representation. Four of these have since left the Institution; and a fifth, who is undoubtedly indebted to the exercise of memory in acquiring his part for a resuscitation of intellect, will soon obtain liberty. But the company will survive such losses, even the desertion of the active stage-manager. In one case only, either among the actors or auditors, could excitement be attributed to the effects of the amusements. A plain prosaic, but perhaps vain artisan, was raised to the rank of Lord of the Bedchamber, and although all that was required in the part was to stand still and look steadily at a particular point during a mimic pageant, the assumption of dignity, the novelty of the position, or the constraint necessary, destroyed the equanimity which had been previously established, and retarded convalescence. But this event was the consequence of injudicious selection, of a sanguine estimate of the stability of reason, not of the ordeal to which the mind was subjected, and might have followed an incautious appeal to vanity, or the liberation of the patient. After an experience of two successive years, and when about to commence a third season, and after a dispassionate examination of the effect which the stage, when well directed, is capable of exerting by the exposure and correction of follies, by the discipline, consecutive intellectual training, and the concentration imposed upon the performers, and by the gaiety and good humour excited in the spectators, this conclusion appears to be inevitable, that no human mean as yet employed has, at so little risk and with so little trouble and expense, communicated so much rational happiness to so many of the insane at the same time, or so completely placed them in circumstances so closely allied to those of sane beings, or so calculated either to remove the burden of mental disease, or to render it more bearable. The attempt is no longer an experiment. It is a great fact in moral science, and must be accepted and acted upon.

Injurious Effects.

Beneficial Effects.

Parties of patients have attended all the public concerts which have taken place. They derived exquisite pleasure from these entertainments, and have rarely disturbed the pleasure of others. A lady who had not left the precincts of an Asylum, or mingled in the society of the sane for twelve years, was one of Mr Wilson's auditors. She was at the time in an intermediate state between fury and fatuity, when her mind is more clear and vivacious than during health. The

Public Concerts.

immediate effect, partly of her reunion with her own species, partly of melodies to which she was familiar in other times, was deep and impassioned interest: the ultimate effect was the revival of a taste for music, which enlarges the sphere of her enjoyments, if it does not elevate their nature and tendency. The kindness of amateurs, and the opportune visits of glee singers, have enabled us to vary our ordinary routine of recreation, by vocal concerts. A recent arrangement with a respectable instrumental band places a monthly musical soirée at our command; and as the choice of pieces ranges from the efforts of the first masters to simple national airs, the plan provides for all tastes, and is exceedingly popular. It would be preposterous to claim for music any special power over either the savage or insane breast; but those who have joined our festivities will be inclined to yield to it considerable influence in tranquillizing agitation, in assuaging sorrow, and in subduing passion.

Private Concerts.

Festivities.

These have been the staple and most novel pastimes; but others have been resorted to with equal avidity and success. The great festivities of burning the Christmas Log, Twelfth Night, Halloween, have diffused the cheerfulness of these seasons, and have refreshed and revived early and healthy associations. Balls and meetings for music and dancing have been numerous, and form epochs in the calendar. Legerdemain, Phantasmagoria, have been exhibited and explained, that the illusions might be attributed to their legitimate sources, and not regarded as realities. Amusement has been sought abroad, when the resources within the Asylum failed. Public lectures have been attended: the Theatre, the Circus, the Menageries, the Races, even the Cattle Shows, have obtained patrons and admirers. Fifty-nine patients have visited these places. Excursions have been made to those spots which present objects of interest, either in natural beauty or as remains of antiquity. The addition of a new, and handsome, and commodious omnibus to the Establishment, which is capable of containing fourteen or eighteen persons, divided into three parties, will render these journeys more agreeable and accessible to a greater number. Patients have partaken of the hospitality of friends and strangers; and, which is more extraordinary, they have revisited the homes of their youth, still inhabited by their relatives, and returned to the home of their altered position with alacrity and gladness. In one or other of these amusements, generally, or only upon

certain occasions, have 106 patients, of both sexes, joined freely, voluntarily, or by advice.

Exercise. New arrangements have secured for the patients a greater amount of exercise than what was before practicable, or what was conceived to be compatible with safety and prudence. The short monotonous walk, the circumscribed view within an airing court, are certainly preferable to the narrow limits and darkness of the cell—they may even frequently comport with the condition and habits of various classes of the insane—but where greater scope can be given to the muscles and to the external senses, to observation, and to previous habits; where access can be permitted to an outer world; where the feeling of confinement may be deprived of its sting, without being deprived of its salutary power; where the secluded seem to be reunited to the sane and free; where they are actually reunited by the enjoyment of pleasures and exercises common to both; infinite benefit may be expected to accrue both to the physical health and mental happiness. For the industrious there is always provided that most advantageous and agreeable form of exercise, employment with an aim and a reward; but the constant and trustworthy labourers form a small proportion of the insane. There are idlers from pride, from lethargy, from laziness, from incapacity; there are the infirm, the delicate, the excited, to whom great or prolonged exertion would be injurious; there are the well-born, the educated, to whom it would appear offensive and servile, for whom other modes of exercise must be devised. The prosecution of trades and sedentary occupations by the inmates of Asylums is not depreciated: in certain cases, and climates, and circumstances, it is invaluable; but, where there are ample grounds, fields, or farms, agriculture, or horticulture, or walking, should be preferred, as affording all the advantages of mechanical pursuits, in conjunction with that best of tonics for the enfeebled, and of anodynes for the irritable and excitable nervous system, the open air. Some foreign physicians have condemned the degree of physical exertion prescribed for the insane in Britain. This objection is founded, it is believed, upon the state of the pulse, and an erroneous interpretation of this symptom. The circulation Pulse. is generally accelerated in insanity, uncomplicated with other diseases; but this is the result of the permanent irritation of the nervous system, and not of acute disease, organic læsion, or of plethora. The best proof of the accuracy of this view is, that the rate of the pulse

frequently falls immediately after walking and working, and invariably does so after habitual, regular, and moderate exercise, as the convalescence advances.

The carriage drive inside the outer wall is about a mile in length, passing through gardens, orchards, and shrubberies, formed mainly by the patients themselves, but the products of which do great credit to the superintendence of Mr Fergusson.* It commands a wide and beautiful prospect from the Solway to Queensberry, and has been the chief scene of the promenades of the patients, although some parties prefer the slopes around the Bowling Green. Fifty-seven male patients have availed themselves of this partial liberation. Forty-nine have walked out constantly, daily, cheerfully, and relieved from all control, or the badge or semblance of restraint, except the presence of attendants. In this number, seventeen gardeners and seven labourers are not included. Forty-one females have been induced to adopt the same course, thirty-two regularly, nine occasionally; and it has repeatedly happened that from sixty to seventy patients have been engaged in taking exercise at the same time, and the Asylum has been almost without occupants. This is not adduced as a boast, but as an instructive fact. The same result may be accomplished at any time, and by the same means, by adapting the inducements to exertion to the temper and tendencies of each patient. But the strongest incentive is found in the irrepressible, inextinguishable desire for any extension of freedom which exists in the unsound mind; and where this is absent, the influence of imitation, of discipline, and authority, suffice. The chief difficulty is not in setting such a system in operation, but in moderating its activity and extent. Some of those who have participated in its benefits have described it as new life, couching the blind, opening the prison doors, raising the dead. One or two attempts have been made to abuse this privilege, but they have suggested vigilance, not general distrust. It is generally received as a truth, that the word or promise of the insane may be relied upon; that they are more honourable than other men. This is a pleasing fiction, founded upon some striking instances of fidelity, of the conscientious discharge of an engagement under great temptation and opportunity to violate its terms. The sentiment of justice may be intensely and permanently excited in and by alienation, and an in-

Honor and Truth in Insane.

* Fourteen Prizes have been awarded by the Horticultural Society during the past year to flowers and vegetables raised in the Gardens.

dividual may be rendered scrupulously honest by disease who was previously lax in principle and practice, as others are rendered pious who have in health been sceptical; but this sentiment is much more frequently weakened, obscured, destroyed; and the mendacity and treachery which result are as obviously symptoms of insanity as the Quixotic honour which has been mentioned. A suicidal maniac has been known to adhere strictly to a vow that he would not attempt self-destruction for a year, and then hang himself upon the three hundred and sixty-sixth day. Men so situate are worthy of confidence, not because they are insane, but because their original disposition, or education, or opinions, continue to act in accordance with, or in opposition to, the instigations of disease. That even the honourable patient may forget his pledge, may yield to temptation, may be illustrated. A gentleman, whose return home was under consideration, accompanied the Medical Superintendent to a church beyond the walls. He had repeatedly done so before, deporting himself with propriety, returning with readiness, sometimes under no other guardianship than that of a child. His delusion was, that he was of high rank, unimpeachable integrity, chivalrous honour. He was on parole. Separated for a moment from his companion, by a crowd rushing to witness a fire, he followed the curious, under the impression that all would be attracted to the same spot. He from thence saw the road to Carlisle, struggled against the temptation, according to his own confession—but eloped. When, in a few hours, he was again placed in the Asylum, he was severely punished by the indignant reproaches of some of his companions, who condemned his conduct, and proposed to repudiate his society, and deny him the rights of fellowship.

Employment.

The domestic labour of the patients cannot easily be described. It contributes largely to the general amount of comfort; but the proceedings in the kitchen, laundry, and galleries derive all their interest, less from the precision and rapidity with which they are performed than as they furnish occupation to the idle and industrious. In the first, one female has been employed; in the second, six have lent assistance; in the third, ten women and twelve men have washed, made beds, and cleaned, under the superintendence of guardians. Where so large a number of patients are in the open air, the more sedentary occupations are less necessary; but the following Table proves that in inclement weather and at certain times they are comprehended in the system adopted:—

WORK TABLE.—No. I.

November, 1843, *till November*, 1844.

89 Gowns.	6 Table Cloths.
24 Short do.	4 Patch-work Quilts.
64 Petticoats.	11 Sea-Grass Mattresses.
52 Flannel do.	8 Straw do.
70 Shifts.	4 Ottomans.
36 Flannel do.	26 Quilted Bed-covers.
140 Caps.	17 Do. Dresses.
82 Aprons.	15 Garden Baskets.
12 Pockets.	3 Large Carpets.
72 Habit Shirts.	12 Small do.
3 Pairs Corsets.	2 Sofa Covers.
12 Velvet Hoods.	2 Arm-Chair do.
38 Net Caps.	45 Pairs Knitted Socks.
126 Shirts.	6 Pairs do. Stockings.
24 Jackets.	4 Worked Collars.
24 Vests.	2 Pairs do. Cuffs.
33 Pairs Trowsers.	1 Lace Vest, Embroidered.
35 Pairs Plaiding Drawers.	1 Pocket Handkerchief, do.
46 Flannel Vests.	1 Pair Braces, do.
12 Pairs Braces.	2 Purses, Netted.
24 Stocks.	1 Shawl, do.
112 Pocket Handkerchiefs.	18 Needle Books.
144 Bolster Cases.	36 Pincushions.
108 Towels.	2 Worsted-work Sofa Cushions.
29 Bed Ticks.	

Of the pauper patients, sixty have been less or more constantly or occasionally engaged in some description of labour. Among the females, only six have been found utterly and at all times intractable from disposition, or incapable from illness, in co-operating with the attendants. There have been only six male recusants.

Occupations of Upper Classes.

But that it may not be supposed occupation is confined to one class, or that because a patient is not furnished with a hoe or a mop, his mind is consequently blank and lethargic, another Table is given, showing the actual doings at a given time, in two galleries containing the convalescent and tranquil :—

TABLE.—No. II.

Name.	HIGH EAST GALLERY. Employment.	Name.	HIGH SOUTH GALLERY. Employment.
H. N.,	Drawing a Head in Crayons.	E.,	Reading.
J. M.,	Reading Hume's History of England.	H.,	Repairing a dress.
J. D.,	Reading Illustrated News.	M.B.,	Imitating Minuet de la Cour, which she had seen represented.
R. B.,	Translating Persee.	H. W.	Writing a letter.
D. D.,	Playing Billiards.	M. L.,	Constructing a worsted work stool.
H. B.,	Seated moodily on a chair.	A. F.,	Singing the Boattie Rows.
S. R.,	Comparing Goethe and Wordsworth.	A. P.,	Drawing.
		M. C.,	Reading Cowper.

Duties of Matron.

Much additional employment has devolved upon the Matron during the last six months, which associated physical exertion with mental anxiety, which lay somewhat beyond the line of her duty ; but these multiplied responsibilities have been discharged well and willingly. It is only on rare occasions that applause should be awarded by one

public servant to his fellow-labourer. They cannot meet the demands upon their judgment and humanity; and if deeply and enthusiastically impressed, as they ought and require to be with their important and sacred vocation, they cannot attain even to their own standard of duty and usefulness. But, in contemplating the general results of superintendence, the subordinate acts and agents may be overlooked; and in describing success, the labour by which it was secured, the minor and mechanical details by which it was promoted, may be swallowed up in the ingenuity of the proposal, or the amount of benefit obtained. The record of our progress would then be incomplete if it did not contain a special notice of the diligence and devotion, the patience and benevolence, of the Matron. She is required to be engaged in duty at all times and under all circumstances; she must pass from the drudgery of household details to the society of the patients. She must divide her attention between their sorrows and their animal wants. She must not feel fatigue or indisposition, for in all domestic matters she is the sole executive. All these requirements are fulfilled. The duties of Medical Superintendent were for some time ably and satisfactorily discharged by Professor Balfour of Glasgow, whose early studies at Salpetrière, and subsequent familiarity with mental phenomena, fitted him, in many respects, for the office.

Supply of Water.

The new engine and filter are now in full operation, and the quantity of water yielded by the river is abundant and excellent. So liberal is the supply, that, during summer, when bathing, cleaning, &c. created a greater demand, not less than 9000 gallons were consumed daily. When conjoined with the natural springs, this supply will permit of the formation of ponds and fountains, and of a reservoir in case of fire, as well as satisfy the domestic wants. To establish the fact that the water was salubrious and free from impurity, it was submitted for analysis to a respectable chemist, and declared by him to contain no more than the ordinary proportion of the carbonate of lime, and to be in other respects well suited for ordinary uses. Should this opinion prove to be correct, the great expense which has been incurred will have been wisely incurred.

Raehill.

A large mound now occupies the site of the excavations for the filter bed. It forms a conspicuous feature in the grounds, is covered with verdure, clothed with shrubs, and commands a view of the whole of the surrounding country. It is a favourite resort of the patients, and a starting point and terminus to the daily promenades. It was almost exclusively the

work of the gardeners during the winter, and has been called, in commemoration of the worthy and industrious attendant who conducted the undertaking, Raehill.

Admission of Public.

The public are now admitted to the Establishment and grounds by tickets, signed by a director or officer. The object of this regulation was not to exclude, not to dimish the number of those who required or who from laudable motives desired to visit the Asylum or its inmates. It was to guarantee admittance to all under a proper sanction and authority, to secure to all proper attention and respect, and to render accessible to all strangers, medical men, parochial authorities, and persons of respectability, what otherwise they must have examined surreptitiously, or under less favourable circumstances. If by so simple an arrangement the idle, the curious, and the callous are excluded, it is not to be regretted. But no diminution in the number of visitors has actually taken place since this rule was enforced.

Admission of Patients.

The Establishment is now almost full, in some departments crowded. It is with extreme difficulty the claims of surrounding counties can be attended to; and numerous applications for the admission of patients from remote parts of the country have been reluctantly rejected. Many of these were on behalf of parties committed to jail, under the operation of Mr Fox Maule's Act. In the absence of asylums possessing accommodation for the immediate reception of friendless or violent lunatics, or of some temporary retreat appropriated for them, no other course is open to the authorities. But the alternative is a

Confinement of Insane in Prisons.

painful one. To consign a lunatic to jail, admirably regulated and humanely conducted as these establishments are, treats his disease as a crime, punishes a misfortune, and fosters that ancient and cruel prejudice that the insane were removed from the pale of humanity by the special visitation of God, and at a time when milder and more correct views have begun to prevail. Whether this course be justifiable or not, the inevitable result of the continued and active working of such a bill must be to fill the county jails or central prison with a gradually accumulating population of what are erroneously called criminal lunatics, who differ from their more favoured fellow-sufferers residing in asylums only in having attracted public notice, offended a

Completion of Crichton Institution.

prejudice in the ignorant, or excited fear in the timid. Such a crisis would suggest the propriety of contemplating the completion of the Crichton Institution. When this is done, or even before so vast an addition be undertaken, it may become expedient to consider whether a separate building might not be erected within the walls, but not in

any way connected with the present House, capable of containing all the pauper and poor lunatics that might reasonably be expected to require seclusion in the Counties of Dumfries and Wigtown, and Stewartry of Kirkcudbright, and built, and arranged, and furnished, in accordance with their wants and habits. Such an arrangement would not only facilitate the first step in all treatment, classification; but it would place three large galleries, capable of containing nearly forty patients, at the disposal of the Directors for the reception of patients belonging to the middle classes. The additional expense would, under such circumstances, be confined to the erection, as the distinct establishment could be conducted by the same staff of officers as now exists, and upon the same principles. While these changes may be distant or indefinitely postponed, there are others now contemplated which, although less extensive and of less public interest, will, when carried into effect, materially increase the comfort of the inmates. The central position of the present kitchen is, in many respects, objectionable. From the impossibility of thorough ventilation in it, and from the shafts by which the meals are conveyed to the different galleries terminating either in the kitchen or scullery, the effluvia of cooking circulates through all the adjoining parts of the House, and is most oppressive and offensive, and penetrates to the most remote apartments. This smell produces nausea even in those who can escape from it; and when it is recollected that there are 130 inmates who must support it, to whom a good appetite is a positive pleasure, and who would willingly retreat from such an announcement of the approaching meal, the necessity for removing the cooking apparatus from its present situation will be understood. It is suggested that, when this is done, the new kitchen should be placed at the back of the House, and connected to the south wing by the existing door. After examining a great number of kitchens in Asylums and other public institutions, the Medical Superintendent is of opinion that of the four plans adopted—1. Internal ventilation; 2. Ventilation secured, as in France, by means of a huge inverted funnel of masonry descending over the cooking range, and communicating with the external air; 3. Ventilation by a draught established by a fire in a chimney communicating with the kitchen; and 4. The complete isolation of the kitchen—the last is the only one which secures the advantages desired. Should any building of the kind suggested be erected, it is urgently recommended that a bath-house should be constructed at the same time. This proposal is submitted because the existing baths

New Kitchen.

are inadequate in number, of enormous size, and placed inconveniently; and because it is obviously economical to have them in juxta-position with the kitchen, as the same furnace may be used to heat water and to cook food.

State of Insane.

The Commissioners of Lunacy have published a voluminous Report, in which a most frightful picture is drawn of the state of the unsecluded insane in England. Negligence, ignorance, callousness, and cruelty, are written on every page. It is known that a similar description is applicable to Scotland. The removal of such a stigma upon our social polity will be best effected by convincing all parties that seclusion in public Asylums is the safest, wisest, cheapest mode of providing for the insane poor; that to abandon such a class to their fate, or to limit care to safe custody, is to impose a heavy burden upon public charity, without fulfilling its ends; but that to place the insane within the reach of treatment, is, with all the deficiencies of the curative art, and all the imperfections of those who practise it, to confer a blessing upon the afflicted individuals, and a benefit upon the circle from which they are withdrawn; is to secure the restoration of one-third of those afflicted to usefulness; to relieve the rate-payer of one-third of his assessment, and to protect society from the actual violence and the pernicious influence which ensue when numbers of men of degraded and unsound mind mingle with the healthy population. Much will depend on the management of individual Asylums, in rendering these conclusions universal. It is a rule and practice in the Crichton Institution to admit every case in the order of application, without reference to the probable issue or condition of the patient. The most clamant, and urgent, and disastrous cases certainly obtain a preference. The dying are received, although occasionally it has happened, as during the past year, that it was the delirium of approaching dissolution, rather than derangement, that called for attention. It is the object of every principle held, and every plan pursued, to diminish the amount of suffering, to enlarge the capabilities of reason and enjoyment; and although much may be wanting to accomplish all that is necessary, or even all that is proposed, there is reason to hope that much gratitude has been secured from the individual objects of solicitude; that the confidence of the public has been extended to the sincerity of these intentions, and the indefatigableness of these exertions; and that the past history of these efforts has supplied another argument in favour of the amelioration of the condition of the insane. W. A. F. BROWNE.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20,	2	1	3
... 20 ... 30,	6	6	12
... 30 ... 40,		2	2
... 40 ... 50,	6	10	16
... 50 ... 60,	1	2	3
... 60 ... 70,	3		3

II.—TABLE OF SEXES OF PATIENTS.

Males.	Females.
18	21

III.—TABLE OF DOMESTIC CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	6	5	11
Unmarried, . .	10	16	26
Widowed, . .	1	1	2

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Beggar, . . .		1	1
Carpenters, . .	2		2
Carter, . . .	1		1
China Seller, . .		1	1
Coachmaker, . .	1		1
Domestic Servants, .		2	2
Farmer, . . .	1		1
Farm Servant, . .	1		1
Gardener, . .		1	1
Gentlewomen, . .		6	6
Labourer, . .	1		1
... daughters of,		3	3
... wife of, .		1	1
... widow of,		1	1
Lawyer, . . .	1		1
Mason, . . .	1		1
Merchant, . .	1		1
Milliner, . . .		1	1
Miller, wife of, .		1	1
Saddler, . . .	1		1
Sailor, . . .	1		1
School-boy, . .	1		1
Shoemaker, . .	1		1
Student in Divinity,	1		1
Teacher, . . .	1		1
Tea Seller, . .	1		1
Washerwoman, .		1	1
Weaver, . . .		1	1
... wife of, .		1	1
Unknown, . .	1		1
	18	21	39

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy,		1	1
Imbecility,	4		4
Fatuity,		3	3
Mania, with Delusion,	1	1	2
Mania, General,	2	1	3
Affections of Sentiments.			
Melancholia,	4	6	10
Monomania of Fear,		1	1
... Pride and Vanity,	2	2	4
... Suicide,	1		1
... Superstition,	1	1	2
... Suspicion,	1	1	2
Affections of Propensities.			
Nymphomania,		1	1
Satyriasis,	1		1
Monomania, Furious, Destructive,	1	4	5

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Amenorrhœa,		2	2
Anger,	1	1	2
Congenital Tendency,	2	1	3
Controversy, Religious,	1	1	2
Disappointment in affection,		1	1
Embarrassment, Pecuniary,	2	1	3
Excitement, Religious,		2	2
Exposure to Cold,	1	1	2
Fear,	1		1
Fever, Puerperal,		1	1
... Typhus,		1	1
Grief,	1	3	4
Intemperance,	2		2
Jealousy,		1	1
Pride,	2		2
Severe Study,	1		1
Success in Trade,	1		1
Unknown,	3	5	8

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	5	6	11
Hereditary tendency to Nervous Disease traced in	3	3	6
No hereditary tendency traced in	10	12	22

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males	Females.	Total.
Less than 1 year, .	12	12	24
More than 1	2	3	5
... 2	1	1	2
... 3	1	1	2
... 4	2	3	5
... 10		1	1
... 20			
... 30			

IX.—NUMBER OF ATTACKS OF DISEASE.

	I.	II.	III.	IV. or more.
Males, . .	12	1	3	2
Females, . .	12	3	1	5

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	1		1
Have meditated do.,	6	4	10
Intentions not manifested, or unknown, .	10	18	28

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, .	2	3	5
Well educated, .	4	4	8
Can read and write,	10	12	22
Cannot read or write, Unknown, . .	2	2	4

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, . .	2		2
Exhaustion of old age,	1		1
Gastritis, . . .	1		1
General Paralysis, .	1	2	3
Phythisis, . .	1		1

XIII.—TABLE ILLUSTRATIVE OF THE RATE OF PULSE IN 123 PATIENTS.

Rate of Pulse, . .	68	70	74	68	70	72	74	76	80	82	84	86	88	90	92	96	98	100	104	108	112	120
Number of Patients,	1	1	2	2	1	4	2	5	12	4	19	4	9	3	13	3	2	10	5	6	4	1

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

SIXTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1845.

TRUSTEES.

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LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

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OFFICERS.

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W. A. F. BROWNE, M.D., Resident Physician.
MISS SANDEMAN, Matron.
J. B. BALFOUR, Apothecary.
R. HENRY, House Steward.

R. ADAMSON, Esq., Treasurer. Rev. G. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1844, - -		121
Do. admitted from 11th November, 1844, to 11th November, 1845,		52
		—173
Dismissed recovered, - - - - - -	22	
Removed or improved, - - - - - -	6	
Dead, - - - - - - - -	12	
	—	40
Remain, - - - - - - - - -		133

The history of the past year is satisfactory. Our numbers have increased, and it is hoped that the efforts to deserve this proof of public confidence have been proportioned to the condition and claims of the unhappy objects of our care. Fifty-two patients have been admitted. Twenty-two have recovered, six have been removed, and twelve have died. The amount of sickness has been greater than during former years; but the forms of disease have been such as invariably accompany affections of the nervous system, and render these so little amenable to remedial measures, and, consequently, so formidable to life. General Results.

One hundred and twenty applications for the seclusion of patients have been made during the course of the year. Of these fifty-two have been admitted; and this has been accomplished by economising space as far as was consistent with the health and comfort of inmates. As the relief of suffering, and the protection of the individual and of society, are our first duties, many of the original arrangements have been modified, some of the luxuries and elegancies of ornamental architecture have been sacrificed, and the whole economy made to subserve the grand objects of securing the greatest good to the greatest number, of opening up the benefits of the Institution to the most clamant cases, and of responding to the demand for additional accommodation. In carrying these measures into operation, the patients no longer go out to the grounds, gardens, and carriages by the principal entrance, but, with the exception of the higher ranks, pass through the several airing yards attached to the galleries which they inhabit; the library, which was to have occupied a part of the Board-room, has been transferred to the upper circle of the tower; a gallery leading to the chapel, and formerly devoted to the use of the officers, is now the abode of a class of tranquil females; and it is proposed that another gallery of similar dimensions, and applied to similar purposes, should be prepared for the reception of patients. Great solicitude has existed and every effort has been made to facilitate the immediate reception of the insane, from the conviction that Applications for Admission.

prompt treatment is of vast importance, and that the want of suitable accommodation, and the obstacles which make it difficult of access, afford a pretext and palliation for that repugnance to resort to isolation which still exists in the minds of friends and guardians, but which is fading and falling, and must ultimately fall before the influence of a system of discipline founded upon humanity, and open to investigation. The procrastination which occurs when an individual is attacked with insanity in adopting the only course which can insure the enforcement of judicious means of care and cure is the result of various causes. It may proceed from a desire to conceal the misfortune; from unwillingness to do violence to natural ties and affections; but more frequently it may be traced to ignorance that the extravagance or incoherence which inflicts so much pain and creates so much confusion, which can neither be comprehended nor controlled, are symptoms of diseased organisation; and to scepticism that these originate, increase, disappear, or are removed according to the same principles, and in nearly the same manner, that gout and jaundice are mitigated or removed. If the opinion were generally prevalent that insanity in all cases, whether its development is determined by disappointment or by a blow upon the head, whether signalised by great constitutional disturbance or apparent robustness of frame, depends upon bodily disorder, and can only be reached, whether curable or not, through the body and by agents which act in accordance with the known laws of the economy, advice would be sought at once, or as speedily as in other maladies; the powers and efficacy of medicine would be put to a fair test, and it is admissible to anticipate that the mortality and evils of an intractable class of diseases would be materially diminished. Even now, when months are allowed to elapse before assistance is obtained, a very large proportion of the more transient and trivial cases of mania are found to recover under judicious management, while one-third, at least, of the more desperate and chronic and hopeless cases which are sent to public Institutions, because they have set all conciliatory and temporising expedients at defiance, and resisted the treatment pursued, are ultimately restored to such a degree of intelligence as to capacitate for the resumption of former pursuits and responsibilities, and for the performance of the duties of active life.

Insanity a Physical Disease.

Physical Condition of Patients.

Asylums have recently been quaintly styled Hospitals. But the designation is correct; for in no case, perhaps, is the insane patient

free from physical disease. The malady may not be the cause of the mental manifestations: it may be the result of their reaction on different parts of the system; or it may be in all respects independent of the mental condition, except in acting as a source of irritation, in suggesting and perpetuating particular habits, or in countenancing false conceptions, suspicions, and fears. No new practice, no unexpected or unexplained paroxysm of violence or delirium should be left uninvestigated, or superficially referred to a change of fancy or feeling; for due inquiry will show, in the great majority of cases, that this change may be traced to some ailment or uneasiness which may be mitigated. It will be readily understood how inflammation of the lungs or important organs, how headache or even toothache may contribute to aggravate or modify previous derangement, how an irksome sensation may light up or fan into activity maniacal excitement, or how a transitory sickness may corroborate the idea of impending dissolution, or the fear of poison. There are individuals in the House who regard pain of the stomach as the gnawing of an animal; and others who have interpreted neuralgia of the scalp as the throes of a brain gradually diminishing in size. The insane are prone to contract bodily disease: their habits, passions, peculiarities, all tend to debilitate or vitiate the tone of the constitution; and, when unhealthy action is established, the same habits and hallucinations tend to conceal the existence of the distinguishing symptoms, to misinterpret or misrepresent their seat, degree, or nature, or to involve the whole in such doubt and obscurity as to defy the penetration and baffle the efforts of the observer. These difficulties at once complicate the treatment, and increase the mortality in all cases, but especially in that helpless class, the imbecile and fatuous, who, although agonised by suffering, can neither describe it nor indicate its situation. If, for example, a blister is ordered, the patient removes it, devours it, destroys it, places it on a region remote from the part affected, or so disturbs its application as to frustrate the object in view. It is expedient that nauseous drugs should be administered, but even tempting food is rejected; or the remedy is suspected to be deleterious, or magical, or sinister. Rest and repose are enjoined; but the apprehensions, or imaginary duties, or muscular irritability, or the very uneasiness which it is desirable should be counteracted, keep the individual in constant motion, induce violent gesticulations, extravagant and constrained attitudes. Sudden alternations of temperature are

dreaded; but the patient delights in nudity, and gratifies a debased appetite, or adheres to a religious vow, or seeks relief from fever by braving the heat or cold of the season. Exercise would prove beneficial; but the patient is stolid, or stubborn, or statuesque, and the prescription can only be enforced at the risk of a struggle in which more is lost morally than can be gained physically, even should the victory be complete.

On classifying the patients admitted, in relation to their state of health, it is found that one laboured under tremor of the muscles, one under scrofulous distortion of spine, one under hœmorrhage, and one bore a deep and sloughing wound, two had ulcers on the leg, two were dropsical, four paralytic, four exhibited symptoms of diseased heart, seven suffered from cerebral congestion, fifteen from affections of the organs of digestion and assimilation; and in seven only did the health appear to be robust. Such a statistic exposition cannot include the shattered and broken-down frames, the premature decay and old age, the weakened and exciteable temperaments which, in whatever way produced, whether contemporaneously with the alienation, or by previous habits, or by the depressing influence of derangement of the nervo-gangleonic organs, require as much solicitude and care as specific disease.

Development of Insanity.

The development of mania is so peculiar, so little attended to, so often connected with the ordinary course and conduct, and dependant upon the will of the individual, as to occupy a very important part in the consideration of the early treatment of the disease. However imperceptible to the patient, and however inoffensive to others, there is always a premonitory stage. This may consist in bodily disorder, in mere unsteadiness of purpose, or irritability of temper, or craving for excitement; but it is part of the disease, as much a part and harbinger, indeed, as the cold is of the hot stage of intermittent fever. The invasion, the actual disruption of the mental constitution, may appear sudden, but it ought rather to be described as rapid; for the violence or incoherence which are regarded as the commencement may, in almost every case, be proved to be the termination of a long succession of changes which may be attributed to other causes, which may be explained as insignificant, as originating in circumstances over which the patient possessed no control, and which may amount to nothing more than increased or decreased religious feeling, inconsistency of opinion, or greater energy of character; but which are, in

fact, links in a long and uninterrupted chain of causation, and rise, whether immediately or remotely, from the same source—disease of the nervous system. A patient was brought to the Institution in the spring, who, it was affirmed by those conversant with her history and habits, retired to rest in perfect health, in the possession of reason, and, after a profound sleep, awoke mad. The bare fact is inexplicable and incredible. But inquiry, and the confessions of the woman subsequent to recovery, shewed that this portentous slumber had been preceded by days and nights of watching and wo, by the gradual substitution of sedentary and secluded habits for great activity, by a love of solitude, by an ill-defined languor, an anticipation of evil, and a total loss of confidence and reliance upon herself and others; that she was ashamed of these indications of weakness, and regarded them as culpable and criminal rather than morbid; and lastly, that she had, previous to the consciousness of these feelings, exchanged a life of bustle and business, involving great responsibility, and demanding personal activity, for one of ease, retirement, and idleness. The steps of this progressive evolution of derangement will necessarily differ in every case, but they will be found to exist. It will, moreover, be discovered that in a far larger proportion of instances than it is easy or agreeable to believe, this gradual incursion is under the control of the individual, by or through his own acts, and the result of courses which might have been avoided, arrested, or altered. It is not asserted that any one advisedly and designedly follows such a line of conduct, indulges such tendencies, or disregards such precautions, as are known to induce derangement; but it is asserted that the performance of acts which are purely voluntary, which are in themselves pure and innocent, although pregnant with danger, lead to the destruction of volition, and the overthrow of the whole mind. These acts are not considered the causes of the mental affection in any other light than as the first of a series of events which closes in a manner that may be predicated. An examination of the first ten cases admitted during the year will elucidate the fact, and the distinction aimed at. A man of excellent dispositions, and great activity, embarks the whole of his means and faculties in commercial enterprise; he devotes himself, his time, and talents, to secure success; he seeks not, perhaps he is incapable of finding relaxation, his whole being is engrossed in the self-imposed duties of his trade, and by the intensity of his application; a slight disappointment occurs connected with

business, uninfluential upon the fruition of his hopes, and so trivial as to escape even the notice of his friends; but his over-wrought system totters under the burden, and his mind is ruined. A woman long cherishes an ambitious longing for another residence, which she ultimately obtains; and the gratification of her unreasonable wish, conjoined with the disappointment of her expectation of increased comfort, induced dejection. The third case is attributed to ostentation, lavish expenditure, and intemperance. The sufferer in the fourth exposed his head to a burning summer sun, and became phrenitic. An early misfortune, which was allowed to engross a weak mind, led to an act of insane revenge in the fifth. Of the history of the sixth nothing has been communicated. Responsibility imposed at an early age, and upon a judgment unequal to the constant exertion required, seems to have preyed upon a sensitive temperament, and induced anxiety, perplexity, and irresolution in the seventh. The neglect of bodily health, from ignorance, has irreparably injured the constitution of the eighth patient. The ninth is the individual formerly alluded to as laying the foundation of hypochondriasis by a very natural and justifiable but abrupt abandonment of active habits; and the tenth affords an example of that training of the mind to susceptibility, and instability in the hour of trial, by those retired habits, diffuse reading, exalted sensibilities, and indulgence of caprices, which contribute to the formation of many an amiable character, but which afford no bulwark against the misfortunes or tear and wear of life. In all these observations it will be observed that while there is little to condemn; for while it is conceded that the individuals acted as others would have acted if placed in similar circumstances, every fact establishes the proposition, that the development of insanity is at a certain point under the control of the will, or, as it has been epigramatically expressed,

"Our acts are at the bottom of our pains."

Mental Condition of Patients.

In order to convey a knowledge of the moral condition of the individuals so affected, the most intimate and characteristic change which has occurred in their powers or passions may be selected for description. This alteration may not be the most prominent feature of the malady, but it is the cause of the most prominent feature, the source from which the extravagance, or perversity, or delusion originates. Such a survey carries beyond the mere superficial manner and external deportment, and penetrates to the deepest roots and recesses of the disease; it applies analysis to the actions, confessions, dreams,

of each individual, and developes the grounds, motives, and ratiocination which produce or precede any particular series of symptoms. The pulse, the eye, the gait, may demonstrate that alienation is present; they may serve as guides to the tissue which is principally involved, or to the physical measures to be adopted; but no case of mental disease can be thoroughly understood, or scientifically managed, unless and until the nature of the change in the understanding or disposition be ascertained.

Disease of Propensities.

Eight patients appeared to labour under exaltation of the propensities. They displayed various degrees of acuteness, of self-command, of forbearance; they retained a perfect or partial recollection of the past; they differed widely in original tone, and temper, and training of mind, but they manifested the same tendency to gratify the present and predominating impulse without regard to its propriety, expediency, or results. They were prompted to destroy, or to retaliate a supposed injury, or resent an imaginary affront, and they yielded implicit and immediate obedience to the impulse, solely because the impulse was stringent, supreme, because it constituted that mental condition endowed with such morbid energy as to obscure the dictates of reason, and extinguish the warnings of conscience if such existed.

Kleptomania.

One of the rarer species of diseased propensity which occasionally demand the attention of medical jurists has recently been received. A lady of good birth, connexions, and education, presents at different times two very opposite states, although they may both depend upon the same original tendency. She is opulent, the centre of a wealthy and aristocratic circle of friends; or she is penurious and unscrupulous; she hoards, she steals. In the one character she is pompous, proud, she will offer assistance and patronage; in the other she is miserable, and will rob her dearest friend. This tendency to covet, conceal, and appropriate is occasionally observed in Institutions for the Insane, but it is more frequently met with in the world, and is there regarded as the eccentricity of an ill-constituted, though sane, mind, or as the vice of a depraved disposition, which excludes the individual from society, or conducts to a prison. But it is more generally than what is at present conceived, a morbid incontrolable propensity to steal. The impulse may be the index of general mental weakness and waywardness, or it may be the single blemish of a pure and irreproachable character: it may be the disturbing influence of a calm and con-

templative intellect, or be associated with simplicity and ignorance. It is manifested in the highest ranks, where wealth abounds, as well as in the lowest, where the terrors of the law, if not the suggestions of virtue, are calculated to check its development. But in whatever relation it may stand to education, disposition, or external circumstances, the essential characteristic is an instinctive and ungovernable inclination to steal. It is probable that in the majority of cases the gratification of this extraordinary desire is but the salient point or termination of a long succession of diseased mental actions; but examples do occur where the act is the only proof of derangement, where there is a perfect consciousness of the infirmity, a struggle to counteract and conquer the instigation, and the careful institution of precautions to prevent or repair the consequences which may arise from the occurrence of a paroxysm. From the victims to this tendency it has been learned that during its dominion they are inaccessible to every other motive, unconscious of every thought or consideration but the blind imperious infatuation and craving to possess the property of another; and the worthlessness of the articles taken, the absence of all attempts to conceal the act, or to make use of the acquisition, even the restoration of the property to its owner, and the cessation of the inclination whenever the object is attained, prove how closely allied the disease is to other forms of monomania which have been recently recognised. When this propensity appears in the inmates of an Asylum it then constitutes one of a group of other symptoms which suffice to demonstrate its origin; it is not a solitary exception to the habits of the individual, but is in harmony with the moral condition; in place of being a deviation from what is acknowledged to be rectitude, and in opposition to interest, it is the natural and inevitable consequence of delusions, which are believed to be true, and treated as such, or of principles which are justified and defended. Three facts are worthy of record, as illustrative of the history of this affection, as bearing intimately upon the presumed culpability of those persons who rob in the midst of affluence, and destroy the reputation of a long life by some inexplicable and flagrant theft. 1. This propensity is in the insane often conjoined with avarice. It is the folly, the weakness of the miser. It is a disposition to which the mind has been trained, the unchecked and unmodified expression of habits, and hopes of uscrupulous aggrandizement, which may have first stimulated, then engrossed, and ultimately destroyed the mental fabric. 2. While it is true that stones may

be regarded and treasured as precious gems; while shreds and patches of cloth may be purloined with the same passionate anxiety, and the same dexterity, as if they were bank bills; and that a patient will abstract a portion of wood, and conceal it about his person with the cunning and adroitness of a practised thief or shop lifter, yet it is equally true that in general objects of value and utility are preferred, that the individual wishes to secure these for a specific purpose, retains them until a convenient season when they may be employed in the manner originally intended, and adopts every method to escape detection. Money may not tempt cupidity, but tobacco, pieces of dress, and ornaments are coveted and stolen with a distinct and palpable view to personal advantage. 3. The disposition to pilfer is often the *first* indication of impending alienation, or intimation of its distant approach. It may precede the less equivocal symptoms so long as to place the individual in disgrace, difficulty, and danger, from which he can only be extricated by the total loss of reason and liberty. An educated gentleman, at one time an inmate of this Establishment, abstracted, while living with his family, fruit from grocers, toys from bazaars, and then cast them into a river, either to conceal the transaction, or because his still unclouded intellect enabled him to perceive the nature of the act, although his moral feelings were too much perverted to prevent its commission, or to enable him to retrace his steps, or to confess his trangressions. General mania, with conceptions of great power and wealth, ultimately followed.

Disease of Moral Sentiments.

A group of eight patients are agitated by disturbance of the moral feelings: three dread that they have forfeited all claim to salvation; three that they have lost or been defrauded of worldly wealth; one is agonised by maternal anxiety; and one is the sport of jealousy. In general these persons can reason with clearness and correctness upon topics which do not involve or relate to their own condition; frequently their arguments in favour of their own fears and feelings are most ingenious, and apparently unanswerable. They are capable of great but not continuous intellectual exertion, and even while writhing under their exaggerated and exasperated emotions. It is certain that delusion enters as an element into such a state, that besides unreasonable and incontrollable apprehension there is a belief in the existence of an unreal or disproportioned cause or object of alarm; that the despairing Christian has conjured up crimes which were never committed, or magnified or acknowledged errors which he

repudiated; and that the desponding speculator has imagined shipwreck, or failures or misfortunes which have not occurred. But the vague immitigable fear, in both examples, has been the essential cause of the morbid process, and acts by directing and disturbing the operations of judgment and memory in dealing with certain classes of events and ideas.

Disease of Attention.

The language and conduct of six patients may be traced to inability to exert the faculty of attention. Incoherence and incongruities of ideas are the principal marks of this defect. An opposite state is sometimes observed—one, which was formerly the ambition and glory of pietists and philosophers, in which the mind is involuntarily concentrated upon one point, where the turbulence of passion is tranquilised, the reason subservient or resolved into intense and undivided contemplation of the one attracting object, which may be insignificant, uninteresting, or repulsive, but which cannot be dispelled or dissipated, and where the fixity of gaze and rigid observant attitude represent the character of the mental preoccupation. While one of this class approximates to such a modification of disease, the others fail in their endeavours to adhere to one subject, to persevere consecutively or continuously in one train of thought to direct the judgment or memory or affections towards a particular object, or to convey by the ordinary arrangement of words what they may wish to express. Their conversation is accordingly a grotesque pyebald mass of ill-assorted observations, complete, and it may be correct, in themselves, but bearing no connexion or relation to each other; or of unfinished sentences, of links of a chain of reflection, of hopes and hallucinations, quotations from the poets, or mathematical calculations. They are the slaves of association, they are driven to and fro by the suggestive impressions of sights or sounds, they cannot rivet the mind to one impression, nor direct it in a straight line. In one of the number the irrelevant observations are pronounced in a whisper, while a more lucid and connected train is spoken aloud, although the irregular action of the faculties is further shown by the transposition of these two currents. In another, the subject submitted to him is invariably embodied in what he replies; but the mind rather wanders round it than arrives at it; he is so distracted by the multiplicity of his crowding fancies that he can follow none. In a third, the mere allusion to a certain name, or to a word which resembles it,

breaks in upon and destroys the sequence of his thoughts, and he instantly diverges and rushes into inextricable confusion.

Intellect and memory are principally implicated in seven patients, leaving in some instances the appetites and affections unaffected. Thus a mother, who fails to recognise her own offspring, and attempts to prove that those who claim kindred are impostors, is the prey to a constant desire to return to her home and family. In others, the sentiments participate in the general decay, which is, however, most conspicuous in the loss of all power to connect and to compare propositions, however simple, to draw conclusions from premises, and to recall and apply former experience to existing circumstances. This deprivation of the general faculty is demonstrated to be compatible and contemporaneous with the preservation of partial memory. A member of this class is a lady who, although unable to comprehend the most self-evident truths, or to adapt her conduct to the least rigid standard of propriety, draws and paints with considerable skill; another imbecile acknowledges the influence of music by dancing enthusiastically whenever opportunity offers; and a third performs, through imitation, the duties of a gardener. The fatuous are not insensible to pleasure, nor incapable of exerting individual powers. The idiotic have been trained and taught, and those who are placed upon the same level by disease in mature life may likewise be raised to higher enjoyments, and to the exercise of nobler attributes than may appear consistent with their condition. Fatuity is of two kinds. It consists in the enfeeblement of all the powers, or the partial impairment of particular classes of powers. It rarely comprehends the entire mind. Its characteristic is debility, not extinction. No case should be regarded as insusceptible of improvement: even where recovery is not looked for nor possible, it is almost always practicable to educate the imbecile insane up to a certain limit. During the past year, a person who fell from a state of suicidal mania into fatuity, whose violence was such as to require confinement to a padded room during the night, and whose degraded habits placed her in the refractory gallery during the day, has been so far reclaimed, solely by the incessant repetition of the same acts, as to resume her position among the docile, to attend chapel, and to display many of the features of her original nature.

Disease of Intellect.

In twenty cases is there disease of volition. The senses convey impressions faithfully; the judgment compares, contrasts, concludes;

Disease of Will.

the feelings suggest certain acts; but there is a want of harmony, of consentaneous action in the mind; and the individual thinks or acts in opposition to what he knows he ought to do, or refrains from thinking or acting what he is impelled to do. This conflict or contrariety of purposes is exhibited in three distinct varieties:—1. In five cases the will appears lethargic. When roused by the appropriate stimulus, when provoked by anger, tempted by pleasure, or urged by discipline, the mental powers act in union; the object desired, the course required, resentment, gratification, or performance of duty is determined upon, pursued, and accomplished by the will and the spontaneous effort of the individual; but if abandoned to his own resources, if the will be left unstimulated, unsupported, wants are unexpressed, matters of interest or pressing importance are unattended to, and acts are unperformed, not because the powers are incompetent to do so, but because energy is wanting to resolve, or sustained activity to obey the resolution. 2. In eleven cases the will is enfeebled or impaired, the conduct being in direct opposition to the deliberate convictions of the patient, the judgment or conscientiousness issuing one mandate, the propensities another, the intellect condemning or deploring a particular course, or the predominance of a particular impulse which it cannot, however, alter or arrest. The patient is often perfectly conscious of the morbid nature of this conflict, or his own instability or infirmity of purpose, anticipates the result, and seeks assistance from healthier minds and artificial expedients. An individual has recently returned to this Establishment voluntarily and cheerfully, in search of that protection from himself, of that physical aid to his will which rigid discipline affords, but which neither virtuous resolves, selfishness, nor the usages of respectable society afford. Three of the patients thus affected were led, by the inability to comply with their own perception of right, to perpetrate deeds which they detest and deplore, and to place their character and means in jeopardy; three laboured under misery which was destitute of cause, which they fully knew depended solely upon disorder of their nervous constitution, and which they repeatedly determined should be disregarded or eradicated, a task which their will was insufficient to achieve. In one, a woman of elegant manners, the disposition to speak or act in a style inconsistent with her present acknowledged convictions and opinions, assumes the form of a practical joke; she personates the bearing and language of a fox-hunter sixty years since, and appro-

1. Lethargic Will.

2. Impaired Will.

priates, constructs, and wears whatever part of male apparel her fancy may dictate or she may be able to obtain, and this is the consequence of inability to refrain from a course which she knows is ridiculous, and may be construed as insanity, and of which she is ashamed. In another the will induced deportment, which is in conformity with the real situation of the individual, but failed in introducing the same natural relation between his feelings and his station. He knew that he was poor and humble; he felt that he was affluent and ambitious. This case derived additional interest from the same impotency of the will, rendering it impossible for him to correct the erroneous impressions of the senses. At the commencement of the disease he saw single objects, although not all single objects, double, and saw objects that did not exist. This may have proceeded from want of parallelism in the axes of vision, as he knew that he did not see two objects; but his efforts to receive true impressions, or to correct such as were known to be erroneous, proved altogether abortive.

A third mode in which the will is influenced by disease is where there is a divided volition; where the individual is urged by two impulses of equal strength; where he is tossed between opposing motives; where, in judging, he is unable to adopt an opinion; where he is incapable of choosing and following a line of conduct; where the claims of different duties, or the attractions of irreconcileable pleasures—and the evidence in favour of right or wrong seem equally balanced. Such men are often panic stricken, not because they despair, but because they doubt. The difficulty descends to the most trivial transactions; there will exist the same hesitation, and perplexity, and dilemma in selecting the colour of a coat, in determining the direction of a walk, and in deciding the grand questions in moral science or personal conduct; wherever there is a choice there will be presented irresolution and inanity. In one of the patients under review there appears to be two trains of thought going on at the same time; two tones of voice in which these distinct wills are enunciated. The blasphemies, imprecations, and absurdities which express one state of mind, are mingled with entreaties and adjurations that these must not be received as faithful representations of her views and opinions. This person, while frightfully agitated, and declaring that she is suffering torment, listens with a healthy perception, notices the slightest incident, and appreciates its nature and influence, and argues amid her distress in a vague but calm and composed manner. She

3. Divided Will.

seems as if actuated by two wills. A second cannot get up or sit down, or exert a muscle, unless through the medium and by the intervention of the will of another person. A third, who is divided between the inclination to break glass and to remain quiescent—sometimes biassed to the one alternative, sometimes to the other—cannot determine which is the way to his bed-room, nor to which door he ought to proceed. Two individuals, long vacillated between the extremes of extravagant hope and profound dejection, these feelings being, so far as is possible, co-existent, until returning bodily vigour determined a middle condition.

Disease of Personal Identity.

Two individuals labour under disease of the feeling of personal identity. They are themselves and others at the same or different times. They believe that a change has been produced in their nature, person, and position; they cannot be convinced by attending to external objects, or convince themselves by an appeal to consciousness, that they continue to be the same individual in powers, motives, and responsibility. In one the loss of the sense of continuous existence is apparently complete and permanent. She never resumes her original self, nor thinks nor acts in accordance with her former character and relations. She avers that S. C., herself, died some time since; that she was murdered by her; that the temptation to assassination were gold and religious animosity; that she extracted her victim's tongue, and now uses it; but that she is R. P., of a different land, language, body, and spirit. The self-murderess is perfectly sincere in her delusion, consistent and unvarying in her narrative. As she is totally uneducated, she cannot be acquainted with the metaphysical phenomena which her case illustrates, and as she was a vagrant by profession, and passionately attached to her mode of life, and deprived of freedom because she adheres pertinaciously to this conviction, no suspicion can attach to the genuineness of her confession. The other patient is a man of excellent talents, and of a philosophical mode of thinking; he has heard of the occurrence of double consciousness, but the absurdity of the duality which he imagines to exist in his own person, and his suspicion that his head is growing less, that he is persecuted by myriads of spirits that people space, and tempted by their chief, corroborate his asseveration of entire and unqualified belief. It is worthy of remark that not only is his own egoism shaken, but that he ascribes a duplicity of nature to other persons. An old lady, an inmate, is herself and a witch he encountered many years since;

and, without assenting to the doctrine of metempsychosis, he conceives that some of his familiar agencies are at the same moment men and dogs. He is A. B., and the Emperor of Morrocco; he is reposing in his bed, and tottering over the crater of Vesuvius; he is conscious that he is a subject of Queen Victoria, and equally so that he lived a thousand years ago, and met the individual with whom he may be conversing amid the pyramids when fresh from the hands of the architect. This patient is able to regard and treat these distempered fancies as false and futile, even to reduce them to their ultimate elements; but he cannot disabuse himself of the impression, or invalidate the credence which he has extended towards it. These clear conceptions of the existence of insanity in the mind is observed in other cases where the mental disturbance is greater and more general than in the example now related. One violent maniac proclaimed the advent of his paroxysm; an amiable retiring lady, who, among many other extraordinary notions, entertains the delusion that the iron exhibited to her as medicine has gravitated to her feet, and produced lameness, will not return home, on the ground that her mind is still unhinged and diseased, and that she is not a suitable companion for her mother. Another curious illustration of this impression is offered in a person where the chief indication and proof of the existence of mental aberration is the scepticism of the individual as to his own sanity and competency to undertake the risks and responsibilities of active life. He dreads the test and trial to which liberation must expose him; and the apprehension inspired by his own false estimate of his own powers is held pertinaciously, and adduced as a symptom of disease. The difficulty of coping and contending with such subtle and sagacious minds, which have often succumbed to their own intense activity, or to the violation of those dietetic rules which habits of study so often entail, is extreme, for there is at once a pride in defending the position assumed, and all the remaining strength, and acuteness, and accomplishments of the intellect are exerted to gain the momentary triumph of exposing its own error and weakness, and actually become obstacles to whatever effect the reasoning or persuasions of others might produce.

Record of Cases.

It may ultimately prove useful that a narrative of such observations should be preserved; but the ordinary hospital case-book continued from day to day loaded with repetitions and with prescriptions and recommendations which have no, or only a remote reference to the disease under investigation, is so tedious and cumbrous, and, when

embracing long periods, so unintelligible and repulsive a document, that it has been tried first to give a full and detailed account of each case on admission, and then to continue the narrative annually, or as often as events may render necessary, by a condensed and compendious abridgment or resumé of whatever is worthy of notice. These reports are compiled from a day-book kept by the Medical Superintendent, a prescription-book kept by the Apothecary, and from various other sources. The history of each individual, purged of all irrelevant matter, thus contains the progress towards health or aggravated forms of disease from year to year, the prominent features at particular stages, the effects of treatment, whether these consist of failures or success, enables the institution of comparison between distant periods and between new or modified conditions, and is rendered somewhat interesting to the general as well as the medical enquirer. This practice entails much additional exertion, for besides the necessity for careful condensation and collation, there is the physical labour of writing about twelve hundred pages per year, so great is the extent of these biographies, which are again copied into the books of the Institution.

Classification of Patients.

In a country where the distinctions of rank and riches are so broad and practical as in this, it is absolutely necessary that the first principle of arrangement of the inhabitants of an Asylum should be founded upon the amount of board paid. This is not merely just as a bargain between two contracting parties, but it is wholesome and salutary as providing for those numerous and artificial tastes and wants which previous custom, or the usages of society or affluence, have engendered. It separates those who could have no thought or occupation or feeling in common, and groups together those who are similar in station, and whose language, sympathies, and sentiments are alike, or closely assimilated. But this rule is abrogated or modified wherever the addition of comforts or more agreeable society seem calculated to ameliorate or improve. Another patient, for example, has recently been added to the free list, and been classified, irrespectively of existing circumstances, but according to original rank and manners. Two lines of distinction have been drawn: one between the higher classes, who reside with their attendants in suites of apartments, and the middle classes, who are associated in galleries; and another between the middle classes, who possess the accommodations of a plain but pleasant home, and the poorer classes, who are likewise

associated in galleries of the same dimensions, and with the same means of ventilation and heating as those occupied by their superiors, for the same amount of oxygen is required by the plebian and the patrician, but of humbler aspect and arrangements. These preliminary steps being taken, all subsequent division or association is regulated by the state or stage of the complaint, the character and conduct of the patient, and the prospect of benefit to be obtained by the individual, or by the community in which he is placed. There are three galleries for female boarders, exclusive of ladies who occupy private apartments. In one of these are placed the agitated, the restless, the refractory, the destructive. But so little is this department a scene of sorrow and punishment, that it is often visited by those who are more trustworthy and trusted: books or work may be seen in the hands of the occupants, and greater quietude and tranquillity often prevail than in the adjoining division, where the reason of the inmates is less injured or the passions more governable. In the second gallery are arranged patients who are subject to occasional paroxysms of vehemence or dejection, who, from fatuity, or idleness, or obstinacy, do not regularly engage in employment, or reading, or music; those, in fact, who vary from day to day and from hour to hour. But here are interspersed students, sewers, knitters, and many who occasionally join the third gallery, where the convalescent and docile and industrious meet together, those who steadily adhere to some useful and innocent pursuit or pastime, who form friendships, enjoy intercourse, and are eventually benefited and conferring benefits while in society. When classified, it appears that these industrious patients may be arranged into seven knitters, two engaged in braiding, four in netting, three in embroidering muslin, seven in shirt-making, and six in ornamental worsted work. The products of this labour may now be met with in various parts of the House as window curtains, ottomans, and other pieces of elegant furniture, and are, with other items, enumerated in the following Table:—

LIST OF WORK, 11TH NOVEMBER, 1845.

92 Gowns.
67 Short Do.
48 Petticoats.
66 Flannel Do.
144 Shifts.
90 Flannel Do.
132 Aprons.
120 Habit Shirts.
160 Caps.
40 Net Do.
24 Quilted Hoods.
12 Do. Bedcovers.
8 Do. Shirts.
20 Do. Dresses.
10 Do. Petticoats.
146 Shirts.
30 Jackets.
30 Vests.
30 Pairs Trowsers.
30 Pairs Plaiding Drawers.
60 Flannel Vests.
30 Pairs Braces.
40 Stocks.
2 Canvas Dresses.
200 Pocket Handkerchiefs.
28 Pairs Knitted Stockings.
20 Pairs Do. Socks.
9 Sea-Grass Mattresses.
8 Straw Do.
21 Bed Ticks.
20 Tick Pillows.
6 Ottomans.
100 Pairs Sheets (Twined).
17 Patch-work Quilts.
4 Do. Window Curtains.
2 Do. Ottoman Covers.
1 Patch-work Sofa Cover.
4 Do. Chair Covers.

BAZAAR.

5 Boys' Dresses or Surtouts.
9 Frocks.
9 Pinafores.
9 Petticoats.
12 Linen Collars.
6 Pairs Do. Cuffs.
6 Collars, Embroidered.
2 Pairs Cuffs, do.
2 Netted Window Curtains.
17 Do. Flower Stands.
6 Do. Shawls.
1 Do. Tidy.
6 Pairs Do. Mitts.
3 Knitted Hoods.
5 Do. Work-Bags.
6 Do. Tidies.
1 Pair Do. Bracelets.
6 Pairs Do. Boots.
1 Worsted Work Sofa.
8 Do. Watch Pockets.
6 Pair Flower Stands.
1 Pair Do. Slippers.
7 Dolls Dressed.
60 Penwipers.
30 Markers.
120 Pincushions.
4 Watch Guards.
4 Card Cases.
6 Pairs Bellows.
1 Door Mat.

Of the four galleries for male boarders, one is probationary, or filled with those whose tendencies are still undiscovered, who are still under observation, or who have been found, by long experience, to be incapable of self-control, or of enjoying a higher position in our social scale; one is devoted to the reception of those who are vacillating in purpose, impetuous and irritable, although not actually or permanently violent in disposition, and who do not generally engage in any employment; a third contains those of gentle manners, but enfeebled mind, who are characterised by apathy of feeling and inactivity of intellect, but are improved and rendered happier by tranquillity and by pursuits free from excitement; and a fourth is appropriated to the convalescent, the partially insane, the educated, and those who steadily and constantly direct their attention, or permit it to be directed, to some rational and soothing occupation. Individuals are found in these classes who do not strictly come under the description given, but the rule is violated in order to accomplish some special object, to stimulate or repress, to remove from sources of annoyance and irrita-

tion which may exist in their legitimate position, and to elicit or impart habits which have been neglected or forgotten. The absence of noise and turbulence, and signs of distress, in all parts of an Asylum, has often been commented upon, but the subdued tone, the refined pursuits, the interest and satisfaction of all in their several occupations, impart so much of the semblance of sanity and happiness, that the presence of disease may be doubted or envied. It is difficult to recognise in men who are engaged in playing the guitar or piano, or in colouring sketches of the surrounding country, or in translating from Hindostanee, German, or Spanish ; who are writing for the press, who display no greater anxiety than for the first perusal of the morning paper or a game at summer ice; or in females seated at music, or absorbed in reading, writing, or chess-playing, or the mysteries of worsted work—the representatives of either the maniac or the melancholic. In confessing that the benefits secured are not always commensurate with the intimate knowledge of the disease which we possess, nor with the efforts made to remove its most appalling evils, it may be consolatory to turn to such a scene as a pleasing compensation for the frequent failure in the first object of all treatment, the restoration of reason.

The male paupers are separated into two great divisions, the industrious and the idle, the tranquil and the violent; but of the class thus designated, a number are constantly employed in the gardens, and the remainder are rather characterised by a disinclination or ineptitude to work than by insubordination or excitement. In evidence of the continued activity and success of our labourers, it is only necessary to appeal to the state of the lawns and grounds, and to the addition to the kitchen garden, which they are at present engaged in trenching. There have been thirty-five male paupers in the House, twenty-five of whom have been almost constantly employed ; of the ten idlers, two were incapacitated by age or disease, two from fatuity, five from pride or vanity, and one because he is a sailor.

The females of the same rank are classed as the agitated, the calm but variable, and the habitually industrious and convalescent. The latter occupy a workroom, which is an animated scene of business and contentedness, where every operation in millinery and mantua-making may be witnessed, from the contribution of a Royal robe for the theatrical wardrobe down to the repair of a stocking. Drafted from the former of these groups are the corps of laundry assistants, of whom

there have been during the past year nine; and those engaged in household work, of whom there have been ten.

In all cases the extent to which classification can be carried must be regulated by the construction of the building, and by the economical obstacles to the formation of societies so small as to exclude all who could derive no benefit nor gratification from such a union, and whose presence may disturb the peace and happiness of others, and to include only those to whom such an arrangement would prove both acceptable and advantageous; but such a distribution of the inmates as has been attempted appears to secure as much comfort as is consistent with discipline, and to impose as efficient a system of moral surveillance and of mutual influence as is necessary to promote recovery and improvement.

Physical Exercise.

These provisions admit of a great amount of exercise. It has happened that independently of individuals having servants, or committed to the care of special attendants, that the whole of the population of four galleries, and a large proportion of the patients belonging to four others, have been pursuing their various courses in the grounds at the same time. One incidental but important advantage arises from the absence of so large a body of inmates, the galleries are thoroughly purified and ventilated, such apartments as require it are defecated and fumigated, and scarcely a trace of a noxious or fœtid atmosphere is perceived. These promenades are not insisted upon merely as parts of regimen, although they constitute a powerful mean of restoring strength and diminishing excitability. They are recommended to the higher classes as substitutes for employment, to those whom the feelings or prejudices of rank or profession exclude from the operations in field or garden, and to the industrious as an interruption to occupation and sedentary habits, and as disturbing the monotony of household duties. They are prescribed as substitutes for narcotics, as a fitting preparation for that rest and repose which are invariable conditions of sanity and soundness of mind. There are patients who walk eight or ten miles daily in order to secure this boon; indeed, the incessant agitation and violent gesticulations of many of the insane may be intended by nature to induce that exhaustion and lassitude which predispose to sleep. In accordance with this view, muscular efforts are less interfered with than formerly; they are now directed and moderated, but not prevented, unless persevered in for too long a period, or to an extent productive of fatigue

and debility. Walking is further enjoined as communicating agreeable sensations to the whole system, as enabling the senses to convey to the mind numerous and new and tranquillising impressions, as calculated to recall former associations and to revive former partialities and hopes, as addressing the sentiments through the beauty of external forms, the influence of season, the changes of vegetation, and the effects of human labour and skill. The universality of the love of country scenes, sports and objects is the foundation of these expectations; and the alacrity with which these privileges are taken advantage of, the eagerness with which flowers are collected, observations and reflections made, and the facts that of one hundred and seventy-three patients only five do not go out at all, and that of these three are confined by infirmity, and that all, with fourteen exceptions, have driven in the environs or taken exercise in the grounds, and that *all* have enjoyed the open air in the balconies, demonstrate that they are not extravagant nor unfounded. Even the paralytic, and those suffering under physical debility, are provided for by the acquisition of a sedan chair.* So important a part of discipline is walking held to be, that a regular register is kept of the number of individuals who have availed themselves of the opportunities afforded, and of the kind of exercise in which they have engaged. From these Tables it appears that, in the three last months, 1334 walks were taken in the airing-yard, 1499 in the gardens and grounds, 138 beyond the walls, that there were 654 daily drives, that there were 1432 days' labour in the garden, that 93 excursions were made to a distance, that 47 matches of bowls, and innumerable games, were played, and 2 at billiards. These observations apply to the males alone.

Mental Exercise.

In so many instances does insanity consist in the exaltation or perversion of the moral sentiments, rather than in the impairment of the intelligence; in the supervention of new modes of thinking and feeling, rather than in the abolition of knowledge or established habits or acquired tastes, that it becomes a paramount duty to determine the existing capacities, the healthy powers, and to afford them exercise or gratification. One faculty is thus employed in restoring another, and a trifling accomplishment may be made the basis of recovery and of the reconstruction of the whole of the mental fabric, or of inexhaustible pleasure. That of the fifty-two persons admitted thirteen only have been so extensively affected as to resist all attempts

* This chair was the gift of John Babington, Esq., Summerville.

to educe present benefit from their former condition or education, is a strong proof of the extent to which this principle is just and applicable. Of this number, however, five still labour under the acute stage of the disease, and may be expected speedily to swell the ranks of those actively employed; one is the victim of severe and incurable disease; one now exhibits that hebetude or rest of the faculties which so often connects a state of violence with the dawn of convalescence; so that seven individuals only have presented no power or peculiarity which can be developed or increased by cultivation, or used as an instrument in eradicating delusion, or in communicating activity and vigour. In the practical working of these views a taste for drawing has been found to coexist with ideas of personal perfection, and with a resuscitation of Richard II.; an individual who rarely utters an articulate word, or speaks only to blaspheme, occupies hours in playing national music; a second, who is as much a fanatic in music as in religion, and who devides his time between worship and the fiddle, can be punished, rewarded, pacified, and swayed through his ruling passion. A lady, who is kept in continual agony by the screams of children immolated for some inscrutable purpose on some terrific but unknown engine, which she names the murder-machine, ceases to be disturbed by the cries of the sufferers, or to be interested in their fate, while engaged in worsted work. A dormant partiality for drawing has been awakened, encouraged, and matured; the humbler accomplishment of distinct writing has converted a man threatened with general paralysis into an amanuensis; and the imperfect education of a youth has been resumed, and although his progress in French and geography may be, as it has been, interrupted by paroxysms of fury, the process may yet be completed, and cotemporaneously with the re-establishment of reason.

Amusements. While it is wise and prudent to impart to an Asylum the air and aspect and domestic relations of a large family, and to assimilate the economy to that of a sane community, it is absolutely necessary to devise means which shall take the place, although they neither possess the dignity nor the attractions of the great interests and duties of life. But it is impossible to give scope to the genius of the architect or even the art of the mason; the ministrations of the altar, the court of law, and the hospital must cease, the merchant cannot engage in speculations, the fox-hunter lacks the excitement of the chase, and the great majority of the affluent, and many of the middle classes, are

thrown, as much by the nature of their confinement as the ravages of their disease, upon the resources of minds that may not have been naturally contemplative, or the dull and daily monotony of a newspaper and incessant reading. Amusements, and active amusements, which draws their participants from their usual residences, and from their accustomed and cherished train of thought, assemble various parties together, and place them in new and pleasing circumstances, are or ought to be incorporated as an essential and recognised part of the system instituted. They should form a part of the business of the establishment; and if it be recollected how largely they enter into the ordinary habits of the sane and the free, how much of human life is allotted to their pursuit, this estimate of their importance will not be regarded as exaggerated. They afford in an Asylum an agreeable mode of exhibiting medicine, which, under a less fascinating form, would be rejected. They are epochs to which the imagination may look forward; they create a future in minds which dwell on present misery, and they clothe particular days, and periods, and rooms, and parts of the environs, with peaceful and happy recollections, which deprive confinement of much of its pain and horror, if they do not actually accelerate the progress of the mind towards a healthy condition. The accumulating mass of incurable cases which inevitably takes place in every large Asylum renders such provisions especially incumbent. For individuals compelled by their misfortunes to live apart for ever from the world, and to yield up almost all the ties and sympathies and objects which constitute rational happiness, it is the highest exercise of humanity to create a new sphere of pleasure, if not of usefulness, in keeping with their altered condition, and to surround them with new sources of gratification adapted to their powers of enjoyment.

Great difficulty is found in varying these recreations. To dance always, a patient has remarked, would emulate the movements and drudgery of the tread-mill. It is further dangerous to present what is frivolous to the insane. They regard such an act as an adaptation to their infirmities, and as an insult to their situation; and in the infancy of such an experiment, and in this particular locality, and where the minds to be acted upon are so variable, incongruous, and inflammable, the highest order of attractions cannot be procured. How far the attempt has succeeded, or rather how far it has been carried, will be seen in the following Table :—

Date.	Nature of Amusement.	Number present.		
		Males.	Females.	Total.
1844.				
Nov. 13	Concert in Asylum, - - -	38	22	60
30	Musical and Card Soirée, St. Andrew's Day, - - - - - - -	5	8	13
Dec. 3	Concert in Dumfries, - - -	2	2	4
17	Concert (Glee Singers) in Asylum, -	41	24	65
24	Christmas Eve Logburning, Ball, &c.,	31	29	60
27	Concert in Dumfries, - - -	3	3	6
1845.				
Jan. 7	Lecture on Phonography, Dumfries,	5	5	10
9	Concert in Asylum, - - -	33	21	54
22	Lecture on Phonography in Asylum,	47	27	74
24	Soirée in Drawing-Room, - -	2	9	11
Feb. 21	Ball, - - - - - - -	26	14	40
Mar. 14	Concert in Asylum, - - - -	40	24	64
21	Exhibition of Deaf and Dumb, -	46	27	73
28	Ball, - - - - - - -	38	25	63
April 8	Concert in Dumfries, - - -	2	3	5
9	Do. do., - - -	2	2	4
23	Theatre in Asylum, - - - -	41	22	63
May 2	Lecture on Mnemonics, - - -	3	2	5
5	Theatre in Dumfries, - - -	3	4	7
7	Do. do, - - -	3		3
20	Excursion to Carlaverock, - -	3	9	12
22	Theatre in Asylum, - - - -	49	38	87
23	Concert in Dumfries, - - -	6	4	10
30	Excursion to Carlaverock, - -	9		9
June 7	Do. do., - -		9	9
12	Do. do., - -	10		10
13	Theatre in Asylum, - - - -	39	23	62
17	Excursion to Newabbey, - - -	3	9	12
July 7	Concert in Dumfries, - - -	5	2	7
11	Excursion to Newabbey, - - -		10	10
21	Do. Friars' Carse, - -		9	9
24	Do. Newabbey, - -	10		10
25	Do. do., - -	11		11
26	Do. Drumclyer, - -		4	4
Aug. 12	Do. Newabbey, - -	6	5	11
13	Do. Lockerbie Fair, - -	10		10
22	Do. Dormont, - - -	7		7
23	Do. Friars' Carse, - -		10	10
27	Do. Comlongan Castle, -	10		10
Sept. 7	Do. Friars' Carse, - -	9		9
13	Do. Comlongan Castle, -		9	9
26	Flower Show, Castledykes, - -	4	3	7
Oct. 1	Excursion to Comlongan, - -	12		12
8	Cattle Show, - - - - -	18	13	31
9	Races, - - - - - -		10	10
	Musard Concert, - - - -	5	5	10
10	Races, - - - - - -	14	2	16
23	Theatre in Asylum, - - - -	47	29	76
31	Halloween Ball, - - - -	35	21	56
Nov. 7	Musical and Card Soirée, - -	4	10	14

These pleasures have two results; the immediate interest, and the ultimate benefit. It must not be imagined that those who participate are passive, or indifferent, or fail to retain vivid impressions of what has been seen, or said, or enjoyed. The subject or the scene is surveyed, criticised, and becomes a fertile source of new reflexions and associations. When a ruin or picturesque spot is visited, poets cele-

brate it, painters sketch it, and we can now point with justifiable pride to many mementos of the talents and friendship of these artists which may form the neuclus of a picture gallery. The lecture on Phonography excited much curiosity, and in proof of the boasted simplicity of the system, a lady, on the following morning, was found to have mastered the signs, and to have written a long theme, in order to test her familiarity with the discovery. Nor did the meeting with the pupils of the Deaf and Dumb School fail to create much speculation. This singular union of the triumphs of the contemporary philanthropists, L'Epeé and Pinel, elicited a learned disquisition from one, an eulogium from another, and a lively interest and sympathy in a large proportion of the spectators. But some of our minor amusements, which form part of the ordinary routine of the Establishment, are fraught with gratification, and productive of that gentle activity and bustle which interrupts, without destroying, the rigid discipline which must be maintained. There is shopping for ladies, sight-seeing for gentlemen ; there are visits to families willing to receive some of our inmates ; there are rehearsals innumerable ; there is the monthly green-room supper of the actors and supporters of the drama ; there is the observance of old festivals ; there is the interchange of civilities between different patients ; the presentation of rewards, and gifts of a piece of dress, or an ornament ; for here, as elsewhere, "'tis approbation strikes the string of joy," and various devices to dissipate care and sadness without lessening controul.

The Library has received large additions since last report, of which 72 were donations, and now amount to about 650 volumes.* It still constitutes a most valuable and unfailing engine in moral treatment. The orders for books are as regularly given as prescriptions for medicine. Besides many individuals who bring with them private collections, and six who have become connected with book-clubs, there have been 50 readers, of whom 37 were males, and 13 females, to whom 986 issues have been made, and of these, confided as they are to the hands of many individuals who seek only a momentary pleasure, and exposed as they are to all, it is most satisfactory that only one volume is amissing. It is desirable to extend still farther this source of enjoyment. To grant a book is a reward ; to withhold it, a penalty. To many inmates who prefer communion with the illus- Library.

* The principal donors have been Miss Stirling Graham ; Rev. F. Fleming ; A. Hamilton, T. Aird, and J. M'Diarmid, Esqs.

trious dead to intercourse with their present companions, who trust rather to the thoughts and opinions of others than to their own, who will not participate in active exertion or amusement, such a resource is a substitute for friendship, advice, and the world from which they are secluded. Passion is often subdued, attention arrested, and a healthy tone of feeling revived more effectually by the perusal of a judiciously selected book than by direct repression or inculcation. To those who have been highly educated, who have belonged to professions, who have made literature a pursuit, who have depended for much of their happiness upon reading—and of these classes we have many members—a library has become not a luxury, but a necessary of their moral existence. One bibliomaniac has already exhausted our store, and sighs for additions. A gallery in which the number of readers is large is comparatively a quiet, happy, and healthy department of the Establishment. Our supply of periodicals has been vastly augmented by the liberality of Messrs Aird and M'Diarmid, who forward weekly the surplus newspapers and serials of their offices.

Periodical.

The complete success of the literary paper announced in our last Report may afford a specimen, but not a measure, of the studies and speculations of some of the inmates. Judged apart altogether from its origin, its authors, and the circumstances under which it has been composed, it is of decided merit, and contains many papers worthy of a higher destiny, and a more exclusive popularity; and, when judged in relation to the clouded intellects, the wild and excited imaginations, and unhappy hearts from which it has emanated, the sound sense, the beauty, and the cheerfulness of a large portion of the pieces would justify unqualified wonder. But what would enhance this feeling, add an interest to the undertaking, and what is actually wanting to complete the history of the experiment, would be a faithful portraiture of the individuals who have furnished the greater part of these articles; a contrast established between the effort of intellect and the morbid feeling, and between the exposure of the follies and eccentricities of others, and the cherished fancy or folly of the writer; a glimpse into the secret chaos, and incongruities, and rebellious thoughts of that bosom, which, viewed through its external manifestations and productions, appears to possess all the coveted harmony and composure of the highest orders of intelligence; or among the ruins of impaired minds, living upon former acquisitions, reproducing the con-

clusions, or facts, or feelings peculiar to their original character and nature, and presenting the striking and almost inexplicable spectacle of two currents of reasoning flowing in the same channel, utterly irreconcilable and immiscible, the one marked by profound acumen, or exquisite beauty, the other by grotesque extravagance, egregious absurdity, or revolting indecency. Such a series of portraits cannot of course be given, but it is obvious that those who believe their eternal safety compromised, or that their nature has been changed, cannot be so unhappy or so deluded, cannot in fact be so insane, while engaged in the composition of such effusions. The paper has now reached its twelfth number. One hundred and nineteen articles have appeared, of which forty-one are poetry, seventy-six prose. Of these eighty-six are of considerable length, and have been published almost verbatim from the author's manuscript, and thirty-three are announcements of imaginary intelligence. These have been the work of twenty contributors, of whom three were ladies, and seventeen gentlemen, all of whom are, or have recently been, in confinement under the charge of the Medical Superintendent, and nine of whom are still resident in the Institution.

Religious Services.

In supplying the unhealthy mind with these means of enjoyment, higher sources of consolation are not neglected. Religious feeling remains, or may be roused by the application of the proper stimulus, as well as other emotions. Worship is performed regularly; and although it would be too sanguine a view of the experiment and of its effects to affirm that the same degree of decorum and quiet obtain as in a sane congregation, or that the influence exercised is such in all respects as is desirable, yet the composure and sobriety of the most restless and rebellious patients is a proof that this influence is considerable; the self-control exerted is greater than under any other circumstances, and the expressions of gratification derived from the service prove that it is appreciated. The calm which prevails is, of course, partly the result of the selection of the audience, but proceeds in great measure from a recognition of the purpose of the meeting, from the early associations which still influence the habits, although not the reason, of the insane, from the principle of imitation, and the restraint imposed by the presence of others, and by good manners or respect for authority. Of those who generally attend chapel, however, many are actuated by higher motives and more rational views, many have contracted an attachment to the excellent

Chaplain, whose kind disposition, gentle manners, and simple Scriptural teaching they have learned to value and to love.

Comfort of House.

The internal comfort of the House will be much increased by certain improvements now in progress or recently completed. A large depot has been constructed, capable of containing about two hundred and fifty tons of coals; a quantity which, if stored in the proper season, will secure a regular supply for the consumpt of the kitchen, stoves, and engine, and render us to a great extent independent of the fluctuation of the market and of the tide. The distribution of fuel throughout the galleries, which was long a difficulty and source of discomfort, has likewise been much facilitated by using the shafts for the ascent of the dinner-presses as channels of transmission, by means of which the labour is lessened, the stairs and passages kept comparatively clean, and the quantity supplied to each department more accurately known. In working the pulleys, and for similar purposes, it is proposed to substitute copper, or at least metallic, for hempen ropes. These have the advantages of enormous strength, of resisting the effects of moisture, temperature, and to a certain degree of friction, and of diminishing the temptations and opportunities to suicide which an ordinary cord so often suggests and supplies. The condition of the kitchen will, it is confidently expected, be decidedly improved, and the injurious effects of the escape of steam into crevices of the general vent, and the absorption of water by its walls, be prevented by the employment of a pipe passing directly from the boilers to the roof; in other words, by the substitution of a tube for a chimney. The heat of the interior has been so easily and steadily maintained by the use of the cinders procured from the Gas-works, and so little dust or debris produced, that it will become matter for deliberation, on entering into a future contract, whether it may not be advantageously employed in place of the coke which has been hitherto procured.

Object of Annual Report.

These statements have the merit of being strictly practical. They are drawn from constant association with the objects of solicitude and observation, they are the result of much anxiety and deliberation, and are intended to excite that interest and sympathy in others which they produced in the observer. Mental disease has been rather a subject of wonder to the public than of enlightened contemplation. This has arisen, perhaps, because many of the details are as unfit for publicity as those of any other intractable and formidable disease, although they are not more so; and because the symptoms are irrecon-

cileable with any known law of the economy, break up all social connexion and compacts, and separate the sufferer so widely from all friendly offices and care. But a certain extent of information would be serviceable, and is, indeed, necessary to the unprofessional mind. It is calculated to modify this superstitious awe or vague horror, to lead to the observation of the incipient stages, and to the prevention or immediate treatment of the malady, and to that cordial co-operation with those who are more directly entrusted with the custody and care of the insane, which not only stimulates exertion, but promotes success. If as a consequence of civilization, or of that struggle for immediate aggrandisement and enormous wealth, which is its present characteristic, an increasing proportion of mankind should require isolation, it seems proper that the grounds upon which this removal from the world is necessary, and the provisions which render such a removal a blessing rather than a curse, should be thoroughly understood, and that all men should know, as all men may be now or prospectively, directly or indirectly concerned in the knowledge, that the lot of the insane, unfortunate though it be, is not devoid of happiness, that it is susceptible of alleviation, that the means resorted to in order to effect this object are rapidly increasing, and that however inadequate these may prove to do all that is desired or expected, they are dictated by benevolence, and applied with zeal and energy.

W. A. F. BROWNE.

Extract from Minute of General Meeting of Directors, 25th November, 1845.

" Dr Browne produced and read his Report, which was highly approved of, and was directed to be printed ; and the meeting returned to Dr Browne their sincere thanks for his continued successful exertions in the management of the Institution."

(Signed) CHARLES J. JOHNSTON, *Preses.*

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20,	1	1	2
... 20 and 30,	7	6	13
... 30 and 40,	5	6	11
... 40 and 50,	8	6	14
... 50 and 60,	6	4	10
... 60 and 70,	1	1	2

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, .	27	8	2	8
Females,	25	14	4	4

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	6	9	15
Unmarried, . .	20	15	35
Widowed, . .	1	1	2

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Carrier, . . .	1		1
Carter, . . .	1		1
Coachmaker, . .	1		1
Coal Owner, . .	1		1
Cook, . . .		1	1
Clergyman, . .	1		1
Farmers, . . .	5		5
... wives of, .		2	2
... daughter of,		1	1
Farm Servant, .	1		1
... wife of,		1	1
Flowerer of Muslin,		1	1
Gardener, wife of, .		1	1
Gentlemen, . .	2		2
Gentlewomen, . .		8	8
Hawker, . .		1	1
Joiner, wife of, .		1	1
Labourers, . .	2		2
Lawyers, . .	2		2
Manufacturer, .	1		1
... wife of,		1	1
Merchants, . .	2		2
Musician, . .	1		1
Officer in the Army,	1		1
Painter, . . .	1		1
Physician, . .	1		1
... wife of, .		1	1
Servants, Domestic,		5	5
Shipowner, . .	1		1
... wife of, .		1	1
Tailor, . . .	1		1
Teacher, . . .	1		1
	27	25	52

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Imbecility,	3	2	5
Fatuity,	2		2
Mania, with Delusion,	6	3	9
Mania, General,	5	1	6
Affections of Sentiments.			
Melancholia,		5	5
Monomania of Fear,		1	1
... Pride and Vanity,	2	3	5
... Suicide,	1	1	2
... Superstition,	1	3	4
... Suspicion,		1	1
Affections of the Propensities.			
Dipsomania,	1		1
Monomania, Furious,	4	3	7
Destructive,	1	2	3

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Anxiety, Professional,	3		3
Climate, effects of,		1	1
Cruelty of Master,		1	1
Cold, exposure to,		1	1
Concussion of Brain,	1		1
Destitution,	1	5	6
Disappointment,		1	1
Disorder of Uterine Functions		2	2
Dissipation,	7	1	8
Epilepsy,	1		1
Erysipelas,		1	1
Excess of Study,	1		1
Excitement, Religious,		2	2
Fear,	1		1
Fever, Cerebral,	1		1
... Typhus,		1	1
Influenza,		1	1
Lactation,		1	1
Paralysis,	1		1
Pecuniary Losses,	1		1
Retirement from Business,		1	1
Scrofula,	1		1
Shame,	1		1
Sorrow,	1		1
Spinal Irritation,		1	1
Unknown,	6	5	11

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	6	8	14
Hereditary tendency to Nervous Disease traced in	4	3	7
No hereditary tendency traced in	17	14	31

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, .	13	13	26
More than 1	5	4	9
... 2	4	1	5
... 3	1	1	2
... 4	1	2	3
... 10	1	3	4
... 20			
... 30	2	1	3

IX.—NUMBER OF ATTACKS OF DISEASE.

	I.	II.	III.	IV. or more.
Males, . .	16	5	2	4
Females, . .	20	4		1

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	6	1	7
Have meditated do.,	2	10	12
Intentions not manifested, or unknown, .	19	14	33

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, .	7	6	13
Well educated, .	7	5	12
Can read and write,	12	12	24
Cannot read or write, Unknown, . .	1	2	3

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, . .	1		1
Bronchitis, . .	1	1	2
Exhaustion, . .	1		1
Gastro-Entiritis, .		1	1
General Paralysis, .	2	1	3
Hydrothorax, . .	1		1
Phithisis, . .	2	1	3

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

SEVENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1846.

TRUSTEES.

MRS CRICHTON, Friars' Carse.
LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

DIRECTORS. for 1846-7 cc

JOHN BABINGTON, Esq. of Summerville.
J. B. HEPBURN, Esq., Castledykes.
DAVID JACKSON, Esq., Newton.
JAMES CONNELL, Esq. of Conheath.
JOHN STAIG, Esq., Dumfries.

OFFICERS.

J. GRIEVE, M.D., Consulting Physician.
W. A. F. BROWNE, M.D., Resident Physician.
MISS SANDEMAN, Matron.
J. B. BALFOUR, Apothecary.
R. HENRY, House Steward.

R. ADAMSON, Esq., Treasurer. Rev. G. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1845, - -			133
Do. admitted from 11th November, 1845, to 11th November, 1846,			55
			188
Dismissed recovered, - - - - - -	25		
Removed or improved, - - - - - -	6		
Dead, - - - - - - - - -	11		
	—	42	
		146	

A RETROSPECT of the year which has recently closed affords many grounds for congratulation. Considering the known danger and recorded mortality of the many affections comprehended under the term insanity, and the prevalence of disease among the sane, our proportion of deaths has been very small: About 50 per cent. of the admissions have been restored to reason; and the efforts to restore happiness where reason is irretrievably lost, to establish order and harmony throughout all departments of the Institution, have been decidedly successful, while something has been added to the reputation for sincerity of purpose and regularity, and activity of management, which had been previously secured. General Results.

One hundred and forty applications for the admission of patients have been made, of whom only 55 could be admitted, and with the effect of crowding the House in a manner only justifiable by the urgency of the cases. Of this number 53 were paupers, 87 belonged to the affluent classes; 5 were natives of Ireland, 15 of England, and 108 of Scotland. The rejection of a patient, especially of the indigent class, is a most painful alternative, as it entails great hardship upon the lunatic, anxiety and distress upon his family, and exposes the community to alarm and annoyance. This course must, however, become every day more unavoidable, as the stationary population, the incurable and protracted cases, in the Institution, must increase, and as the disease seems to be of very frequent occurrence at present. Applications for Admission.

We learn from a Parliamentary paper, founded upon returns made by the clergy in 1818, that, so far as could be ascertained, for some parishes supplied no information, there were then 310 lunatics in the Counties of Dumfries and Wigtown, and Stewartry of Kirkcudbright. Of this number 24 were confined in public or private asylums, 88 are reported to have been with their friends, and 198 to have been *at large;* but under what circumstances is not stated. Of these 33 were supported entirely, 65 partly, by parishes; and 210 were maintained by their own means, or by their relatives. The most recent statistical information upon this subject is contained in an interim Insane Population of the District.

report of a Committee of the County of Dumfries. But even this document is dated in 1831, and is founded upon imperfect returns. It affords, however, the most accessible data, and is in other respects worthy of consideration, as it was framed with the view to show the necessity and practicability of establishing a Lunatic Asylum in Dumfries, as the centre and capital of the South of Scotland. The total number of lunatics, or persons of unsound mind, in the three Counties, is said to have been 333. The distribution and position of these are represented as differing but little from what has been quoted from the Parliamentary Report. It is here assumed that 190 derive no benefit from public charity, while 143 are dependent in whole, or in part, upon parochial relief. Now, there is no reason to suppose that these numbers were exaggerated or have diminished; there are, indeed, many reasons to fear that the amount was under-rated, and that the increase of the insane has been proportionally greater than that of the sane population. This is not the place to grapple with the assertion, that the high pressure of our social system gives an activity to feeling and passion which outstrips reason, and wrecks and ruins the whole mind; that civilization is but a hot-bed for the production of mental disease; and that it will become the duty of governments to provide vast hospitals adapted to the rapid and enormous increase of the disease. It is sufficient for the present purpose that fifteen years ago there were, and it is highly probable that there now are, in this district 300 lunatics without suitable guardians; that about 200 of these were *at large*, and mingled with their friends, their neighbours, or with the inhabitants generally, and that one-half of the whole number were public burdens. Now, the presence of such a body of insane and imbecile and degraded persons, certainly tends to lower the tone of the public mind. It will ultimately be held as an axiom that it is unsafe and wrong to familiarise human suffering. Beggars used to expose their sores. But charity has not been less gentle, less kind, less liberal, since the ulcers were healed or modestly covered. Let the gaps and gashes and leprosy of the mind be likewise withdrawn from public view; let not maniacs be hunted or derided; let them not outrage decency. It is not a particularly instructive pursuit for schoolboys to watch or imitate the eccentricities, or to vex and excite into fury the passions, of the innocent of their native village. Davie Gellatly must not be taken as a type of the race. They are no longer regarded with superstitious awe or for-

bearance. Positive and personal terror may be, and is, inspired; but the solemnity, the sanctity of mental disease, is obsolete, and with it much of that pious sympathy and solicitude which such a view suggested. It is not calculated to improve morals, that half-naked maniacs should haunt the public paths with the tendencies as well as the aspect of satyrs. But all this takes place; or, should perchance the scandal become intolerable, and rustic delicacy wax indignant, these unfortunate offenders are treated as a nuisance, and ordered to be expelled or tied up. Nor are they merely the sport or prey of the passions of others. They have appetites as well as we. Unchecked, uncontrolled, they commit theft, murder, suicide. They are apt scholars in imitating the vices and follies of their rational brethren; while they are inaccessible to the shame, the sorrow, or the punishment, presenting the humiliating spectacle of drunken, ribald, rebellious maniacs. Reason or religion cannot reach them, and they are abandoned to the dominion of sin. Their vices may, in fact, be said to be their best protection; for when they violate the law, the law most wisely and kindly, but not until the outrage takes place, consigns them to the safe keeping of a jail or an asylum. Many of these persons are under the immediate protection and supervision of their friends, fathers, husbands, children, who may be presumed to be their best, as they are their natural guardians. The confession is humiliating to our common nature; but it is necessary that it should be known that mental disease is regarded by the ignorant, and by many who are not so, with loathing and abhorrence, and leads to disruption and oblivion of all the ties by which man and man, the strong and weak, are, or ought to be, bound together. It will be found that this affection often establishes a barrier between those most intimately united by blood, or interest, or feeling; dissolves the contract of duty, affection, and honour, and consigns the sufferer to exile from those immunities and advantages of his position, which would contribute to comfort and might lead to cure. Within a short period I have seen a lunatic, who, bound, and galled, and cut by his bonds, had been crushed and confined in a small hole beneath a stair, where, although deprived of every means to inflict injury, and dependent upon those who had shorn him of his former powers and privileges, he was shunned by his relatives as the plague-stricken were formerly shunned. It is known that lunatics are immured in cellars, closets, and lofts; that

they are allowed to wander nearly nude in the pitiless storm; that they are ill fed, neglected, and cast out.

Addition to Crichton Institution.

To meet these exigencies, it has been unanimously determined, upon a Report of a Committee appointed to visit and examine Workhouses and Asylums in England, that a separate building for pauper patients be erected to the south of the present Asylum; that it shall be fitted to contain 200 patients, but of such a form that it may be increased so as to accommodate 400; that plans and specifications be procured, and the work commenced with all possible speed. A new era is supposed to have begun in the history and the treatment of the insane. The attempt is now systematically made to draw them within, rather than exclude them from, the pale of humanity; to extend rather than contract their privileges; treatment is adapted to the condition and disposition of each, and the amount of coercion and superintendence is measured and regulated by the necessities of the individual. This humane principle has been applied to the discipline, domestic comfort, occupations, and amusements by which they are influenced, to everything but the houses which they inhabit. The bold design has, however, been formed of departing from the time-honoured plan of constructing asylums upon the principle that all insane persons were furious and formidable, and bent upon destruction and escape, of giving to the whole of a vast building the strength and security, as well as the aspect of a Bastile. It is proposed to erect an edifice which shall comprehend various kinds of accommodation, suited to the different states and habits of the inmates; which shall contain strong and substantial and fire-proof wards for those who are affected with furious or destructive mania; but which shall chiefly consist of large, warm, well-aired, well-lighted, cheerful, and comfortable dwellings for the numbers of gentle or inoffensive or helpless imbeciles and monomaniacs, who will constitute a large majority of the occupants. This project combines many advantages. It will render easy, nay, unavoidable, an enlightened and rigid system of classification; it will demonstrate to the public, and to those upon whom the payment of public burdens chiefly devolve, the possibility of erecting such buildings at one-half the outlay which was formerly considered indispensable; and thereby remove one of the great impediments to the multiplication of homes for the houseless, helpless, friendless lunatic.

Mental Condition of Patients. Delusions.

It is proposed to take a survey of the cases admitted during the year in relation to the delusions entertained, as illustrating the varied

aspect of mental alienation, and the necessity for modes of treatment correspondingly varied. The analysis of human character, even when the reason is vigorous and well-balanced, is attended with difficulty. The observer finds that actions cannot be traced to motives in a clear and direct and evident course; that the inferences of moralists are more frequently conjectural than demonstrative; the self-examinator may deal justly, sternly, with his own conscience, but still discover only that the incentives or opposing influence to certain transactions or habits have been so complex, so little appreciated by himself, and perhaps so incompatible with his former or present nature as to inspire doubts of the existence of an adequate motive, a specific act of will or of premeditation. When to these obstacles are added obscuration of intellect, and the disturbance of passion, it will be readily understood that the investigation becomes more difficult and unsatisfactory. This difficulty in detecting the springs and sources of the extravagance and vagaries of the insane led to the most erroneous conclusion that they act without motive, without object, and even without the intervention of perverted reflection. That their deportment may, and does sometimes, partake of this character may be conceded; but patient observation will establish that the majority of their most absurd and incongruous manifestations are the result of recognisable impulses or designs, and that where this connection cannot be traced there is every probability that, as in sane men, their habits owe their origin to actual, but long-forgotten circumstances. These tendencies generally consist in delusions, false impressions, or morbid interpretations of real impressions, which become urgent or imperative from the absence of reason, or appear sound and sufficient grounds and justification for a particular course of conduct from its impairment or perversion. This opinion was perhaps first suggested by the case of a patient who nightly daubed the walls of his apartment with hideous, unintelligible arabesques, or scrawls, in every description of filth, who could not be deterred from the practice by persuasions, or menaces, or bribes; who could not assign, or did not deign to assign, a reason for his revolting conduct, but who afterwards confessed that the figures traced so rudely presented to his fancy the most exquisitely designed and carefully finished pictures. But similar facts and similar illustrations form part of the history of every mental disease; and, as great legal interest attaches to the conduct of men reputed sane who act under delusion, and of others who, although not deluded, act insanely—and as many

of the advantages of the enlightened treatment of the insane may be referred to the solution of difficulties as to their real mental condition, and may be expected to flow from a more clear comprehension of their motives, it may be prudent to examine the cases admitted during the past year in relation to this subject. These errors are of three kinds:

1. Delusions proper.

I. Delusions, where real external sensations produce, from the state of the nerves, by which they are conveyed, or of the brain, to which they are communicated, false conceptions; where the shutting of a door is believed to be the discharge of artillery; where a ray of light upon the wall is recognised as a supernatural being; or where an individual is mistaken for, and treated as another, a stranger as a friend, a friend as a stranger and an enemy. Eleven patients are thus affected; one of these sees in the motion of his wife's hand, the expression of his daughter's mouth, or hears in the words of common conversation, indications of dislike and estrangement; and, in opposition to warm affection and a generous nature, becomes a prey to irritability, jealousy, groundless apprehension, and the petty persecution suggested by suspicion. Another perceives in the ordinary courtesies of an acquaintance a declaration of passion, cherishes the idea, and becomes cataleptic when so engrossed. Such states of convulsion or extacy are most frequently observed in mental disease arising from passion and devotion. The active will seems dead. The power to suffer firmly and pertinaciously remains; but not to reject, to repel, or to act in self-defence. The surface is cold; the face void of expression; the circulation is sluggish; the eyes are closed; and the patient remains in the same spot and posture for hours, and requires an external impulse both to originate and pursue the simplest act. Yet, during this state of torpor, the mind seems only to require some adequate but undiscovered stimulus to be roused. Fear and pride have occasionally effected partial re-animation; and even a sense of the ludicrous acts as she has given way to immoderate laughter at the extraordinary situations in which she is placed while food is administered. Two patients recognise in the faces, or figure, or voices of the officers and attendants the lineaments of loved friends or relatives, where resemblance alone can exist, but of whose identity neither lengthened experience nor evidence of any kind appears to suggest a doubt. One old woman remembers the appearance of the Physician in the land of Canaan, and under the instigation of some former attachment, and half obliterated recollection, invites his return to the

Promised Land. This may be designated a reproduced delusion, as a similar train of thought existed in a previous attack of the disease. Two fragile women, with vitiated palate, and disordered digestion, detect poison in their food, and have refused for many months to take it: Another sees in the fire-place the commencement of the universal conflagration, and proceeds to feed the flame. One respectable woman is startled by every noise, hears in every footstep the approach of pursuers to take her to prison for imaginary crimes, and in the howl of the wind the articulate voices of indignant accusers; and only finds repose and safety in the silence and solitude of night. There are data for concluding that in this patient not only the disease and its form are transmitted, but that even the delusions are hereditary, that a relative felt and feared in precisely the same way. This extraordinary law is illustrated, but not explained, by the descent of physical contour and mental qualities, and by the reappearance of particular opinions in successive generations. It may be conceived that the *tendency* to form or adopt certain principles of belief or action may be inherited with our physical organisation, and that the actual adoption of these may be influenced by early association, and instruction, and example; and that the tendency to diseased action, to certain eccentricities and peculiarities may be communicated and confirmed in a similar manner; but it is not so clear how the precise delusion should be perpetuated in different members of the same family, unless imitation may be supposed to operate as in health, or that particular species of derangement reproduce similar delusions, or that it is simply an act of memory in a mind otherwise unhealthy. But, in whatever mode elucidated, the phenomenon is occasionally met with; and in the celebrated trial of Oxford, the regicide, it was proved that his grandfather and himself were both insane, and that each firmly believed that he was St. Paul.

Hereditary Transmission of Delusions.

An ignorant man, confined in prison, who became insane after trial, in consequence, it is asserted, of protracted incarceration, and, it is supposed, at the close of a career of recklessness and folly, imagines that he is visited nocturnally by the devil, who tempts him to take food, but whose keys, dress of jacket and cap, prove him to be one of the guardians. This patient is on other matters coherent and rational, but is technically a demonomaniac. When individuals conceive that they are personally the devil, that the devil dwells in their bodies, that they are possessed, or the passive instrument or sport of diaboli-

Demonomania.

cal agency or malice, they are indiscriminately styled demonomaniacs. In like manner, and with more apparent reason, when they deport themselves as if they were demons, presenting the sardonic grin, uttering the satanic sentiments and imprecations, displaying great fury and superstitious belief that they are emissaries of the devil, they receive the same denomination. The mere aspect, indeed, formerly served in place of definition. A case is now under treatment in which the erect hair, the wild haggard face, the incessant shrieks, for she emits yells for hours continuously, the degradation of nature, the preference of nudity and solitude, would have been received as sufficient evidence of this woman's demonomania; but it is believed that she labours under the mania of fear, and that her misery, and debasement, and restlessness, are produced by the presence of worms in the intestines. It would be prudent, however, to establish a less general and vague meaning of the term, and, with this view, to analyse those conditions, emanating, as they must do, from different mental states and delusions; to determine their relation to the original religious belief of the sufferer, to the superstitions of his native district, and to discover the kind and character of the spirits personated, or taking up their abode in the person or part of it, whether they are of those myriad existences which are supposed to people space, are incubi or succubi, harpies or hyppogryphs, friends or familiars, as these points are intimately connected with treatment, and may materially affect the life and liberty, as well as the happiness, of that increasing class called criminal lunatics. These unfortunate objects of care and solicitude would formerly have been immolated at the stake or the gibbet, excommunicated by the Church, and expelled from the society and sympathies of their fellow men. While it has attacked men of clear and courageous mind, females are most generally affected, who pass from the most elevated piety to belief in demoniacal possession or absolute demon worship; in whom it is very frequently attended by extacy, insensibility to pain, extravagant gesticulations, or true convulsions. In them it appears to be terror engrafted upon superstition, involving a sincerity of faith unparalleled in almost any other circumstances, and an exaltation of sentiment worthy of a better cause. It is a species of alienation common in mountainous countries, among people of primitive manners, of credulous imagination, and excitable temperament. The "convulsionnaires" of St. Medard displayed many of its characteristics; and it is worthy of remark that all religious

movements, where great enthusiasm prevailed, have been accompanied by cases of this disease, and especially in its convulsive form. The patient whose case has been noticed is, truly, only a vision seer. The fact that the ghost or supernatural appearance seen is believed to be the devil does not alter the nature of the delusion; had the phantasm been conceived to be an angel, the mental process would have been the same: It is only when the mind passes into a more advanced state of disease, when visions are worshipped as rulers or tyrants of the spirit, or as dwelling in or with the spirit, and animating the body in place of its natural life and impulses, that the affection can deserve the name of demonomania. To regard and venerate the devil as God is totally different from an imaginary visitation of the devil, which may be repelled with abhorrence; and even to worship the devil is totally different from believing him a resident in the body, and it is therefore proposed to distinguish these three different states, of which we have examples in the Institution, as demon possession, demon worship, and demon delusion.

A lady, transferred from a less splendid residence, concluded that she had arrived at the palace of a nobleman, that she was attended by his menials, supplied with viands from his table; but through a long series of delusions preserved a natural and congruous sequence, each successive irrational supposition being the legitimate suggestion of the antecedent. It is further to be remarked that this singular example of the law of simple suggestion may almost, at all times, be observed in her language. Amid great incoherence, it is evident that a word in one sentence almost invariably suggests the succeeding thought and sentence. The following example may be said to have been dictated by her:—"The shells, the beautiful pink *shells*, cast upon the sea-shore, require fifty days to consolidate; but then *marble* coffins are expensive, and will not make into *statues*. And then they may speak of their Venus: but for my part I should rather go to Carlisle than Venice, for I have an old *pier*-glass that my ancestors received from Lord *Stair*, and he was a peer, and had *steps* to his castle, and did not he *wander* from our communion, for it takes fifty years for their progress. Mr S. was a hundred-and-four; but what is *time* to the fair flowers, and the *thyme* that feeds the birds and bees." Diseased Simple Suggestion.

Among the cases long under observation there is an example of what may be denominated acquired delusions; new errors engrafted Acquired Delusions.

upon the parent disease, and apparently depending upon the confinement and peculiar position of the visionary. A person of exquisite genius, and rare accomplishments, becomes the victim of depression and self-disgust, delivers himself over to the dominion and delirium of opium; is impelled to suicide, and is coerced and secluded by those who form a just estimate of his position. His judgment appears as stable upon its legitimate objects, his fancy as vivid and versatile, his powers of composition as unrestrained as in the meridian of health; but to blank despondency has been added a wild but sincere conviction that, perhaps for wise and benevolent purposes, he is the subject of a grand system of scientific experiment, that all which passes around is phantasmagoria, a farce, a deception; that his will, desires, dreams, are subjected to the control of those who are unseen, perhaps distant; that he is the unresisting victim of magnetism or occult influence, which he can neither appreciate nor oppose. The companions and events of his limited sphere, for he never leaves the gallery, suggest or afford a form and semblance to these suspicions. The Physician is the prime magician, who superintends the experiments; guides, and colours, and exalts his imagination, who directs the nightly manipulations by which he is raised from bed; by which drugs are introduced into his system, which invigorate but intoxicate; the House is crowded by the visitants of his dreams; the light which shines through the shutter on the wall is a current of electricity, which is intended to act upon him; and even a recent thunder-storm is referred to a galvanic battery situate in the roof of the House, and affirmed to be a very splendid but awful demonstration of human art and power. Although there is not here the familiar spirit of Socrates, the guardian angel of Pascal, there are a wild mysticism, "all relish of realities expired," a gross and untenable delusion held pertinaciously, and defended ingeniously, and firmly believed in by a mind of logical acumen and dexterity, disposed to scepticism of supernatural appearances, and keenly alive to whatever is superstitious, or ridiculous, or credulous in the opinions of others.

2. Hallucinations.

II. Hallucinations, where, in the absence of all external stimuli or sensations, the mind conjures up from former impressions, and recollected images, visions of horror or grandeur, false fears and forebodings, ideal horrors and dignities and destinies. To this division belong many of the false prophets, self-deceived impostors, and sincere demagogues, who have disturbed or destroyed social order. Twelve

individuals are actuated by hallucinations; two, while surrounded by darkness, while their eyes are shut, or the mind so absorbed as to be unconscious of all around, see Elysian fields, peopled by glorious beings clothed in white, singing sacred melodies of exquisite beauty; two, possessed of comfort and affluence, are paralysed by prospects of ruin, disgrace, and penury, and fail to withdraw their attention from the actual or impending misfortunes by which they are haunted, "heart-buried in the rubbish of the world;" another is tormented by former companions, who provoke him to battle and various offences which he afterwards regrets; a dancing master is married to a lady of rank; a well-educated but unsuccessful physician has expanded into a man of elevated station, consummate genius, and scientific acquirements, repudiates all connexion with his family, and is about to proceed to the English Universities in order to develop and demonstrate the discoveries and theories of which his intellect is now pregnant; a brave but undistinguished soldier has been transformed into a conqueror and a king, demands the insignia of his office which he formerly wore, and covets every semblance of the imperial purple and substitute for the regalia which may attract his notice. One lady is endowed with the spirit of prophecy, penetrates the future, and predicts scenes of peace or war, famine or abundance, according to her caprice or temper, and obviously sees the scenes she conjures up; another is commissioned by Deity to denounce sin, and to proclaim anathema maranatha, which she constantly does; and a man, otherwise shrewd, who had practised as a quack in England, conceived that he was endowed with such a knowledge of anatomy, such a healing power, derived through a lineal descent from the Stuarts, such an affusion of Divine favour, that he could raise the dead, and actually attempted to restore animation in a pig which had been buried for some weeks.

III. Illusions, where erroneous impressions are conveyed to the mind which is capable of detecting the deception, of reasoning upon its nature, and assigning its true cause, but is totally incapable of dispelling the illusion, or of subduing the unpleasant feelings which it occasions. Four patients have been affected thus; all of them being, in other respects, partially insane. One gentleman saw distinctly, and for a length of time, the cornice of his usual sitting-room inverted, deranged, and presenting a new and extraordinary appearance. A lady passed the night, had she trusted to her senses, with her feet elevated in the air, and her head depressed. One gentleman saw objects

3. Illusions.

floating around in the air which he could neither grasp, nor dissipate, nor believe in. Another sees, hears, and feels a multitude of spiritual foes, who, for a moment, extort belief from him by the violence of their assault, but who are speedily regarded as mere irritation of his nervous system. It will be found that in many of these instances the form of the disease is determined or modified by the previous character or profession or pursuits of the individual; and it is possible that this is invariably true, but that the connecting link escapes notice.

Opinions of Insane.

Closely allied with the philosophy of delusions in the insane, are the opinions entertained by them upon past or contemporaneous events, their indistinct recollection of the views upon which they formerly acted, and the deductions drawn from the world's history since they ceased to be actors in its proceedings. These afford an explanation of many contrarieties and inconsistencies, which have been previously regarded as the indications of mere imbecility and incoherence. It was to be expected that, among patients long secluded, many of these views should represent faithfully the state of mind of the individual at the invasion of the disease, that they should resemble the follies of a past age. Thus, we have a lady, the wife of a clergyman, who repudiates altogether the disruption from the Church of Scotland; a gentleman who denies the validity and possibility of the Reform Bill; and another patient who dreams of days when court dames unwillingly relinquished hoops and danced cotillions. But, besides extending to the past, or reviving forgotten crudities, another portion of the inmates have carried their hopes and aspirations into the far future; declare themselves the advocates of progressive development, and would willingly organise society upon a broader basis. One of these, whose creed is a compound of St. Simonianism and that more recent transcendentalism that all religions are equally true, acts upon his favourite maxim, "Loborare est orare;" and, although a person of education and some refinement, toils, and delights to toil, in the grounds with the ordinary labourers. Another holds, with Berkeley, that all around may be a pageant, and that beyond his own sensations he has no proof or evidence of the existence of anything whatever; and, with Mesmer, that these sensations proceed from a subtle magnetic fluid, exercised at the will of some arch experimentalist. Among more recent admissions, there are individuals who trace all evils and their own isolation to the law of primogeniture; who conceive that the true glory and safety of this country is to declare war against the world,

and who dwell with intense delight upon the pomp and circumstance of such a state; there are famine and panic advocates; men who look upon a pilgrimage and pupilage in the English Universities as necessary to their respectability; and others, more recondite or bold in their speculations, who crave a universal church, a universal language, and the immediate reign of the Messiah. These, it may be observed, are but the reflex of opinions which interest and agitate the sanguine and the credulous among the healthy members of society; they are the last undulations of a sub-current which does not openly obtrude upon our attention, but nevertheless penetrates extensively among the imaginative, the pure, and the pious. There are other convictions less obviously connected with immediate circumstances or popular notions, and which, if met in the sane, would be charitably viewed as oddities and singularities rather than perversities. One patient is assured that tobacco is essential to the preservation of her life, but at the same time that she should be fed upon milk and honey, which words are repeated, when excited, for hours, and until exhaustion arrests her utterance; another argues that his life is insured, that he is a member of a friendly society, and that to attempt to save money would be useless and supererogatory; a lady holds that she can only draw with her own pencils, and knit with her own worsted; two are of opinion that they are isolated in order to render them insane; two that their position is just and salutary; one lady that she has been sent by a mistake to an asylum in place of her guardians, and another that confinement is resorted to in order to repress the exuberance of her fancy, induced by an attack of fever.

Such sentiments exercise a powerful sway over the insane; they are sources of happiness or misery, they may oppose or facilitate treatment, and they complicate the operations of the Physician, by demanding a special and consistent course in each case, a course so devised as to destroy the error without impairing confidence, exciting suspicion, or inflicting pain. A thorough knowledge of these springs of action renders the management of the insane comparatively easy. If a Superintendent be intimately acquainted with those entrusted to his charge, there is every probability that however much the nature of his office may be disliked, his government will be judicious, approved, and even loved; he will secure friends in those who are capable of friendship; he will avoid interference and dispute with those who desire hostility; he will enlighten the credulous, calm the impa-

tient, soothe the sorrowful, speculate with the discursive, and be ultimately regarded as the possessor of that mind which can understand and harmonise, although it may not agree, with all the delusions and opinions which others contemn, ridicule, or reject.

Classes exposed to Insanity.

A problem of some interest remains yet to be solved as to the moral qualities of those upon whom the blight and burden of such delusions and opinions fall. It is evident that the incursion is not accidental, but that it is regulated by fixed laws, and determined by appreciable conditions. This controversy has elicited two hostile doctrines—1. That the victims of alienation are selected from the purest, most virtuous, and most industrious classes; from among men of genius, and wit, and wisdom, who adorn an age. 2. That the violent, the dissolute, the depraved, are most exposed to this disease; that it is impossible to establish a rigid distinction between many crimes and many modifications of aberration and singularity of mind; that prisons contain individuals who should inhabit asylums, and that asylums should transfer a portion of their inhabitants to prisons. Probably neither of these propositions announces the truth. It is not the amount of strength nor of purity of mind, but the power of regulation, of establishing and maintaining a balance between the impulsive and reflective faculties, and of resisting or avoiding such incitements or temptations as would overturn this equanimity which protects from insanity. But there is a large and augmenting class who are especially liable to insanity, and who may belong to either category, whose course from childhood points to premature decay and derangement, men of strong susceptibilities, generous sympathies, ardent projects, and Utopian views, of delicate and highly sensitive temperament, who participate in the fervour and excitement of the day, who plunge into its politics or speculation, and close their career by suicide or in seclusion. Respecting 15 of the 55 patients admitted, no data exist to justify any conclusions as to the character, conduct, or moral proclivities of the individuals, except that two are congenital idiots, and that the others are generally of nervous temperament; five females appear to have been calm, calculating, and respectable in all the relations of life; two have been originally feeble and facile in intellect, deficient in force of character, amiable in their manners, and incapable of meeting and surmounting what proved to them the difficulties of their position, have succumbed to the pressure of ordinary events. A visionary, of mediocre talents

and education, who spent his life in advocating the vain and impracticable nostrums of more exalted visionaries, has been destroyed by the agitation which he evoked: a devotee has passed through the stages of religious enthusiasm, fanaticism, fear, and frenzy: a miser whose intense and indomitable avarice seems to have shut out all other hopes and impulses: four lived, even when free from disease, in an atmosphere of vanity, pretension, and ambition, gazing alike on the past and present through a false medium, and estimating their own capacities and claims by an erroneous standard: one was notorious for flightiness, presumption, and pretence, for variableness, perhaps infirmity, of purpose, and versability of common resources: one has spent his early life in poetic reverie, and in the superstition of a mountain region: one is a sufferer from romanticism, from having derived her ideas of life, its duties, responsibilities, and fortunes, from the Minerva press: ten have been intemperate, not, in the majority, by selfish and sensual indulgence, but in the gratification of passion by habits of improvidence, and by that irregularity and inconsistency of conduct which subjects the mind to sudden excitement and agitation: eight have been capricious, irritable, and hysterical: one is a lad of delicate frame, elegant but diminutive proportions, and acute sensibility: in two the intellect has been fostered and stimulated by a brilliant, if not an injudicious education, first to precocity, then to disease. One only has pursued a course of criminality. This class is not, then, necessarily confined either to the virtuous or to the vicious, the pure or impure, but consists chiefly of the excitable, the fragile, and the unstable elements of society.

Effect of Social Changes.

The formation of Railways promises to call into existence a new, and vast, and powerful class of citizens. It will consist of men of muscular, iron frame, fierce passions, nurtured amidst severe physical labour and unbridled sensual indulgence, accustomed to the meagreness and squalidness of poverty and the vicious luxuries of affluence; men who have neither the ties of home, or country, or family, or God. It is for moralists and politicians to watch and deal with the development and results of this gradual revolution in the condition of the peasantry; but it is certain that these unhumanising influences have already imparted a peculiar type to the cases of insanity among the excavators. The ignorance, license, and habitual indulgence reappear in the mental derangement and attacks of furious mania, in themselves formidable, become tremendous and intractable from the physi-

cal strength, animalized disposition, and dark, and hebete intellect of the patient. Similar results have been observed elsewhere; and illustrate the testimony of Esquirol as to the effects of national changes upon the form of mental disease.

Physical Treatment of Insanity.

It has been demanded, in what consists the special treatment of insanity? To those who regard the disease as a disturbance of one organ, or as presenting one series of symptoms, the answer will be difficult. For while the brain is invariably affected, and presents the last, the most prominent, the characteristic of the succession of changes, all or many other parts of the system will be found to be deranged, either in the relation of causes or of contemporaneous actions, as secondary sources of irritation, or as consequences of the constitutional disorder. The mental alienation, the incoherence, the violence, or the exaltation or perversion of sentiment, in short, the unhealthy action of the brain, should be regarded as a symptom of a general disease, which may have primarily attacked that structure, but generally involves other organs, and these perhaps but remotely connected with the nervous system. An error, and a grievous error, will be perpetrated by confining our views to the cerebral structure as that alone implicated. It always is affected, but it may be so primarily or secondarily, by the original injury of its own parts, or by the influence of distant unhealthy actions. To distinguish these states, to detect the portion or portions of the system which produce, or sustain, or aggravate this morbid condition, to study all diseases under a particular aspect, in fact, as modified by, and modifying the functions of the nervous system, and to adapt remedial measures to the seat and nature of the evil, constitute the basis of the treatment of insanity. While disposed to attribute great, infinitely greater, efficacy to moral than to medical treatment, the necessity for constant superintendence and direction of the bodily health of the insane, according to the best rules and latest experience of dietetics and medicine, is well shown by an examination of the complications which are encountered in such cases. Not only are the mental manifestations symptoms of an unhealthy condition, local or general, but distinct affections exist in a great majority of cases, which materially affect the curability and vitality of the individual, and should regulate the means of relief adopted, but which may have no direct or obvious connexion with the state of the nervous affection.

Complications of Insanity.

A physician is rarely called upon to treat a simple idiopathic attack of insanity; he must expect to find a number of ailments, and to exert

his skill rather to preserve life, or mitigate suffering, than to restore reason. The effect which these collateral and contemporaneous physical changes must exert upon the morbid feelings and darkened intellect requires to be measured with extreme exactness; but, as yet, we possess no instrument of sufficient delicacy by which this can be accomplished. It is probable that many abdominal diseases are attended with despondency, and that scrofula is a concomitant of precocious intelligence. It is known that, in the sane mind, consumption inspires a hope of recovery, which is incompatible with reason and experience; that certain diseases of the heart create vague fears and apprehension of death, which are not justified by the circumstances, which are at variance with the character of the patient, but beyond his control; and it is probable that similar sources of disturbance will act upon the insane: but it is not known how far less prominent and formidable lesions may diminish, or augment, or conceal, or expose the manifestations of mind either in the sane or insane. There are, among the cases admitted, 29 in which grave complications exist; and which, while they could not be considered as causes of the derangement, added to its intensity or interrupted its course. One patient, insane from intemperance, was affected with asthma. The feeling of incarceration seemed to aggravate the sense of suffocation, while the disturbance of the respiration induced irritability and impatience. As the mental disease, as the incontrollable tendency to indulgence declined, the affection of the lungs became more severe. It is presumed that, while the uneasy sensations in the chest suggested the craving for stimulants, the use of these checked the paroxysm, or blunted the perception of its severity, establishing a chain of influences which rendered the treatment most complex and difficult. In four, apoplexy had been followed by partial paralysis, impairing language so much in two that communication was extremely limited. Two exhibit spinal deformity; one chorea to such an extent that the patient experiences difficulty in conveying her meaning, and during acute disease cannot remain for a moment at rest; and hysteria gives a prominent character to long-established monomania in a third. Four cases of gatroenteritis have complicated simple despondency, by suggesting specific forms of delusion, such as poisoned food, fatal disease of the stomach; and have led to a refusal of those means by which both evils might have been removed. Latent phthesis exists in two cases: One of these patients lives in a world of his own creation, peopled, and coloured, and glad-

dened by that hope which he unconsciously owes to the mortal malady lurking in his system. In two cases, congenital idiocy can be traced to imperfect development of brain, and is accompanied by constrained and insecure locomotion. Hypertrophy of the heart, following rheumatism, and accompanied by great suspicion and alarm, is concomitant with mania in one; acute inflammation of the liver endangers life in another; and disease of the kidneys coexists with acute mania in a third. The remaining complications, plethora, hœmatemesis, menorrhagia, amennorhœa, lactation, the puerperal state, and ulcers, have all demanded attention, less as serious diseases, than as associated with cerebral irritation.

Para

Partial ~~Hemi~~-plegia of Insane Females.

General paralysis, which appears to be to the brain what consumption is to the lungs, has been deemed a disease peculiar to insane males, or affecting them in larger proportion than the other sex. An affection, apparently congeneric, but differing in the absence of congestive attacks, in the peculiar impairment of language, and in the nature of the impairment of the powers of motion, has recently been noticed in the Institution, and in females exclusively. The sufferers have always been above forty, of very sedentary habits, irritable temperament, and labouring under melancholia. They complain of a difficulty in walking, move slowly and laboriously along, supporting themselves by the wall, and dread the abrupt approach of a companion, as threatening to overset or injure them. At a more advanced period they shrink with alarm from the slightest touch; exhibit great acuteness and susceptibility of the external senses, hearing and seeing under the influence of apprehension; complain of exquisite pain in all parts of the body on motion; and, on examination, are found to suffer severely on pressure of the spine, the sensation being propagated to the rest of the body. The disease is occasionally attended with emaciation; with great peevishness of temper; a desire to remain quiet, and in bed; an intolerance of rapid motion, even in others, and of those means which seem calculated to afford relief. There does not appear to be any corresponding mental change. Five patients now in the House labour under this malady, in different degrees of progress; a sixth has exhibited some of the premonitory symptoms; and a seventh died in the course of the year. Three of the total number laboured under deformity of the spine. Although intractable, the symptoms are often much mitigated, and for a time disappear.

Another advance has been made in classification. A gallery has been opened for convalescent ladies, in which the Resident Officers take their meals, and spend much more time than under other circumstances would be practicable. The Matron presides at the table; all the ordinary courtesies and customs of life are rigidly attended to, cheerful conversation is encouraged, and what is, in fact, probationary, ministers to pride and pleasure. To this scene of hospitality and hilarity, which has been created without expense as the same rations are issued, the members of other galleries are invited as a reward and recognition of propriety of demeanour, as an incitement to fresh efforts to regain or preserve self control, as a means of re-education in the manners of polished life, and as a point at which communion may safely be enjoyed with healthy or more healthy minds; where the habits and peculiarities engendered by seclusion and association with the weak and wayward may be beneficially contrasted with a higher standard of thinking and acting, and it may happen be uprooted and extinguished; and where friends may, in a natural and unconstrained situation, be able to observe and test the condition of those in whom they are interested; so that an invitation to dinner is enrolled in the Prescription Book, and is regarded by many as a certificate of trustworthiness. This arrangement was suggested by the evils of grouping according to rank or riches, or the psychological form of the disease; of associating those who retain with those who have lost the conventionalities of social intercourse; by the greater evil of casting individuals suddenly from the calm tranquillity of an almost conventual retirement upon the turmoil and trials of a busy world. Such professional visitors as have been admitted to these re-unions have declared the experiment eminently successful, as realising the triumphs of discipline, and as calculated to develop those capabilities, that tone of feeling and mutual forbearance which constitute the basis of a well-regulated mind. The Officers have lost by this extension of moral training; their privacy has been interrupted; the only opportunity available for escaping from incessant contact with perverted and morbid minds has been relinquished by prolonging their communion with their charges, and for this sacrifice they deserve unmeasured commendation and gratitude. The gain upon the other side of the scale has been proportionally great. To the curable a vista is opened up which closes in liberty; to the partially insane hours of hope and consolation are afforded, topics of reflection sug-

Classification.

gested, and models of imitation presented; and even to those who must regard the Asylum as a permanent home, the scenes and comforts, even a portion of the happiness, of home are revived.

Occupation of Females.

Adjoining this gallery is a large apartment, employed variously as a Board-room, Concert-room, and Theatre, which has for the last nine months been appropriated during the day as a work-place for the industrious ladies. Here are assembled many of those who engage in useful and ornamental employments; those who are less actively disposed contribute, by reading or by playing the piano, to the entertainment of others, or who by conversation may enliven, without interrupting, the general occupation. Here every description of netting, knitting, embroidery, tapestry, is fabricated; here a quiet game at drafts or chess is regarded with jealousy, as a suspension of the great objects in view; here the accomplishments of early life are renewed, those which recent ingenuity has suggested acquired, the mind and hands are occupied in an unexciting manner, and the heart may be engaged in devising or framing a gift for a superior, a remembrance to those who are absent, or in constructing a proof of skill and taste. This class is intrusted to an intelligent Superintendent, who is capable of directing and instructing her pupils in their various tasks, is charged to prepare their work, and to repress all expressions of excitement, discourtesy, or discomposure. The inmates of two galleries, besides members from a third, participate in the advantages of this arrangement, sometimes forming a class 25 in number, upon whom the occupation, cheerfulness, and intercourse thus secured cannot fail to exercise a beneficial influence, manifested, perhaps, only in increased docility and gentleness, but adding largely to their present enjoyment, and to the probabilities of ultimate recovery. Great activity has prevailed in this department; and while an immense portion of the labour executed escapes notice, in remodelling, repairs, and awkward essays, the following Table exhibits certain unequivocal results, although not to the extent that was desirable, as until very recently, although regular books were kept, showing the nature of the occupation, and the number employed, no detailed record existed of the articles and objects constructed, in fact, of the amount of work done. This did not proceed from undervaluing the usefulness of such employments among the insane, for it is quite obvious that the same ingenuity and attention may be exerted in these as in many others prescribed, and that to confer or recal a power of combined physical

and mental application is to institute the first step towards convalescence. In fact, the visits of teachers of music and drawing have suggested the engagement of an instructress in common and fancy work :—

LIST OF WORK, 11TH NOVEMBER, 1846.

84 Gowns.	19 Ottomans.
56 Petticoats.	9 Bedcovers Patched.
138 Shifts.	18 Garden Baskets.
54 Bed-gowns,	Repairs.
137 Caps.	
54 Net Do.	BAZAAR.
110 Habit Shirts.	2 Embroidered Vests.
118 Aprons.	1 Do. Reticule.
76 Flannel Petticoats.	3 Pairs Worsted Work Slippers.
150 Flannel Shifts.	
164 Shirts.	1 Worsted Vase Rug.
31 Jackets (Moleskin.)	1 Foot Stool.
31 Pairs Trowsers.	1 Sofa Pillow.
31 Vests.	12 Flower Mats.
36 Drawers (Pairs.)	5 Netted Shawls.
34 Braces.	14 Pairs Do. Mits.
31 Flannel Vests.	2 Netted Purses.
30 Stocks.	1 Set Do. Window Curtains.
250 Pocket Handkerchiefs.	2 Do. Window Screens.
32 Pairs Knitted Socks.	12 Do. Flower Stands.
18 Pairs Do. Stockings.	12 Knitted Toilet Covers.
18 Sea-Grass Mattresses.	6 Do. Tidies.
14 Straw Mattresses.	4 Do. Wool Neckribbons.
2 Wool Mattresses.	3 Do. Hoods.
24 Tick Bolsters.	12 Do. Pairs Muffetees.
130 Pairs Sheets made.	6 Do. Pairs Boots.
100 Bolster Cases made.	2 Do. Pairs Shoe Socks.
416 Towels Hemmed.	2 Do. Pairs Shoes.
110 Pairs Sheets Turned.	2 Embroidered Muslin Collars.
62 Bedcovers Hemmed.	
30 Do. Twilted.	2 Embroidered Pairs Cuffs.
36 Sheets Twilted.	2 Do. Chemisettes.
24 Dresses Twilted.	36 Pincussions.
46 Hoods Twilted.	12 Penwipers.
3 Sofa Covers made.	1 Fortune Teller.
8 Carpets made.	

Periodical.

The history of the "New Moon," the Asylum periodical, still abounds in interest. The contributions are distinguished by unabated talent; its publication is expected with impatience; it is read with avidity; and even beyond the Establishment the support of a large body of subscribers, the opinions of literary men, and the countenance of those devoted to the observation of the phenomena of the human mind, have all conferred a position, importance, and perpetuity upon what was commenced as a recreation, which renders it imperative to continue the experiment, which, however, entails some of the care and annoyance which periodical literature is said especially to create. It has suggested similar attempts in other Establishments; has drawn from the inmates of distant Asylums many wonderful exhibitions of genius, which must otherwise have been buried in the ruins of the mind in which they originated, and now regularly furnishes amuse-

ment to other insane communities. It has realised some of the objects originally proposed. The funds accumulated have been such as to furnish aid to several patients who were about to return to active life, and to encounter destitution; large and valuable additions have been, and will continue to be, purchased, for the Library, as a humble testimonial of some of the benefits accruing from the undertaking, and in this way the pleasing spectacle is presented of cultivated minds earning the bread upon which they may, without hyperbole, be said to live. To those accustomed to composition, a stimulus has been applied, an opportunity afforded of resuming pursuits and pleasures long neglected, of exercising powers of which they may be vain, of proving that their intellect has not shared the fate of their hopes and happiness; and in many, who either knew not their powers, or felt no inclination to try them, the force of example, the aspiration after even the mimic celebrity of authorship in a Lunatic Asylum, and, above all, the disposition to engage or appear to engage in rational occupation; tastes and tendencies have been created which have brightened many an hour of confinement, and dispelled habitual gloom and despondency: "To writing for the paper," says a respectable man, now returned to his friends, "I refer my recovery." The last of the series is devoted to Musical compositions; and some of its sanguine supporters project a Dramatic, and even an illustrated number. While these extensions of the plan are curious, as demonstrating the vigour of judgment, the play of fancy, which are compatible with deep-seated and often incurable derangement, and the high degree of healthy action to which imperfect or impaired intellects may be trained by suitable encouragement, by detecting the bias, predilection, and power of such individual, and by supplying an appropriate stimulus and sphere for exercise—they are expected to become still more important as a means of influencing both authors and readers, of promoting occupation of the most exalted, and happiness of the purest, kind. While self-analysis is destructive, while the contemplation of one idea or class of ideas is itself disease, and while the cultivation of the feelings tends to exaltation of sentiment, excitement, and extravagance, the operations of intellect are discursive, and induce the application of the faculties to matters external to the mind, or foreign to its sources of disquietude, and incompatible with perturbation or uneasiness. When these efforts are prompted and fostered by a desire to serve others, or are associated with the gratification of literary habits, or of tendencies to

Mental Exercise.

cheerfulness and humour, a large addition is made to the means of amelioration and happiness. An enthusiast in the fine arts has infected all around him with similar predilections; and while he clothed our walls or filled his portfolios with beautiful drawings and paintings, his pupils and imitators were busied in the rudiments of the art, in copying bridges without an arch, and towers which totter to their fall. These attempts have not been without fruit. One gentleman, distinguished for his beautiful caligraphy, architectural drawing, and the imitation of the characters of Eastern nations, speedily outstripped an instructor provided for him, and has enriched our collection with several landscapes of the places visited in the summer excursions. Another contracted an attachment to the pursuit, feels confident in his own powers, has been provided with a teacher, and has already made progress. A third trusts to his own taste, and is putting it to the test. A fourth, who is a septuaginarian, executes familiar objects with considerable dexterity. Another inmate, inhabiting a different part of the Institution, and who does not owe his talent for design to this imitative epidemic, has prepared plans for the new Asylum, which emulate many of the advantages, while they avoid much of the superfluous outlay and defects of those furnished by professional and eminent architects. Philosophical and ethical discussion, Poetry and the Drama, have all their cultivators. Not less than four plays have been composed during the last six months, replete with humour and satire, and requiring little alteration to fit them for representation. The author has exposed unsparingly the follies, the speculation, the craving for excitement, characteristic of the time: he naturally regards the world, not as a stage, but as a Lunatic Asylum, and attempts to shew that there is a greater amount of insanity, of dangerous and incurable insanity, among the actors in the arena of politics, the marts of commerce, and the golden projects of the present day, than within the precincts of his present home. The variety of intellectual or refined pursuits proceeding at the same time conveys an idea of the activity and industry which prevails, and it is desirable should prevail. Amanuenses are engaged in copying or writing to dictation. Authors bestow their attention upon composition or translation. One gentleman may be seen seated at his easel, while another is engaged in the most elaborate and beautiful illustrations of some of the works of the Persian poets. The sound of the guitar, pianos, the violin, the flute, may be heard in various parts of the building. One person is engaged

in mathematics; another in statistics; and conversations, or portions of conversations, may be heard conducted in French, Italian, and Spanish. A Museum is projected, and may be announced as begun, as another means of multiplying impressions, as exciting curiosity without addressing wonder or credulity, as teaching lessons by the eyes. As we trust entirely to the generosity of donors for contributions, the collection must necessarily be multifarious, and, perhaps, may defy system; yet some sections of natural history may be rendered complete, and in the departments of models and antiquities this is not necessary. The gradual acquisition, and the interest and speculation attached to every addition, will constitute the chief attraction and utility. These exercises are encouraged with a corrective as well a curative object, as calculated not only to direct the mind into healthy channels, and towards natural and suitable objects, but even, where restoration to reason cannot be anticipated, to oppose and counteract that monotony, lethargy, and limitation of thought which isolation and rigid discipline undoubtedly impart. Solitary confinement tends to weaken and blunt the mind, by removing all the ordinary impressions upon the senses, which are to the ignorant the necessary food for reflection, and to the educated the necessary stimulus to activity; and accordingly instances of superinduced imbecility, torpor, and idiocy, have signalised all experiments, punitive and medical, which have included this agent in modern times, in the same way, perhaps by the same causes, that madness was developed among the inhabitants of convents and monasteries, especially those of strict rule. But even where the privations are less, where many sources of information and happiness exist, there is an obvious paucity of ideas, a feebleness of judgment and purpose, and an inaptitude to form new combinations, and to receive additions to knowledge, attributable chiefly to the contracting, exhausting, and destructive effects of long-continued unhealthy action, but likewise engendered by the dull unbending regularity of system, protracted association with the same individuals, by the repetition of the same class of topics and thoughts, and by the acknowledged pernicious influence of weak and diseased minds, and by the tendency of those who are in constant intercourse to imitate and resemble each other. Sympathy and resemblance thus established must be disturbed, and a change of gallery and of companions is often productive of benefit. Many cases of fatuity which formerly occurred were less the result of the progress of the disease than of negligence,

Muscum.

Effects of Isolation.

and of the insidious progress of torpor. If a patient be allowed to remain in one position from day to day, to see nothing but the blank walls of his dull and dreary home, to hear nothing but the vapid mutterings of imbecility or inanity, to feel nothing but his own morbid suggestions; or, as a happier lot, to be without companions, undisturbed by sight or sound; to be commended and rewarded for his own equanimity, and passiveness, and sluggishness, and to mark that silence and composure were regarded as criteria of returning health, he is placed in a situation favourable to the extinction of mental activity, if not of mental soundness. Such cases are less frequent, as all men act upon the principle, whether they understand it, or admit it, or not, that fatuity may be arrested and ameliorated, except where it is met in conjunction with general paralysis, by incessant appeals to the faculties which remain, by mental exercise, and the liveliness and gentle excitement of occupations, recreations, and cheerfulness of society.

Among the minor gratifications which diversify the ordinary tenor of seclusion, are an abundant supply of newspapers from all parts of the world, for which we are indebted to the Editors of the local papers; gifts are interchanged; we celebrate birth-day dinners and fêtes; there is the cultivation of flowers, although this is not a favourite recreation; the observance of festivals and anniversaries; and walks to spots of historical, local, or scenic interest. Promenades were taken by many of the patients, in company with the officers, in the summer evenings, to see Lincluden, the river, a sunset, or with no other object than to postpone the hour appointed for seclusion. Visits have been made to Photographic artists; and, while a new and interesting process was witnessed by the patient, memorials were obtained, in the exercise of kind and healthy feelings, to be transmitted as gifts to distant friends. The apprehensions and prejudices of the world must long assign limits to the liberty and latitude of indulgence allowed to the insane. But where due discrimination is exercised, where confidence is extended to the trustworthy and honourable only, and where vigilance and superintendence are confined to the fickle and excitable, it would be rash, during the progressive development of the principle, to affirm to what extent privileges may be extended, even in intractable cases. It is now trite to state, in illustration, that large parties of patients from the Institution form a portion of all public meetings; that they pursue their walks and pleasures in the vicinity unmolested and unknown;

Amusements.

Paroles.

that they are permitted to join the family circle of benevolent individuals; that a few, alone and unwatched, have been allowed to visit former friends and acquaintances. These paroles and temporary absences from the Asylum afford great satisfaction to both parties, who cannot otherwise be brought into contact. They may be used as a test of trustworthiness; they suggest responsibility, and serve as a mode of gradually preparing the convalescent for that world of which he may, from long disease and confinement, be profoundly ignorant.

Rustication of Patients.

But, during the past year, a bolder step has been taken, and a lady sent to a cottage at the sea-side, where she was visited by the physician, her friends, and fellow patients. This arrangement was embraced to ascertain the capability of the individual to live independently of authority, to enjoy for particular periods the society of her own relatives, to break in upon the monotony of seclusion, and to add to her means of enjoyment. In the latter respect, the benefits of country air, occupations, and sports, were so decided, and the connexion of all parties concerned so amicable and agreeable, that it is to be regretted means must ever be wanting to carry the experiment beyond patients of the higher ranks, and that numbers of the inmates of Asylums might not annually obtain a vacation and change of scene. An impromptu dance upon the green, while a party visited this lady, suggested a rustic fête, to which the climate of this country is certainly not congenial. But our essays were made while a glimpse of an Italian sun was obtained, and while fruits and flowers were in abundance. Tables were placed upon the sward in the Rose Garden; the successful labours of the gardeners surrounded the party with gorgeous living garlands; music was provided by inmates; and the scene was gay and glad as if the participators had forgotten, and the charm of the assemblage was that they actually did forget, who they were, where they were, that the gaiety was exhibited as a medicine, and that the gladness was a brief intoxication.

Fete Champetre.

General Tom Thumb.

Among the amusements to which the whole of the patients were admitted, perhaps none created a more lively sensation than the visit of Tom Thumb. His miniature carriage and coachmen excited the wonder of one class; the pigmy himself secured universal admiration and sympathy, and all those endearments to which he was accustomed. But very generally there was a sound tone of criticism and inquiry as to the nature and tendency of the exhibition. Some philosophical minds were desirous to determine what his capacities

were, and whether, notwithstanding his histrionic or imitative powers, they were still infantile and undeveloped, corresponding to his size rather than his age; while others speculated on his great strength and agility displayed by so embryo a muscular system in his gymnastic feats, and especially in raising himself by his hands when suspended from a rod; and to all a new, anomalous, and suggestive impression was conveyed.

Amateur Concerts.

It will be observed, in the following Table of Amusements, that a concert of vocal and instrumental music was performed by amateurs, chiefly patients, for the amusement of their companions. We are not prepared to assert, for we do not know, that this was the first time the insane had played and sung in company, but it certainly was the only occasion, in the history of this Institution, when these accomplishments were in this manner exerted by patients in the cause of benevolence, and displayed before an audience labouring under the same malady:—

Date.	Nature of Amusement.	Number present.		
		Males.	Females.	Total.
1845.				
Nov. 20	Theatre in Asylum, - -	48	22	70
25	Soirée in Drawing-Room, - -	7	9	16
Dec. 8	Concert in Asylum, - -	53	29	82
11	Theatre in Asylum, - -	45	25	70
16	Exhibition of Deaf and Dumb, -	39	17	56
19	Concert in Dumfries, - -	5	4	9
24	Christmas Eve Ball, &c., - -	38	22	60
1846.				
Jan. 21	Concert in Asylum, - -	40	15	55
27	Soirée in Asylum, - - -	6	9	15
Feb. 6	Ball, - - - -	30	18	48
12	Soirée in Asylum, - - -	7	9	16
20	Exhibition of Magic Lantern, -	45	28	73
23	Visit of General Tom Thumb, -	57	32	89
March 4	Exhibition of Ventriloquism, -	50	31	81
10	Soirée in Asylum, - - -	6	8	14
12	Ball, - - - -	44	19	63
17	Soirée in Asylum, - - -	9	7	16
26	Concert in Asylum, - -	46	29	75
April 1	Theatre in Asylum, - -	53	29	82
2	Theatre in Dumfries, - -	5	6	11
7	Soirée in Asylum, - - -	6	9	15
15	Theatre in Dumfries, - -	6	5	11
16	Ball, - - - -	34	21	55
21	Soirée in Asylum, - - -	7	9	16
23	Theatre in Dumfries, - -	5	5	10
28	Ball, - - - -	33	25	58
May 5	Soirée in Asylum, - - -	8	7	15
6	Theatre in Dumfries, - -	10	6	16
7	Concert of Amateurs in Asylum, -	38	24	62
12	Excursion to Terregles House, -	2	4	6
14	Soirée in Asylum, - - -	9	5	14
16	Do. do. - - -	9	6	15
25	Visit to Launch at Glencaple, -	4	8	12
June 2	Theatre in Asylum, - -	35	21	56
8	Theatre in Dumfries, - -	6		6

Date.	Nature of Amusement.	Number present.		
		Males.	Females.	Total.
June 10	Excursion to Carlaverock, -	10		10
13	Do. do. - -	10		10
20	Evening Promenades, - -	5	2	7
25	Féte Champêtre, - - -	12	10	22
27	Evening Promenades, - -	7	5	12
July 1	Soirée in Asylum, - - -	9	7	16
7	Cooke's Circus, - - -	9	7	16
10	Excursion to Carlaverock, -	10		10
14	Hughes' Equestrian Procession, &c.,	19	10	29
15	Excursion to Carlaverock, -		11	11
17	Do. Newabbey, - -	10		10
...	Evening Promenades, - -	6	7	13
21	Excursion to Carlaverock, -		11	11
25	Do. Newabbey, - -	9		9
28	Do. Drumclyer, - -	2	5	7
31	Do. Newabbey, - -	10		10
Aug. 4	Do. do., to gather wild fruit,	10		10
6	Féte Champêtre, - - -	11	12	23
8	Flower Show, - , -	5	3	8
...	Evening Promenades, - -	6	4	10
19	Excursion to Newabbey, - -		11	11
22	Do. do. - -		12	12
27	Do. Lochmaben, -	10		10
29	Do. do. - -		12	12
...	Evening Promenades, - -	5	5	10
Sept. 5	Excursion to Lochmaben, -		12	12
7	Do. Carlaverock, -	5	7	12
10	Do. Lochmaben, -	9		9
...	Flower Show at Castledykes, -	8	5	13
12	Excursion to Friars' Carse, -	6	6	12
14	Do. Newabbey, - -	14		14
15	Theatre in Asylum, - -	37	27	64
16	Party visiting—at Seaside, -	5	8	13
23	Theatre in Dumfries, - -	5		5
26	Excursion to Lochmaben, -	12		12
29	Theatre in Dumfries, - -	5	5	10
Oct. 2	Excursion to Lochmaben, -		9	9
7	Ball, - - - -	37	28	65
8	Theatre in Dumfries, - -	5	5	10
12	Do. do. - -	4		4
13	Excursion to Amisfield, - -	7		7
15	Races, - - - -		11	11
16	Do. - - - -	15		15
21	Soirée, - - - -	11	13	24
26	Theatre in Asylum, - -	36	24	60
31	Halloween Ball, - - -	34	28	62
Nov. 3	Supper in Drawing-Room, -	4	5	9
5	Theatre in Dumfries, - -	7	7	14
9	Do. do. - -	5	5	10
10	Concert in Dumfries—Wilson's, -	9	6	15
11	Theatre in Asylum, - -	39	25	64

It may still be expedient to vary the nature of these amusements as means occur; but it would be scarcely prudent or possible to increase their number. The importance attached to this novel feature in moral treatment, may be learned from the prominent place which it holds in these pages: but the solace which is afforded can only be ascertained by personal observation, by collecting the tributes of gratitude paid by inmates, yielded both by judg-

ment and feeling, and by perusal of the letters of individuals, who, after sharing in these enjoyments, have returned to the world with a full consciousness of the process by which their mind received serenity. Our religious observances are still largely attended, conducted with great decorum and respect, and, it is believed, fully appreciated; but in a community collected from various countries, bringing with them the partialities, preferences, and, it may be, the prejudices of their early life or mature judgment, retaining an attachment to form and ritual where the principles which these embody are forgotten or forsaken, it is natural that many individuals should absent themselves from a service which has not been endeared by long use, or adopted for its simplicity or intrinsic merits, and that ardent desires should be expressed for the privilege of joining in another. For a long period the prayers of the Church of England were read by the Superintendent, and latterly by a clergyman who was a patient; but the professional duties of the one, and the removal of the other, compelled an abandonment of this practice. An attempt was subsequently contemplated to resume these services, but not until now has there been a near prospect of the accomplishment of these plans, the gratification of these laudable wishes. The present incumbent of St. Mary's, with that piety and vigour which characterise his ministrations, has offered to perform the service weekly; and it is hoped that, on Christmas Eve, those who have been voluntarily deprived of all religious communion—those who have attended the established meetings as the only opportunities of public devotion accessible—and others who, with a blinded intellect, retain clear and fervent feelings of veneration and hope—who have lost all tie and sympathy with the present, but live in the associations and impressions of the past—who are roused by the sound of long familiar words, rather than by their import, may be called together to worship as they and their fathers did, to join in the same prayers, and perhaps to recal the same feelings to which they were long accustomed, and to be placed in that way which leads alike to health and heaven. But attempts to cultivate the sentiment of devotion, and to inspire hope for remedial purposes, are not confined to those stated meetings for worship; the communion, according to the Church of England, has been administered to patients, and their relatives, re-uniting, in a high and holy bond, individuals who had been dissevered by total incompatibility of condition. A Roman Catholic gentleman who, with great incoherence and violence, retains a strong at-

Religious Services.

Introduction of English Service.

tachment to his faith and its ceremonial, now regularly attends chapel, understands and follows the service, and seems to yield up his passions and intractability to the solemnity of the scene. The Superintendent, Matron, and Assistant Medical Officer, have generally patients as their companions to their own churches—a practice which is limited only by the rarity of such visits, and respect to the sensitiveness of the public. Where disease seems to depend upon, or to be exasperated by, false religious views—where the previous course of the patient, and perhaps the cause of the malady, has been crime—where it seems expedient that religious instruction should consolidate moral training, the assistance of the chaplain is obtained, and at all times the visits of clergymen are encouraged, when under medical sanction, they may uproot an error or inspire a hope.

Effects of Personal Intercourse.

But, while these means are of incalculable value in restoring, re-animating, and re-arranging the elements of the diseased mind, it should be confessed that the most powerful agent in effecting these objects, in diffusing regularity and peace and confidence among the insane, is personal intercourse. The custodiers should live with their charges. A brief circuit through crowded wards, an examination of the sick or of recent cases, will not suffice where all are diseased, and all dependent for hope and protection upon the opinion, and temper, and time, of a few officers. The mission of persons so placed is a glorious one. The highest interests, the mental fate of hundreds is confided to their keeping. By their will and purpose are the thoughts and passions of the whole community moved and moulded. The histories, secrets, infirmities of every bosom are involuntarily laid bare before them; and they are trusted, loved, feared, with a fervour not met with elsewhere; and proportioned not to the qualities which they may possess, but those which they display. To prescribe a drug, to feel a pulse, is a small matter where the moral pulse of a mass of impassioned and erratic beings should beat in unison with that of the administrator. It is, accordingly, a rule in this Institution, that there is constantly an educated officer in contact with the minds, or accessible to the wishes, of the patients; who is with them in joy and sorrow, in friendship and enmity, in the worship of God and in innocent revelry; who listens to confessions, joins in discussions, stands between them and their fears, enters into their hearts, commends, condemns, encourages, or represses, passes before them as a member of their own circle, and is so familiar, so useful, and yet so

powerful, as to become necessary to their happiness. Immediately after breakfast the Assistant Medical Officer visits all those who desire to communicate with him, or to whose situation he may be directed by the report of the Night Watch. The medical visit takes place from 10 to 1 o'clock. During an hour at dinner the officers are in the society of a small group of patients. Subsequently the Matron examines all parts of the House; then another visit is paid by the Physician; his Assistant generally follows in a short time; and when there are no balls, concerts, theatricals, nor private parties to interrupt the routine, a final tour of the House is made, and a report issued at 10 o'clock; so that the impress of authority is never withdrawn, but is stamped upon every transaction. Healthy relations are constantly maintained with every inmate, every want and wish are known and attended to, every new phase of the disease observed, new and agreeable trains of association suggested, and the most minute working of the great moral machine witnessed and regulated. It is said that the Matron of the Asylum at Frankfort did not cross the threshold for thirty years, and although this seclusion may have been the act of a domestic drudge, as well as of a ministrant to the moral interests of her associates, the martyr deserves a niche in the temple of humanity, is worthy of imitation, and indicates the entire sacrifice of selfish and personal objects which such a trust demands.

Officers and Staff.

Great and efficient aid in carrying out these benevolent purposes has been afforded by the Officers and Staff. Some members of the latter body have been so employed for four, seven, and fourteen years, and have not failed—and, perhaps, from the nature of their dispositions, and the qualificatons for such duties, could not fail—to contract a partiality for the mode of life which they have embraced, an affection for the objects of their care, and an identification of their interests with the prosperity and reputation of the Institution to which they are attached. To servants so impressed, and so actuated, an advance of wages, such as has been at the present crisis, is but a just and kind acknowledgment of rectitude and usefulness, but is an inadequate compensation, although the only one that can be given, for the personal risk, the drudgery, the contumely to which they are exposed, the difficulty of combining the offices of servant, companion, and superintendent, and of preserving order and tranquillity, as they must do, without severity, and of enforcing attention to discipline without

the influence of fear, which their position entails. Of my fellow Officers I cannot speak too highly, and yet delicacy and my position prevents me from speaking at all, for our duties, and labours, and success, are so united and interwoven that to enter upon their merits would be to pronounce an eulogium upon the state of the Institution. At present this body presents the unusual but invaluable feature of acting together with perfect unanimity and harmony, of merging all personal peculiarities and opinions in the common good, of understanding thoroughly the high responsibility with which they are intrusted, and of uniting cordially in the discharge of their several parts of the common trust. The effects of this have been most satisfactory; and as this Institution, the views of its Superintendent, and the generous objects of its Foundress may still be said to be in their infancy, although about to expand into a more suitable monument to the source from whence they sprung, there is every reason to believe that with such an organization, whatever additional duties may arise, whatever amplification of the Establishment or of the system may ensue, ample means will exist to develope and mature the great scheme of Christian charity and benevolence, that "our firm purpose is equal to the deed."

W. A. F. BROWNE.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20,		1	1
... 20 and 30,	3	5	8
... 30 and 40,	7	10	17
... 40 and 50,	4	6	10
... 50 and 60,	6	10	16
... 60 and 70,	2	1	3

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, .	22	18	4	4
Females,	33	7	2	7

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, . .	7	12	19
Unmarried, . .	13	19	32
Widowed, . .	2	2	4

IV.—TABLE OF PROFESSION OF PATIENTS.

Professions.	Males.	Females.	Total.
Accountant, . .	1		1
Architect, wife of, .		1	1
Cabinetmaker, .	1		1
Captain, Merchant Service, wife of, .		1	1
Clergyman, wife of, .		1	1
Farmers, . .	5		5
... wives of, .		3	3
... widows of,		2	2
Gentlewomen, .		7	7
Governess, . .		1	1
Hotel-keeper, .	1		1
Labourers, Railway,	2		2
Labourer, wife of, .		1	1
Lawyers, . .	3		3
Merchant, . .	1		1
... wife of, .		1	1
Milliners, . .		5	5
Officer in Army, .	1		1
Physician, . .	1		1
Servants, Domestic, .		6	6
Shepherd, wife of, .		1	1
Shoemaker, wife of,		1	1
Soldier, . .	1		1
Tea Merchant, .	1		1
Teacher of Dancing,	1		1
Weaver, . .	1		1
No Profession, .	1	1	2
	21	32	53

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy,		2	2
Imbecility,	2	4	6
Fatuity,		1	1
Mania, with Delusion,	3	1	4
Mania, General,	3	7	10
Affections of Sentiments.			
Melancholia,	4	5	9
Monomania of Fear,		1	1
... Pride,	4	1	5
... Vanity,	1	1	2
... Superstition,	1	3	4
... Suspicion,	1	2	3
Affections of the Propensities.			
Dipsomania,	1		1
Monomania, Furious,	3	1	4
... Destructive,	2	3	5

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Affliction, Domestic,		2	2
Amennorrhœa,		2	2
Anxiety,	1	1	2
Catamœnia, cessation of,		2	2
Confinement, protracted,	1		1
Disappointment,	1	2	3
Excess of Study,	2		2
Excitement, Political,	1		1
Exposure to Heat,	1		1
... Cold,		1	1
Fever, Typhus,	1	1	2
Gastro-Enteritis,		1	1
Grief,	1	2	3
Hæmorrhage,		1	1
Heart, Disease of,		1	1
Idiocy, Congenital,		2	2
Intemperance,	4		4
Paralysis,		1	1
Passion, violent,	1		1
Phthisis,	1	1	2
Privation,	1		1
Puerperal condition,		2	2
Retirement from Business,	1		1
Scrofula,		1	1
Unknown,	5	10	15

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	6	11	17
Hereditary tendency to Nervous Disease traced in	3	6	9
No hereditary tendency traced in	13	16	29

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, .	11	18	29
More than 1	4	1	5
... 2		2	2
... 3	2	1	3
... 4	4	7	11
... 10		2	2
... 20	1	1	2
... 30		1	1

IX.—NUMBER OF ATTACKS OF DISEASE.

	I.	II.	III.	IV. or more.
Males, . .	17	2	1	2
Females, .	20	8	1	4

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	2	3	5
Have meditated do.,	4	6	10
Intentions not manifested, or unknown, .	16	24	40

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, .	3	7	10
Well educated, .	8	6	14
Can read and write, .	10	10	20
Cannot read nor write,		2	2
Unknown, . .	1	8	9

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Disease of Kidneys, .	1	1	2
General Paralysis, .	1	1	2
Paralysis, . .		1	1
Phthisis, . .	2	2	4
Scorbutus, . .		1	1
Ulceration of Bowels,		1	1

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

EIGHTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1847.

EIGHTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES.

31st NOVEMBER, 1867.

TRUSTEES.

Mrs CRICHTON, Friars' Carse.
Lt.-Col. GRIERSON, Dumfries.
Admiral JOHNSTON, Cowhill.

EXTRAORDINARY DIRECTORS.

His Grace the Duke of Buccleuch.
The Right Hon. the Earl of Galloway.
The Right Hon. the Earl of Selkirk.
The Lord-Lieutenant for the Shire of Dumfries.
The Member for the County of Dumfries.
The Sheriff of the Shire of Dumfries.
The Minister of St. Michael's Church, Dumfries.

ORDINARY DIRECTORS.

for 1847-8. CEC

David Jackson, Esq. of Newton.
James Connell, Esq. of Conheath.
John Staig, Esq., Dumfries.
J. Macalpine Leny, Esq. of Dalswinton.
F. Maxwell, Esq. of Gribton.

OFFICERS.

J. Grieve, M.D., Consulting Physician.
W. A. F. Browne, M.D., Resident Physician.
Miss Sandeman, Matron.
W. B. Wingett, Medical Assistant.
R. Henry, House Steward.
Miss Armstrong, Superintendent.
J. Rae, Night Attendant.

R. Adamson, Esq. Treasurer. Rev. Geo. Cowans, Chaplain.

Patients remaining in the Institution, 11th November, 1846, - -	146	
Do. admitted from 11th November, 1846, to 11th November, 1847,	61	
		207
Dismissed recovered, - - - - - -	30	
Removed or Improved, - - - - - -	9	
Dead, - - - - - - - -	14	
	—	53
		154

EIGHT years have now elapsed since the Institution was opened for the reception of patients; and although its history presents a mixture of success and disappointment, the general results have satisfied every reasonable expectation, vindicated the liberal and humane system pursued, and encouraged a great and important extension of the original plan. The events of the year which has closed present no exception to this estimate. They indicate strong and abiding confidence of the public in the system adopted and the benefits afforded; they show various modifications and novel applications of the means of amelioration resorted to; and prove that this confidence has not been misplaced, nor these exertions altogether unfruitful. Of 132 applications, of which the greater number proceeded from the affluent classes, 61 patients have been admitted, of whom 35 were males, and 26 females. There have taken place 39 discharges, of which 30 were as convalescent. A total of 202 patients have been under treatment, of whom 4 males and 10 females died. Our mortality has been unusually great, although, compared with that which obtained in the general population of the country, and with the cases of severe disease which occurred in the House, it is much less than could have been anticipated. Of 14 deaths, 4 were occasioned by acute dysentery, and 2 by the disease in a chronic form, or rather by those effects which it entailed upon the constitution. About 25 cases of the same nature were treated during the months of December and January, when the disease was epidemic, and the season particularly unhealthy. All the patients affected resided in the West Wing, which is the healthiest section of the House. The appearance of such a malady in a community where the members cannot be separated nor isolated, where they must continue exposed to the very influence which may have led to their illness, and where they cannot be induced to take the ordinary precautions or remedies, is most appalling. The invasion dissipated the pleasing illusion that the insane resist the influence of contagion and of the less known atmospheric conditions, and proved, if proof had been wanting, how difficult it is to manage disease when complicated with insanity, and

General Results.

how effete all remedies become under such circumstances. The comfort and consolation afforded to the sufferers, and the assiduity and kindness of their attendants, may be legitimately contrasted with the privations and neglect which must have ensued had they been attacked in their own homes. In three of the fatal cases there was observed that return to intelligence in the last hours of life which was formerly supposed to be invariable in insanity, and which is so ardently desired by friends and relatives.* Either from the altered state of the circulation, the effect of suffering, the incompatibility of two morbid actions, or the counter-irritation produced by distant disease, the brain sometimes, as in these examples, partially recovers its normal functions, and the incoherent speak rationally and collectedly, the violent become calm, and the clouds are dispelled which have previously darkened the memory. In one of these patients, resignation and recollection replaced irritability and imbecility; in two others, the dispositions were softened and elevated, although the characteristic delusions remained. In two were observed that resistance to the influence of mental disease, and insensibility to pain, which have most erroneously been asserted to constitute diagnostic symptoms of insanity; but which prevail to as great an extent in phrenitis, fever, and intoxication. A lady seemed to be altogether unconscious of suffering, and continued to smile and sing while external circumstances indicated the pressure of excruciating agony; and a man walked about labouring under severe broncho-pneumonia until within two days of his death, and until the disease was detected, not by his statements, for he conceived that he possessed the most robust health, but by the stethoscope.

Addition to Crichton Institution.

Since the last Annual Meeting, plans have been obtained from Mr M'Gowan, architect, for a separate building, capable of containing 400 patients, and founded upon views which combine the most rigid economy that is compatible with the application of every means calculated to ameliorate suffering, or restore reason, with the development of the principles and discoveries of modern science. These plans, after having undergone revision by various distinguished individuals familiar with the interior arrangements of the best asylums, were submitted to Mr Cousins, architect, Edinburgh, in order to secure greater accuracy in details, and to engraft every recent improvement upon the original design. A Report has been submitted which embraces these topics, and the commencement of the under-

* Sir Thomas Browne, Religio Medici, p. 178.

taking now only awaits the return of a suitable season, and favourable circumstances. The chief cause of delay has been the uncertainty which prevailed as to the scope and precise operation of a Bill introduced into Parliament during last Session, by the Lord-Advocate, for the purpose of authorising the erection of six district asylums, one of which, there was reason to believe, might be placed in this or in a County immediately adjoining. This measure was not submitted to the public in any tangible form, so that criticism as to its merits or effects would be superfluous. The announcement was in itself a boon, an advance in the right direction, a recognition of a great and clamant want, and an attempt to fill up one of the remaining gaps and deficiencies in our social system. It is certain that his Lordship, while legislating for the homeless lunatic, for the large and increasing population of insane poor which is still commingled with the mass of the community, is fully informed that there is already a vast machinery in operation, and which has hitherto fulfilled the demands and expectations of the public authorities; and, although the result of private or public beneficence, that a large capital is already invested in the noble effort to erect and maintain comfortable homes for thousands of that class for whose relief he was about to call in the assistance of the law. And it cannot be doubted that his Lordship will ascertain and estimate the character and claims of each separate asylum, and of each district, and so frame any future measure that it may be accommodated to existing provisions; and that, for example, the purpose of the Trustees and Directors of this Institution to anticipate such a law by an endowment, by erecting a pauper lunatic asylum in order to meet the present and prospective necessities of Dumfries and Galloway, will obtain due consideration in the arrangement of any general enactment.

Officers.

With one exception, no change has taken place in the Staff of Officers and Attendants; a result which sufficiently demonstrates that the confidence reposed has been merited, and that a most praiseworthy amount of judgment, and humanity, and forbearance, have been systematically exercised in the most trying, and difficult, and dangerous circumstances in which the government, and guidance, and happiness of one class of men is intrusted to the care of another. But besides the faithful discharge of their imperative and arduous duties, many of this body, as well as of the domestic servants, have contributed to the general happiness and hilarity of the inmates, and to the accom-

presented as hebetude and calousness to every social and domestic affection. Among our former inmates, a patient, in addition to his other infirmities, had lost one word, "snuff," that word which he most frequently used, and which his desires constantly demanded as a sign; but the most limited aspect observed among the cases under consideration is in the impoverishment of the vocabulary, where an individual is reduced to the use of a few phrases to communicate the still complex wants and wishes of a feeble, but not fatuous, mind. The most extensive form of the affection has been where insanity, complicated with convulsions, and ultimately merging in complete fatuity, was superadded to deafness and dumbness. What added to the interest of the case was, that the predominating delusion of the patient was that he could speak, that the listener was deaf, and not he dumb. In proof of this conviction, which he conveyed in writing, he emitted sounds from the lips, evidently intended as articulate words. He was an educated deaf mute, had formerly acted as a clerk, and was conceived to be intelligent and trustworthy. At first he wrote a few sentences, conversed by manual signs, and evinced joy, and sorrow, and anger. Admitted to one of the exhibitions of the Deaf and Dumb School, which take place for the gratification of the inmates, he manifested great delight in the scene, approached the teacher, gazed steadily at him, and rushed into his arms. They had been fellow-students twenty years before. This meeting led to intercourse, which was productive of much benefit and enjoyment. These proofs of intelligence gradually disappeared; an attack of cerebral congestion obliterated every trace of reason, and, at the same moment, every connexion, and every means of communion, with the external world. He could no longer write, the knowledge of signs was annihilated, and a cry of suffering alone indicated that his life was not purely vegetative: his mind was closed up, concealed, buried, in its own infirmities. Three very remarkable psychological phenomena were observed in this person. 1. That he wrote his delusion as to his capability of speaking in the same imperfect and incomplete manner that paralytics do. 2. That he spoke incoherently on his fingers. And 3. That he lost the knowledge of the digital alphabet gradually, recollecting a few of the signs, such as S and H, much longer than others, and repeating them incessantly in his vain endeavours to render himself understood.

Insanity in a Deaf Mute.

In two instances there exists, with partial weakness of other facul-

ties, a marked lack of that independence, that self-reliance, and consciousness of innate strength which adds to the power of genius, and gives even to contracted minds eminence and usefulness. These persons are facile, irresolute, incapable of a continued pursuit; they require to be protected from their own vacillation, to be moved by the will of others; they are comparatively sane under the shelter of an asylum; but lapse into puerility and pusillanimity when called upon for exertion or cast upon their own resources. Their condition is the fruit of an education which, while it imparted the refinement of accomplishments, withheld that training which is the basis of all moral and mental health and stability. In four cases, there is presented that impairment of personal courage, and of the power of analysing or excluding our own sensations, and of recognising our true position, which enter so largely into hypochondriasis. One of these involuntary cowards was convinced that he could neither sleep, walk, nor think: another that he was ignorant of the principles of his trade, and unable to conduct business: and a third that he is about to die—that his heart has ceased to beat. In one lady there appears to be a total incompetency to conduct the ordinary affairs of life—to regulate a household, educate her children, or act in accordance with the plausible doctrines which she delights to inculcate: in another there is a signal absence of truthfulness—a pretension to sentiments of piety and purity, which she does not feel—a tendency to act a lie: in a third, with general feebleness and frivolity of character, there are very obscure notions of the rights of property, and a tendency to appropriate, and hoard, and conceal articles to which she has no claim, of which she can make no use, and which tend rather to incommode her personal comfort. A scholar, who can still exercise the power to acquire, has been deprived of the power to combine, and arrange, and employ his acquisitions; and he is engrossed, from day to day, in the study of architecture, Hebrew, drawing, history, algebra, and music, and in amassing innumerable isolated ideas, or scraps and shreds of knowledge, which, in his mind, obey rather the laws of the kaleidoscope than those of simple association and sound judgment. He has been shorn of habits as well as of mental capacity and coherence; and the expert rower, pugilist, and four-in-hand driver, has degenerated into the gentle visionary and recluse. Two of these cases are instances of general fatuity, associated with special delusions, or with the destruction or partial disease of particular powers. One exhibits weakness, and way-

wardness, and pride, and conceives himself the proprietor of a wide extent of country: another is equally weak and wayward, but covetous, and desires, and sometimes demands, the riches which he supposes are deposited in the public banks: a third so misconceives his position, that for a long time he declared that he was at the bottom of the ocean: and a fourth so miscalculates time, as to believe that he has lived many thousand years.

Temporary Fatuity.

In one patient a temporary state of impairment has been noticed. A man of active temperament suddenly becomes irritable, then lethargic, and ultimately stupid and imbecile; seems lost to all external impressions, and unconscious of internal motive or impulse, utters a monosyllable, or ceases to speak, and is deaf and dead to all appeals, whether made to his sense of fear, or shame, or vanity, or honour. The restoration of his former powers is generally rapid and complete. But, for a season, this individual is as essentially isolated and as incapable of removing the barrier which separates him from his fellowmen as when the disease is permanent. This description of insanity can generally be traced to structural disease of the brain; and it has accordingly been found that of the 24 cases, two have followed delirium tremens, six are the consequence of cerebral congestion, and five of epilepsy.

Derangement of Exaltation.

It is not a paradox to define a species of derangement as exaltation or development of the faculties. Men become more eloquent, more speculative, more poetic, even more acute and discriminating under the excitement of this disease. It is true that it is the imaginative and emotive qualities of the mind which are thus stimulated; but Robert Hall has published his conviction that, while the fire of his fancy was quenched, his powers of ratiocination and analysis were stimulated and strengthened by insanity; and it is certain that the stupendous instance of industry in reference to collation and compilation—the Concordance of the Bible—was composed by a reputed maniac. The disease consists in the excessive, the disproportioned activity of a certain power or powers, in the disturbed equilibrium of the intellect and passion, and not in the mere prodigality of wit, or wisdom, or affection. This want of harmony or unequal action of the mental powers may be seen under different modifications. The influence of the sentiments may be suspended or extinguished, while the reasoning and inventive powers are in full and fervid activity. Of this category the admissions afford four very interesting examples. A modest, affectionate, and

retiring man, of moderate talents, indolent habits, and whose mental combinations are of sluggish growth, loses every characteristic of his natural disposition during an accession of fury; and while he repudiates his friends, his modesty, and courtesy, he exhibits the most extraordinary powers of memory and association, repeating events which constitute the history of years, portions of books, transactions in business, and conversations of a most complex and protracted nature, with a rapidity and fidelity which are rarely attained under more favourable circumstances. An uneducated boy, of affectionate disposition, excited by the ambition or triumphs of a village debating society, speaks contemptuously of his origin and lowly sphere, denounces vengeance against those who interfered with his vagaries, and pours forth uncouth rhymes and rhapsodies, which, however inharmonious, could not be produced by him while tranquil and sane. An old man, of humble pretensions and domestic habits, spoke for two weeks continuously, and in a strain of wild incoherent declamation, which, in a riot or a revolution, might have constituted him an orator or a demagogue. A gentleman, of correct unassuming demeanour, and strong affections, apparently forgets his family and friends, becomes impetuous, vain-glorious, vehement, and manifests scientific acquirements, and an intimacy with the structure and capabilities of the English language, which must have either lain dormant and unknown to the possessor during health, or are now created, and called forth, by excitement. He constructs barns on the plan of an exhausted receiver, which are hermetically closed, and capable of preserving grain for ages, and adduces historical evidence as to the practicability of the plan; he discovers a method of reforming the orthography and pronunciation of his native tongue; he devises a new system of numerals, and demonstrates and defends his projects with a dexterity which, although it may make the worse appear the better reason, evinces great mental power, and grasp of comprehension. A person who has been educated amongst princes, and who cherishes a delusion which exalts him above all principalities and powers, appears to be utterly alien to the finer, and higher, and holier sympathies of human nature. He loathes his friends; he stands apart from his fellow-men; but his intellect rises untouched and untainted amid this coldness and solitude of heart, and enables him to deal with the philosophies, and history, and languages of past ages, and with the arts and elegant literature of the present, as if they

were the great objects of his life, in place of being the solace of his confinement. Of the other illustrations of mania by exaltation, two depend upon elevation of the feeling of pride, where a hauteur of tone and bearing, and a loftiness of pretensions, are assumed, a circle of acquaintances claimed, and projects and intentions announced, utterly inconsistent with the humble position, and healthy manifestations, of the aspirants. Six are the sport of excited animal propensities, which impel them to eat voraciously, howl hideously, destroy recklessly, and disturb the peace and happiness of all who approach them. One of these possesses all the qualities of the mania furibunda, as it has been sculptured at the entrance of Bethlem. A calm, cautious, discreet, and virtuous man undergoes a total change of nature, and is transformed into a frantic, ferocious savage, vociferating imprecations and defiance, regardless of decency, and of every tie and restraint which he formerly acknowledged, courting strife and struggle, and thirsting for blood. He continues under the dominion of his passions for weeks or months, exhibiting, amid the general confusion, a clear perception of all that occurs, much shrewdness of observation, and coarse humour. His recovery is signalised by oblivion of the events, and a diminution and disappearance of the powers which characterised the paroxysm. It may be here remarked that in the insane consciousness may be clear and exact; the patient may be perfectly cognisant of all that is said or done by himself, and of the tendencies and effects of what is said or done; and this knowledge may not only exist at the moment, but be retained by memory, and serve to regulate subsequent conduct, but fail altogether to influence the morbid manifestations; or, secondly, consciousness may be natural during a paroxysm or period of excitement, become obscured, imperfect, or obliterated on the subsidence of the agitation, but return when a relapse takes place, preserving the same vividness and exactitude which it originally possessed, reproducing, after a long interval passed in total ignorance or forgetfulness of these ideas, the most minute events which took place during the previous attack, the same modes of expression, and the same state of emotion, phenomena which have been supposed to countenance the theory of a duality of being; or, thirdly, consciousness may be at all times impaired; the patient does not observe, does not feel, attend to, obey, or retain the impressions conveyed to him, nor the processes of his own mind. He acts blindly, irrespective of objects, consequences, the present and fu-

Furious Mania.

Consciousness of Insane.

ture, his own interests or responsibility. The instance of furious mania may be classed under the first of these distinctions. The intervals which formerly separated the attacks of violence were long and well marked; they are now imperfect, and may not continue for days, or even hours. From this uncertainty, and from the necessity for protracted bodily restraint to secure the safety of others, confinement became necessary. But the arrangement was voluntarily entered into at a time when it was difficult to trace unhealthy mental action, and with the deliberate view to escape bonds. It may be an empty boast that as yet, and the experiment has continued for some months, the dreaded restraint has been dispensed with, for it must be confessed that if such cases establish the possibility, they likewise demonstrate the dangers of the system of non-restraint.

Another instance of this affection is afforded in the pangs of an intense sentiment of conscientiousness, which misinterprets the nature of every act, magnifies the most trivial incident into a crime, and suggests incessant misery and contrition. In one case, there appears to be exaltation of all the faculties. The affections are transcendental; his friendship is passion; his regret is anguish; his imagination, which forms no part of his normal character, leads him to composition, and dwells upon passages from the poets and dramatists; his memory is of great range, and so microscopic as to embrace the most insignificant transactions of his past life. When sane, he stutters to such an extent as to become unintelligible, and as to induce him to remain silent rather than to risk the exposure inevitably encountered in conversation; when insane, the impediment disappears, the organs of articulation obey the exalted will—he speaks with ease and fluency, and presents no trace of his defect. Hesitation is a prognostic of amelioration. The present is the second attack, and the patient is one of many instances where a distinct recollection is retained of the benefits of early treatment, where precautions are taken under the dread of a return of the disease, and where the seclusion is voluntary.

Derangement by Perversion.

As Reason has been called "the upright stature of the soul," insanity by perversion may be described as distorted, irregular, erratic activity of mind. It is monomania, with delusion. There may be no exaltation or depression of the faculties, or of any of them; but they cease to act according to the ordinary laws by which they are regulated during health; they do not act consentaneously; they recognise internal

suggestions as external impressions; they misinterpret real sensations, and induce conduct founded upon principles or convictions, which result from data not known to be true, but believed because they are desired to be true. In five of the 17 cases thus affected, the affections are so warped and withered as to amount to misanthropy. Two of these persons direct their unmitigated hatred against friends and protectors; the third nourishes his antipathy, and raises his arm against all mankind. The reasons assigned for these mortal feuds are severally the unkindness and estrangement of the offenders, of being delivered up, without access to efficient aid or relief to the attacks of worms and animalculæ, which have fixed, and feed upon the vital organs, and there revel undisturbed in loathsome feast; and, thirdly, that all men are naturally at war with each other. One of these cases, which had succeeded privation and distress in a remote part of the world, was at first accompanied by such delusions, as that the three-cornered hat of Napoleon could be seen in the sun; and, by the habit of gazing intently on the orb, as if in extatic contemplation of the historical hat. Subsequently, when reason was partially established, and capable of acting with ordinary strength, but not in accordance with the recognised laws of reason, the opinion was adopted that no sufficient proof existed that Napoleon was dead; and ultimately when the patient was mingling in society, displaying varied accomplishments, and when no flagrant trace of eccentricity could be detected, the patient was found still to gaze fixedly upon bright lights, and covertly to erase the name of the Emperor of the French whenever it occurred in his reading, affording another unequivocal illustration of the omnipotence and permanence of morbid habits, and of the pertinacity with which delusions retain a modified influence even after the re-establishment of sanity, and over a strong and active intellect. Perversion has likewise appeared in the following forms:—One female conceives that she is about to be united to an ideal lover. A gentle and prudent lady has contracted an attachment to her spiritual guide, who is married, but whom she admires and worships as her champion and chieftain in a war which she is constrained to wage against Pharoah and his hosts, which are, in her imagination, composed of legions of spirits, demons, and fallen angels. Another female defends herself from the assaults of similar enemies, although belonging to a more modern eruption of apparitions, by wearing a gridiron as a breast-plate, and a milk-pail as a helmet, and neglects her ordinary and favourite occupations to wan-

der through the surrounding country, to flee from these persecutors, or in concealment. A third female, who is still able to engage in the actual duties of life, has so mystified and changed her true relations to the existing world that she, who is childless, boasts of a family of 30 sons; and, although she never crossed the Tweed, asserts that she was present, and shared in the glories of every engagement, naval and military, of the last war. One case of inspiration, with delusions as to identity, has been admitted. No prophet ever displayed more enthusiastic sincerity—no martyr more self-devotion. The tendency to self-destruction must be placed in this section. Suicide is at present epidemic in France. It has been, and again threatens to be, epidemic in this country. When this is the case, the deed is perpetrated either from imitation, from the suggestive instinct, or it is the result of circumstances affecting the whole community, and acting upon minds similarly constituted, and similarly disorganised. During political convulsions, panics, plagues, famines, the number of suicides is unusually great. The same causes which increase the general mortality may diminish the value or love of life in the individual. At such a crisis the self-destroyer dies to escape from the terrors of death. Then there is less a disgust at life than an anticipation of incompetency to discharge the duties and calls imposed upon industry, or courage, or virtue. Where doubt, or despair, or terror, assail the mind, death may be sought under the instigation of a sudden impulse, but, in the great majority of cases, it is a deliberate act, the result of a perverted or corrupted moral sense, it is true, but contemplated as the possible close of life, or of certain circumstances or course of conduct for which preparations have been made, and the means purchased and preserved for years. A gambler rises from hazard, and at once blows out his brains; a Minister of State quails under the storm of popular indignation, and swallows arsenic; but inquiry will disclose that the pistol and poison have been treasured, and perhaps labelled as friends in an emergency. But where neither adequate cause, nor motive, nor object, can be recognised, suicides occur from, or may be legitimately referred to, a mere morbid tendency—a loss of the desire to live, and think, and enjoy—a disposition to destroy the consciousness of pain. The impulse is as incontrolable as that which leads to homicide. It may be regarded, and reasoned upon, as an infatuation by the patient, but it cannot be excluded from the mind or subdued; it is dreaded, defied, repudiated as a principle of action,

Suicide.

and resisted as repugnant to the principles of the actor, but it conquers. However worthy of being classed among mental diseases, when emanating from a motive real or imaginary, it is chiefly so when it exists as a perversion of a moral attribute, and it is then chiefly dangerous and intractable. The furious and frantic rarely attempt, although they may threaten, to commit suicide. It is the calm, rational melancholic who resists all treatment, repels all counsel, who at last effects his purpose, despite of all vigilance. It is likewise formidable when found in conjunction with a strong understanding, where its nature and consequences can be estimated; and as a concomitant of fatuity and senile insanity, where the mind is a blank or in total confusion, and incapable of appreciating its own condition, or of acting under a settled purpose. Patients more frequently commit suicide when recently admitted to an asylum, and when about to return, or when they have actually returned home, than at other times, as the tendency is obviously most irresistible at the invasion of the disease, and during convalescence; when the impulse is newly developed, and when the removal of restraint, the renewal of former associations and intercourse, expose the nervous system to new and powerful excitement. In 17 cases of monomania with delusion, there have been six presenting the disposition to suicide as the most prominent symptom. In four of these the mental condition was simply a desire to die, to flee from some one state or object to another: in two the desire originated in, and was traced by the patients themselves to remorse—to a conviction that, in ceasing to live, they might cease to suffer. Fashion, or imitation, or some new invention, generally determines the mode of destruction, as at present many suicides prefer death by prussic acid, or by the sweep of a railway train; but in the cases under review, all attempted or meditated death by strangulation.

Classes exposed to Insanity.

It has been affirmed that the classes from which asylums are peopled, especially with cases of excitement and perversion, can readily be pointed out in society, and that, with a moderate degree of penetration, the ultimate mental condition—the fate of particular individuals and families may be foreseen and foretold. There are tendencies, and habits, and pursuits, which lead directly to mental disturbance and unsoundness; but there are likewise qualities and dispositions which, of themselves innocuous, are gradually developed, and exalted, and matured into extravagance, eccentricity, and disease: there is an education provided in many of our social arrangements which promotes

and precipitates the process: there is a moral atmosphere created by the prevailing tone in religion, politics, and commercial enterprise, which may act favourably upon those of strong and stern temperament, or may not act at all, but proves fatal to the fragile and susceptible. The Hercules in frame and intelligence may fall beneath the blows of misfortune, or the crash of a panic; but imaginative and excitable minds are affected and wrecked by the influence of ordinary circumstances, by the very training to which they have been subjected, the course which they have pursued, and the destiny which they have courted. If the history of the insane be traced, where no specific cause of the disease has been or can be assigned, there will be generally found some peculiarity of thought or conduct which has issued in eccentricity; some acute susceptibility of feeling which, by indulgence and cultivation, terminates in melancholy; some infirmity of purpose, which becomes incapacity; some irritability of temper, which expands into violence; some vain, but cherished opinion, which eventually monopolises the whole mind; some secret, forbidden taste; some hidden spring of hope, or ambition, or fear, which may be a foible in youth, but is regarded as folly in manhood—which may be compatible with prosperity, but is laid bare, and exposed as visionary and preposterous under misfortune. If imbecility is often indicated by such minute irregularities as absence of mind, reverie, abstraction, forgetfulness of facts or persons, so are other forms of alienation preceded by mere gentleness and feebleness of character, by slight inconsistencies, or contrarieties of disposition, or even oddity in dress. While it may be held as certain, that physical disease is the cause or contemporaneous condition in every case of aberration, a number of patients have been admitted recently whose previous history presents little for observation, except some pre-existing or premonishing peculiarity or perversity.

Medical Treatment of Insanity.

It must not be conceived that an undue prominence is given to moral means. They unquestionably constitute the most powerful class of remedies which has as yet been discovered, but they are insisted upon in the Reports of Asylums chiefly because their operation is obvious and appreciable even to the unprofessional reader, and because they have not yet been sufficiently employed and tested. That scepticism of the effects and powers of medicines, which is perhaps the natural antagonism of the blind confidence of the preceding age, and which is certainly the natural result of a more intimate acquaintance with the animal conditions of the economy, which now prevails

Effects of Medicine.

in the medical world, has been adopted by many of those engaged in the treatment of insanity. In their position great caution and incredulity is natural and necessary, for, in addition to the doubts which arise in ordinary cases as to the action of the means pursued, in mental derangement even the physiological effects of medicines are counteracted and obscured by the moral effort or physical condition of the patient: every prescription is followed with suspicion, or rejected as deleterious or deadly, and every drug must be exhibited by stealth, or by force, or in vehicles which may modify or destroy their power. Such views and obstacles, however, are not allowed to interfere with the constant application of whatever experience has demonstrated, or experiment has recommended as beneficial. At present not less than 30 patients are under active medical treatment; and amongst the new agents which have been introduced may be named Animal-Magnetism, Electro-Magnetism, Inhalation of Ether, and more recently of the Perchloride of Forrmyle. It is sometimes demanded what is the medical treatment of insanity? The answer ought to be, the treatment of all other diseases with reference to their effects upon the brain. To dilate upon the physical remedial means employed in this class of diseases, would involve a discussion upon the whole range of therapeutics; for mental alienation, whether in the form of privation or perversion of the faculties, appears to be nothing more than irritation, congestion, inflammation, ramollisement of the nervous centres, resulting from the condition of the structure itself, or of other structures and organs connected with it, or influencing it. Insanity may consist in irritation of the brain, produced by pneumonia; it is, in fact, a symptom of pneumonia; and the physical treatment will consist in the removal of the inflammatory condition of the lungs, and the effects of that upon the system; or it may be a state induced and kept up by low diet, unhealthy atmosphere, impoverishment of the nutritious fluids; and the physical treatment must in all respects and relations be the same as in anæmia; or it may be irritation of the nervous tissue, from the long abuse of spirituous liquors, what may be called chronic delirium tremens, and relief will be found in opiates, temperance, alteratives, and tonics. To treat insanity, then, scientifically and successfully, it is obviously and only necessary to know disease in all its aspects and forms, and these as they affect, or are affected by, the functions of the nervous system. This view does not destroy the unity or identity of insanity. It is unquestionably and unequivocally a disease of the brain. But, as is the

case with other diseases, it is one of a series of morbid changes, it may be the first, or last, or an intermediate link in the chain, but whether regarded as a cause or consequence, or symptom of the conditions with which it is associated, it is essentially an affection of the brain, indicated by lesions of sense, reason, affection, and motion. This is the true philosophy of the inquiry. The error has been in regarding alienation as an isolated condition, and in attempting to reach it, modify it, remove it directly by specifics, or, more rationally, by means supposed to act upon the brain and spinal marrow, as opiates and anti-spasmodics, and not through those organs which were primarily and principally affected; which had produced, or sustained, or aggravated the characteristic condition, or which presented a safe and direct means of influence.

Simulation of Disease by Insane.

Among the difficulties to be overcome in discriminating and prescribing for insanity, or the real diseases of the insane, is the simulation of disease; not merely an exaggeration of actual symptoms, but the falsification of sensations and appearances with the view to deceive. Malingering is thus a symptom of madness. Belief in the existence of formidable and fatal ailments, and apprehension of the approach of death, are characteristic of hypochondriacal and hysterical insanity; but that feature to which reference is made is not a delusion, but a deliberate deception. The imposture may ultimately be credited by its author in the same way that fiction is converted into truth by an excited imagination; but at first the real character of the falsehood is known, and in some cases acknowledged. The object may be to excite sympathy, to obtain some coveted indulgence, or to evade some disagreeable duty; but in general it is solely that tendency to mystify and deceive, which may be met with where no madness is suspected, but which should in all cases be regarded as disease. A lady in the Institution alleges that she spits blood in enormous quantities, and endeavours to produce practical proof of the hæmorrhage. A gentleman, now discharged, acted paralysis with great success; rheumatism, neuralgia, toothache, are of constant occurrence; pain of every description, in every position, is complained of; epilepsy is so well simulated that the pretended orgasm produces a modified condition, but closely allied to the true paroxysm. This tendency is most frequently observed among females. Its most exquisite form is likewise seen in that sex. An example of long-sustained and successful voluntary deception of this kind lately occurred. A lady, of

elegant manners, and good education, appeared to be plunged in profound lethargy; to be mute, insensible to external impressions, even of hunger. She refused food; she resisted its administration, and was compulsorily fed for nine months; she never moved, except when impelled; her head reclined upon her bosom; her eyelids were firmly closed; her limbs were cold and motionless. Every means were resorted to, first, to remove whatever bodily condition might have provoked or prolonged these symptoms; secondly, by solicitations, admonitions, threats—by exercise, music, amusement, and other moral excitants, to shake the obduracy of the will; and, thirdly, by the use of external means, calculated to rouse the nervous and muscular systems, and remove this stupor. But this individual, who seemed utterly callous to such irritants, who seemed indifferent to the shower-bath, or who shrunk under the shock for a moment only, and who remained firm and inflexible under the action of electro-galvanism, suddenly, and through the influence of a powerful motive, raised her head, looked around, spoke loudly and intelligibly, walked with ease, took her food, displayed solicitude as to her property, and, although still insane, has for upwards of a month presented no indication of torpor, or taciturnity.

Curability of Insanity.

Scepticism has extended to another branch of the care of the insane. It is not only doubted whether the means adopted are instrumental in curing mental disease, but whether mental disease be curable. The proneness to relapse, the peculiarities which linger after the subsidence of the more acute and obtrusive symptoms, more than the actual intractability of the complaint, have countenanced this hypothesis. Some physicians have boasted of great success in the treatment of insanity—so much as 91 recoveries in the 100 cases. It is admitted, if the traditions and records of some asylums are trust-worthy, that the disease is less amenable to treatment than it was; that it is more incurable than formerly, either because the organisation of the present generation is more enfeebled or vitiated than that of their forefathers, or because the type of the disease has undergone a change in this as in other respects. But it is still certain that from 30 to 40 per cent. of the insane, whatever may be the species, or extent, or duration of the disease under which they labour, are restored to reason during confinement or treatment, or to such an amount of self-control and intelligence as to resume their place in society, and the exercise of functions and trades involving great trust and responsibility. It may, in fact, be contended

that, while the obstinate nature of the disease is admitted, that it is as curable as other affections of equal magnitude. The force of this argument will be seen when it is stated that the cases treated and relieved in private are not known, that it is only the chronic, and unmanageable, and the desperate cases which are sent to asylums—which are thus converted into hospitals for incurables. It must further be recollected that insanity is not one disease, but a group of diseases, of which many species are, from their nature and complications, incurable, and ultimately fatal. If these be deducted from the numbers under treatment, upon the same principle that incurable cases are excluded from hospitals for other diseases, and an estimate then formed of the results, the conclusion will not be discouraging. It is true that great excitability and eccentricity sometimes characterise those who have been subject to alienation; but it is believed that the condition of the brain in such cases is as sound and subservient to the discharge of its functions as that of the lungs which have been subject to pneumonia, or of the tissues which are liable to gout. However limited the powers of art may be in removing such an affection, it is very evident that, in proportion to the failure of the attempts to cure, ought to be the provisions for the care of the insane; and that, although the rapid spread of the disease may not portend the realization of the extraordinary opinion of Bishop Butler, that whole communities may, under certain circumstances, become mad, it is now absolutely necessary to extend the means of secluding the insane, and of protecting the public from the evils which arise from contact with debased appetites, violent passions, and excited imaginations.

Consequence of Recovery.

To some lunatics recovery is the greatest calamity that can occur. It involves the loss of a comfortable home and generous friends, and the return to toil, and anxiety, and improvidence, to a world which affixed a stigma to their misfortune, and to relatives who may love but distrust them. It may be no boon to restore reason only to place the patient in these circumstances which endanger its loss. The poor have no capital but their labour to depend upon, and that is often impoverished by the weakness induced by disease and isolation; the rich, with perhaps keener susceptibilities and greater activity of mind, are placed at once among sources of disquietude and danger, whether these consist in pleasure, ambition, or speculation. For the aid of the one class, a small fund is provided to protect from actual want, or the fear of it, and to meet immediate exigencies; and to the

other every inducement should be presented to prolong their stay under the influence of medical treatment, in order to prepare for the demands upon their moral courage and strength. There are many voluntary inmates in the Institution, several who dread all allusion to removal; one who was compelled to return home against her own convictions; and for several years there has been no escape, and but two attempts to escape. One inmate has simulated the disease from which he had recovered with the obvious purpose of prolonging his confinement, and with the implied preference of the comforts around him to those of his own home, and greater reliance on the sympathies and attentions of his governors than on those of his friends. But not only are many Patients unwilling to leave their adopted home, and others solicitous to return as visitors in order to feed their gratitude of former benefits by sustained intercourse and interest in the fate and proceedings of their former companions; but the singular spectacle has been presented of a Patient prosecuting and persecuting a parish and its authorities in order to obtain his own seclusion, and relief from what he conceived a degradation of his moral nature. In this contest he was successful, and he became a contented and industrious occupant of what he seemed to consider a rightful possession.

Medical care of Insane.

What may be designated the medical care of the insane constitutes a distinct department and duty. There are a vast number of offices performed for the behoof of the insane, rendered necessary by their infirmities or helplessness, or expedient to quiet, soothe, and support them, which go to form the grand total of relief afforded in asylums, but which are good deeds done in the dark, which escape observation, or have never been recorded because they are insignificant, or natural, or supererogatory. Yet are many of these expedients eminently useful, and absolutely requisite, in difficult cases; and the suggestion of what is proper, and the adaptation of the means to particular and pressing circumstances, are well calculated to test the experience, the presence of mind, and the patience, as well as the humanity, of the practitioner. It appears a small thing that the Night Watch should be enjoined to offer, at a certain hour of the night, a basin of coffee, or beef-tea, or a crust of bread. But this order not merely involves, as obviously must occasionally happen, the support of life in the aged or the ailing, but it may allay the cravings of a morbid hunger, which leads to watching, restlessness, and noise; it may impart grateful sensations of warmth,

and strength, and satisfaction; it may prevent the development of the destructive propensity, which is strongest during the silence and solitude of the night, and divert from the gnawing and mastication of furniture and inedible matters, which so often lead to disease and incurable diarrhœa; and it may directly tend to compose, and to produce sleep, as is seen after repletion, and in the lower animals, to which some classes of the insane are—it is spoken philosophically and not callously—in many respects, assimilated. Esquirol conceived that food given during the night induced sleep. It may seem but the duty, the unavoidable act of a disciple of the Healer of the troubled in spirit, of the great Physician, to give a cup of cold water. This is often done in acute mania, and to agitated patients. It quenches the thirst incidental to their violent exertions, cries, and pervigilium; it promotes the secretions; it communicates an agreeable sensation; it is a direct sedative; it marks the progress of time, and disturbs the lonesome watch of the broken and anxious heart. To put into bed, to replace the bed furniture, to apply heat to the extremities, answer similar purposes. To cold feet and sluggish circulation the insane are especially liable, and this during winter must prevent comfort and sleep, and may have led to gangrene and ulceration of the feet, formerly so common, and now so rare. Certain it is that a bottle of hot water is generally acceptable and beneficial. But a difficulty often arises. The metallic pan is put in contact with the body, and burns. This must be obviated by rolling it in the clothes, or in a flannel bag. In this respect earthenware flat bottles are preferable to tin boxes. But a more formidable difficulty follows. The patient may empty the contents of the jar on the bed, or drink them, in the one case exposing to discomfort, in the other running the risk of scalding or surfeit, and in both defeating the object proposed. When these accidents are dreaded, let a hot brick be substituted. Stockings are allowed to remain on the feet, or dresses are fitted upon the whole body, when the individual wanders about the apartment, or cannot be trusted with warming vessels. The mere visit of the Night Guardian is a boon. He tells the hour, he cracks a joke, he dispels a vision, restoring the ghost seer to the reality of his position; he stills querulousness and noise; he cheers the timid and desponding; he admonishes the vehement and audacious, and has a kind word and glad greeting to all whom he visits. The paralytic demand a series of special attentions and provisions. These are scrupulous cleanliness and friction; the use of soft sheets, skins, air-beds, or air-

cushions; the application of spirituous lotions, tutty, oak bark, to prevent the occurrence of abrasions, bed-sores, or sloughing, from neglect or pressure; and there is the resort to soap-plaster, and poultices, cushions, washes, extra nourishment, when these have appeared: there is the undaunted and undiminished perseverance in these measures for weeks, and months, and even years, without a hope or expectation that more can be accomplished than to delay or retard the inevitable progress of decay, and in despite of the utmost opposition and perversity of the patient. Then there are the devices to introduce medicine into the system. It is a noble, and prudent, and humane principle to avoid all deception in the management of the insane; to prefer force to fraud. This holds true in everything where force can succeed, where it is not dangerous, where it does not defeat the object in view; it especially holds true in the exhibition of medicine, as, when placed surreptitiously in the food, or disguised, it may lead to the suspicion that the meals are poisoned, medicated, or unwholesome, and that they are always so. But it would be absurd to assert that we must not have recourse to means to conceal the employment of medicine. It must be mixed with the food, and in such a way as to elude the senses, and the ever vigilant suspicions, of the patient, aroused, as these will necessarily be, by the entreaties to take voluntarily and openly, what is subsequently offered under false pretences. Medicine is required in many cases, especially laxative and alterative drugs, every day; and if there be grave objections to the forcible administrations of food, these apply with greater stringency to the forcible administration of mixtures and powders. The apparatus, the determination of the operators, all countenance the horrible idea that murder is about to be committed. The opinion that one resort to force generally suffices to overcome the obstinacy or fears of the recusant is altogether fallacious. There are Patients in the Institution who have been compulsorily fed three times a day for six months. Abstinence often depends upon gastric irritation or constipation, and can only be overcome by removal of the cause. Croton oil is recommended, and used, as a ready means of relieving the most prominent symptom, and of triumphing over the perversity of the individual at the expense of little strife and resistance, as it acts if placed upon the tongue; but it is unsafe to employ so powerful and drastic medicine in the great majority of cases of gastric irritation, and it is equally unwise to run the risk of a struggle during

acute disease. From these and other considerations, and subsequent to a fair trial of reasoning and persuasion, medicine must be exhibited under various disguises. Gin is a good diuretic in cases of chronic dropsy, and is always acceptable, even when combined with others. Lozenges are in constant demand. They may be called the current coin, the peace-offerings of such an establishment. Under this form, calomel, ipecacuan, magnesia, morphia, gelatin, nitrate of potass, may be given in small doses. Castor oil may be converted into a custard; croton oil may escape notice in the centre of a slice of bread; calomel may be spread with the butter. Scammony is not distinguished from pepper in broth; and gamboge emulates the colour of eggs in pudding. The appetite may be pampered, and a favourite dish may be used as the vehicle of what, under other circumstances, would inevitably be rejected. Porter may be resorted to as a tonic, and bitter, and astringent, and the soluent of colocynth, aloes, quassia, sarsaparilla, or catechu.

Moral Treatment.

I.—Worship.

Established Church.

In addition to the regular services of the Established Church by our excellent Chaplain, worship was repeatedly performed, and sermons preached, during the year, by a Clergyman residing in the Institution. To hear from the lips of one of their own number, and from one gifted with singular eloquence, and refinement, and fervour, those words which speak the glad tidings of peace, and hope, and happiness, was deeply impressive; but the occasions and subjects selected gave a new and striking solemnity to these ministrations. One of the sermons was delivered upon New-Year's-Day; another as introductory to a collection for the distressed Highlanders, to which every inmate contributed, and which would have been doubled in amount had the charitable sympathies of the donors been implicitly obeyed. The peculiarity of a patient and a prisoner pleading the sufferings of the sane and the free before an assemblage of madmen, and leading them, with all reverence and humility in prayer to the Throne of Mercy, that the curse of famine and pestilence should be averted, may have been equalled, but has not before been described. On Christmas Eve, service was performed to a large body of the patients, who are Episcopalians, or who are desirous of joining in the worship of the Church, and has since continued to be so on every alternate Sunday evening, and upon festivals. The Right Reverend Bishop Russel has sanctioned these meetings by his presence and benediction; and their importance as a means of grace, and of awakening recollections, and associations, and feel-

Church of England.

ings, which could not otherwise be acted upon, is best illustrated by the anxiety to attend, the uniform decorum, and apparent devotion, which prevail; the general observance of the directions of the Liturgy, and the expressions of gratification and thankfulness which have been used by the patients. The disinterested labours of the Rev. A. M'Ewen have already multiplied the means of augmenting happiness, and now form a part of that system of re-education of the religious sentiment, as well as of the reason, which must enter into all treatment of the insane.

II.—Pursuits of Patients.

The labours of the convalescent and tranquil females will perhaps be best exhibited by the table of products. But as it is the process of construction and the extent to which this industrial school is supported that are important, rather than the numerical results of the experiment, a table is subjoined which shows the number of individuals present upon each day in the month of October, and the nature of the employment in which they were engaged, and will serve to indicate the proceedings throughout the year. Another table is a daily record of the articles completed:—

I.—LIST OF WORK, 11TH NOVEMBER, 1847.

114 Gowns.	9 Ottomans made.
6 Padded Gowns.	13 Chair Covers do.
55 Night Gowns.	22 Mattresses do.
210 Habit-shirts.	5 Stool Covers do.
177 Petticoats.	1 Waxcloth Table Cover do.
203 Shifts.	1 Cloth do. do. do.
112 Aprons.	8 Carpets do.
235 Dress Caps.	18 Garden Baskets do.
125 Night Caps.	
216 Shirts.	BAZAAR.
35 Drawers.	9 Purses knitted.
17 Trowsers.	14 Bags do.
7 Jackets.	10 Watch Guards do.
7 Vests.	5 Watch Pockets sewed.
66 Pairs Stockings made.	8 Pairs Match Boxes do.
635 Pairs do. marked.	5 Needle Cases embroidered.
487 Handkerchiefs.	2 Bags do.
12 Stocks.	8 Fancy Bags sewed.
37 Braces.	24 Book Marks do.
17 Pairs Shoes bound.	66 Mits knitted.
6 Bed Covers.	79 Muffetees do.
277 Napery.	12 Comforters do.
107 Sheets made.	3 Pairs Slippers sewed.
107 Do. repaired.	19 Hoods knitted.
78 Pillow-Slips.	21 Tidies do.
36 Dusters.	8 Rubbers do.
60 Table-Cloths.	2 Pincushions do.
149 Toilet Covers.	111 Yards Fringe do.
8 Sofa Covers.	9 Drawings finished.
2 Window Curtains made.	14 Grate Papers made.
2 Do. do. netted.	

II.—OBJECTS OF ELEGANCE AND TASTE, AND ARTICLES OF USEFULNESS, CONSTRUCTED IN WORK-ROOMS, &c.

October, 1847.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	*Total.*	*Remarks.*
Names of Articles.																																	
Purses netted, ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Curtains do., ...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Mits knitted, ...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Muffetees do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Comforters do., ...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Bags do., ...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Stockings do., ...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Watch Guards, ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Match Boxes, ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Fancy Bags made, ...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Toilet Covers do., ...	...	...	...	...	...	...	...	2	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	2	
Gowns do., ...	...	1	...	1	...	...	1	...	2	...	...	...	...	...	...	...	...	1	...	1	...	1	...	...	...	...	1	...	1	...	...	8	
Petticoats do., ...	...	...	...	1	...	1	1	...	2	...	1	...	1	...	2	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	9	
Habitshirts do., ...	...	...	...	...	2	...	1	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	4	
Dress Caps do., ...	...	1	...	1	1	4	...	1	2	...	...	...	6	...	...	...	...	...	...	6	...	1	4	...	4	...	2	...	2	1	...	36	
Night Caps do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	2	...	...	...	...	...	...	...	...	...	...	1	...	1	...	2	1	...	7	
Night Gowns, ...	...	1	...	1	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	3	
Aprons made, ...	...	...	...	1	...	1	...	...	2	...	...	...	1	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	6	
Handkerchiefs do., ...	...	...	...	6	4	...	...	...	6	...	...	...	...	...	6	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	22	
Skirts do., ...	...	1	...	...	1	...	...	1	...	...	...	...	...	...	...	...	...	...	...	1	...	...	1	...	2	...	4	...	2	1	...	14	
Stocks do., ...	...	...	...	...	...	...	...	...	...	...	...	...	4	...	...	...	...	...	...	...	...	...	1	...	1	...	...	...	...	1	...	7	
Stockings marked, ...	...	...	...	6	...	6	...	...	4	...	...	...	...	...	...	...	...	...	...	4	...	...	...	...	6	...	...	6	4	...	...	36	
Ottomans made, ...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Chair Covers do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Stool Covers do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Sofa Covers do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
Napery do., ...	...	2	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	2	
Waxcloth Table Covers,	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Carpets made, ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	
Mattresses do., ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	1	2	...	1	1	1	...	2	1	...	10	
Hoods knitted, ...	...	...	...	...	...	...	...	...	...	...	...	...	1	1	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	3	
Shifts made, ...	...	1	...	...	...	...	...	...	...	...	1	1	...	...	...	...	...	...	...	...	...	...	...	...	1	1	...	4	...	2	...	11	
Braces do., ...	...	...	...	...	...	...	...	...	...	...	...	...	6	...	...	...	...	...	...	...	...	1	...	...	6	...	...	...	...	...	...	13	

III.—REGISTER OF FEMALE BOARDERS EMPLOYED.

October, 1847.	*Sewing.*	*Repairing.*	*Knitting.*	*Netting.*	*Worsted Work.*	*Embroidery.*	*Fancy Work.*	*Flower Making.*	*Reading.*	*Music.*	*Amusements.*	*Idle.*	*Attend Church.*	*Total.*
1	...	8	3	3	1	...	...	...	3	2	2	2	...	24
2	6	4	3	3	1	...	...	...	2	1	...	3	...	23
3	...	...	...	...	...	...	...	...	...	...	...	...	...	...
4	7	3	3	3	2	...	1	...	...	1	...	3	...	23
5	6	3	3	...	2	...	1	...	...	1	4	2	...	22
6	7	4	3	...	1	...	1	...	...	1	3	3	...	23
7	6	3	3	...	1	...	...	...	...	2	4	2	...	21
8	...	9	3	3	1	...	...	...	2	1	...	3	...	23
9	7	3	2	3	1	...	...	...	1	1	4	3	...	25
10	...	...	...	...	...	...	...	...	...	...	...	...	...	...
11	7	4	2	3	1	...	...	...	2	1	...	3	...	24
12	6	3	4	2	1	...	...	...	2	1	...	2	...	21
13	7	4	4	3	1	...	...	...	2	...	...	3	...	24
14	6	3	4	2	2	...	1	...	...	2	...	2	...	22
15	4	...	4	3	1	...	...	...	2	1	4	4	...	23
16	3	...	3	2	1	...	...	...	3	1	4	4	...	21
17	...	...	...	...	...	...	...	...	...	...	...	...	...	...
18	4	2	2	1	1	...	1	...	3	1	4	2	...	23
19	...	9	4	2	1	...	...	...	4	2	...	2	...	24
20	2	9	3	1	1	...	1	...	2	2	...	2	...	24
21	...	8	4	3	1	..	...	...	...	1	4	2	...	21
22	6	4	1	3	1	...	...	...	2	...	2	2	...	21
23	4	9	1	3	...	...	1	...	2	...	2	2	...	24
24	...	...	...	...	...	...	...	...	...	...	...	...	...	...
25	6	...	1	2	...	...	...	...	4	2	3	4	...	22
26	7	...	1	3	...	...	...	...	5	2	3	2	...	21
27	...	8	1	3	2	...	1	...	2	2	...	2	...	21
28	6	...	2	2	2	...	1	...	3	2	2	2	...	22
29	...	8	1	3	3	...	1	...	2	...	4	3	...	25
30	7	1	1	3	3	..	1	...	2	4	2	2	...	26
31	...	...	...	...	...	...	...	...	...	...	...	...	...	...

These documents are kept by the Superintendent, who overlooks the work; but clear, and accurate, and instructive as they may be, they fail to present the animated groups which fill the work-room; the varied pursuits of the occupants; the eagerness to receive and complete certain tasks; the persuasions, and encouragements, and reproofs which are required; the friendships, the rivalries, the emulation, the jealousies which exist, and may be employed as means in moulding and managing the disturbed and distorted mind; they cannot reveal the evils avoided, the benefits secured, by the association of these individuals for common and useful purposes, by the discipline and supervision established, and the withdrawal from their usual places of abode, and by the assimilation of the daily routine of duties to that of a well-conducted family.

Friendships, and even companionship, are rarely contracted in an asylum. Suffering is perhaps always selfish; but mental disease isolates the individual, engrosses every thought and sentiment, and renders him independent of, or indifferent to, sympathy and fellowship. In order to counteract this tendency, and as an obvious benefit arises from encouraging every kind and generous feeling among the insane, and from convincing them that they are of some importance, and that their industry is of some use, in the movements of society, that individuals are dependent upon their charity, and that gratitude and blessings may attend their exertions, a Dorcas Society was formed among the ladies last winter, for the purpose of preparing and distributing clothes to the poor, either directly or through the hands of almoners. About 226 articles have been bestowed, and although the prospects of the present year are not so gloomy, the Society will continue its operations. Although absence of concert and agreement, and consequently of conspiracy, facilitate the government of an asylum, all exceptions to this characteristic, all desire of friendly intercourse, is so infallible a sign of improvement as to demand encouragement. Two gentlemen have entered into a compact to study Hebrew, and pass much of their time together in the prosecution of this object. They have unsuccessfully endeavoured to call a third, who is a ripe scholar, to their assistance, by soliciting loans of books, and hints upon obscure points. One gentleman undertook to improve a fellow-patient, and to instruct several of the officers, in the theory of music, in which he is a proficient; a student in arithmetic has found a teacher in one of his fellow-patients; and one who is the friend of all, who combines the most brilliant fancy with the most extravagant delusions, celebrates the virtues, and misfortunes, and achievements of his associates in verse, of which, in his own words, he can produce any given quantity to order. A voluntary meeting has likewise been formed in one of the galleries, where a clergyman duly reads the prayers of the Church of England to four or five companions. The majority of these acts are spontaneous, the results of similarity of disposition or identity of purpose; and if examples occur of individuals teaching languages and sciences upon one side of the house, females are found acting as instructors in the fabrication of wax flowers, and all the mysteries of double crochet upon the other. Education of the insane has long been enrolled among our remedies; education by the insane is now added to the list. Children have been

introduced into the galleries, and committed to the care of intelligent Patients, before they had learned to know the name or dread the imaginary horrors of madness; and while exercising the talents and temper of their instructors, and receiving the rudiments of knowledge, they have certainly contributed to diffuse among their companions that gentleness and cheerfulness which are parts of their own innocence and purity. Drawing has been prescribed as a medicine in four cases, and appeared to prove curative in two; but even where restoration does not follow, the landscapes which adorn the walls show how near an approach is made to excellence and reason, and how many must be the hours stolen from languor and misery by such pursuits. One gentleman kept a copious journal of every event which occurred in the community, as well as of his own thoughts and actions. Such records, if faithful and candid confessions, would prove striking portraits of the individual, and afford information as to the inner life of the insane, which cannot be obtained otherwise. An amanuensis is engaged in copying the histories of the Patients from the Physician's private journal into the case-book, with the specific understanding that he is to extend his labours to all save his own. Another displays a singular propensity for making extracts from books, especially of poetry, and is intensely proud of the beauty of his performance. A man of great shrewdness and ingenuity, who writes much, spells every word as it is pronounced, not from that deficiency in orthography which is observed as a symptom in some species of insanity, but because this is the natural mode, or what he has decreed to be so. The style of writing employed by the insane affords many indications of the precise condition of the patient, and appears in fact to be determined by certain general laws in accordance to the character and stage of the disease. Almost all fill the whole of the paper they possess. There are no interspaces left for elegance or want of matter, or, in the case of letters, for the address. Their conceptions overflow. Almost all write hurriedly, clumsily, and imperfectly: in the paralytic, this imperfection consists in the omission of syllables or words; in the incoherent, in the unintelligible construction of the sentences; and in the monomaniac, in the incessant repetition of one thought, or it may be one phrase, to the exclusion of all others, although these may be collateral and intimately connected with the subject, and necessary to the accomplishment of the object in view. In general, papers, poems, letters are lavishly produced, without reference to their fate; and

correspondence is attempted, and continued for years, although no answers are received, and although it be certain and admitted that every communication is destroyed or retained. These compositions are rarely read by the author. In many cases the form of the letters is different during a paroxysm from what it is during the lucid interval, the distinguishing character or style is lost, and occasionally it has been observed that greater beauty, perspicuity, and even ornateness, are attained. These changes are sometimes the result of the will—more frequently they are determined by the feelings, impulses, or delusions of the time, and in rare cases, where the knowledge of written signs has been altogether lost, where re-education has been necessary, and instituted, and where a new style of caligraphy has been acquired, the phenomenon must be regarded as one of the consequences of an organic lesion.

Periodical. The *New Moon* now serves as the history of the progress of the Institution. It not only indicates the temper, and tone, and the amount of talent of many of the inmates, but it commemorates all events affecting the happiness of the community; it records the occupations and amusements in each month; it reports acquisitions to the Library and Museum; and preserves the names of benefactors and friends. Its success has been unexampled. It is most popular among those to whom it is specially addressed; is extensively circulated in the external world, and even in foreign lands; and has excited the attention, and criticism, and approbation of those who are qualified to pronounce judgment upon its merits. In resuscitating correct and healthy habits of thinking, in developing powers hitherto unknown or lost in the confusion consequent upon disease, and in giving a sphere of activity to minds which are only partially impaired, it has proved most beneficial. It must be recognised as a means of cure. As a pecuniary speculation, it has been fortunate. The proceeds have been scrupulously applied to enlarge the happiness of those by whom they are created. Allowances have been granted to patients on their discharge from the Asylum, even public charities have been assisted. An Organ. excellent organ has been purchased, and presented to the Institution, which is employed in the services of the Church of England, in the concerts, and evening parties. A printing press has likewise been Printing Press. secured, which is now in operation, under the management of a patient, who, although a tyro in the business, is a tyro of our own training. The first specimen of his work is now in progress, and it is

Library. expected that, in a short time, works of considerable magnitude may issue from the Institution Press. A portion of the funds have been expended in making additions to the Library; but the agency of the Periodical, in advocating the extension of this department by donations, has been of much greater importance. By these combined means, 1200 volumes have been collected during the past year, many of which are of great value, and all of which may be made to exercise a salutary influence over certain classes of patients. One benefactor has intrusted the Librarian with 700 volumes. Of the 2000 volumes now in circulation, 1266 have been issued during the past year to 77 readers, of whom 57 were males, and 20 females. When it is known how dependent the insane are upon the thoughts of others for support and distraction, when the paucity and poverty of other means of suggesting and supplying this source of health, and the voracious and omnivorous appetites of excited and secluded men of literary tastes are considered, the anxiety displayed in amassing books of suitable kinds will be better understood and appreciated. But well-selected books are likewise regarded as a powerful and direct means of acting upon the diseased mind; of calming the irritable, stimulating the slothful, enlightening the ignorant and deluded, and of carrying peaceful and happy thoughts into hearts where no other impressions are allowed to enter. They must not be used indiscriminately. Some individuals are debarred from reading, as the "fancied medicine heightens the disease;" others are induced to peruse particular classes of works: but to a very large number a book, a periodical, or a paper, is nearly as cheering and acceptable as the light of day. The transmission of periodicals for the use of patients, as a donation, may be enumerated among the literary resources. The *Illustrated News*, the *Pictorial Times*, and the *Parish Choir*, belong to this class, and, added to 30 newspapers received from other sources, constitute an abundant fund of amusement, and a useful bond of connexion with the realities and platitudes of common life. A censorship is exercised for the purpose of ablating all paragraphs suggestive of violence or suicide. Yet, extensive as these resources are, some of our inmates are subscribers to Book Clubs, several have collections in their apartments, and whatever public or private libraries are accessible have been resorted to. The desire for new publications is naturally strong where so many educated persons are assembled together; and the difficulty of supplying the wants of such a body may be conceived

when, upon one day, petitions were tendered for Dante's Paradiso, Jameson's Philosophical Journal, Tshudi's Travels, the Quarterly Review, a Hebrew Grammar, and Ward's Ideal of a Christian Church. The known attractions of Natural History, the expediency of multiplying the permanent means of intellectual occupation and recreation within the Institution, have encouraged the prosecution of the project of the formation of a Museum. A collection of very considerable extent and value has been made. Its contents are certainly very multifarious, but so are the tastes of the inmates. The number of objects exceeds 400, comprising antiquities, manufactures, models, minerals, insects, and plants; but the largest proportion belongs to the department of ornithology. All these specimens were stuffed in the Institution; many of the native birds were shot by a patient: and for foreign species it is necessary to state that the Museum is chiefly indebted to Mrs Otto, Mr Babington, and Mr Hotchkis. A visit to this part of the Establishment will now form an Evening Amusement; it may supply an instrument to revive former pursuits, to create new tastes, and to suggest matter for curiosity, or wonder, or speculation, to those who limit their attention to external forms and qualities. Museum.

By the combined efforts of Patients, Officers, and Attendants, vocal and instrumental concerts can now be provided, after one or two rehearsals, whenever other sources of amusement fail, and whenever a preference is manifested for music. This entertainment can be produced by the co-operation of inmates alone, though to the assistance and instructions of strangers, the Institution, as well as the performers, are deeply indebted. The advantages which flow from the stimulus imparted to every mind, both sane and insane, engaged in this good work, the frequent intercourse of the two classes, are almost equal to the gratification afforded by the performance of well-selected pieces of music of our national melodies, and of songs and glees, which all speak of mirth and old associations and social affections to the stricken and solitary heart. About seven concerts of this kind have taken place. One of them possessed the peculiarity that the words adapted to the airs, in one part, were exclusively the composition of inmates of the Institution. It may be styled a curiosity of literature that some of these songs are now household words, and that at festive board or lowly fireside there are sung ballads either written in this Institution, or by those who found it a shelter and home and haven of rest. It must not be conceived that these are impromptu entertainments, suggested Concerts.

by a generous feeling, and adopted merely to dispel monotony. They are schemes intended to confer moral advantages, digested with care and consideration, and carried into execution with the same solicitude and discrimination that should attend and regulate all remedial measures. A meeting takes place when the performers are chosen, and the pieces of music are examined, played, and apportioned according to the talents of the singer. Various rehearsals follow in the presence of the Officers; rumour is rife, and expectation pregnant as to the approaching amusement. An evening is appointed, frequently upon the anniversary of some national festival, or the departure of a patient. Lists containing the names of all the patients, arranged according to the galleries which they inhabit, are submitted to the Physician, who examines each, and excludes by affixing a particular mark such as are unable from infirmity to attend, such as might be excited by the scene, and such as have forfeited a right to the enjoyment by improper conduct. The purified lists are then circulated to the respective attendants; and the announcement of the persons invited is followed by refusals to attend, which are admitted, and by petitions for favour, which are considered. Then succeeds a half hour of preparation, of selection of caps, and coats, and ribbons. The mechanical arrangement of the room occupies a considerable period, as every bench and chair has its accustomed and prescriptive place and use. The patients join the assembly, and seat themselves according to an established order; the irritable are separated, the noisy and insubordinate are the companions of the attendants, who are so placed as to command a survey of the whole company, or of those more especially committed to their charge; and are directed to observe and report the deportment of all, to repress agitation, remove the excited or fatigued, and to conduct the dismissal with the same decorum and quietness which attended the commencement. After all have retired to bed the lists are returned, and then indicate those who have been present, so that not only the number, but the individuals attending are known and recorded. A similar course is pursued in the preparation and production of every amusement, and involves the whole theory and practice of reunions of the insane. Contemporaneously with the band there has been formed a choir, of which eight patients became members. The influence of this arrangement upon the psalmody of our religious meetings has been sensibly felt, but has been especially conspicuous in the service of the Church of England, of which so much is sung or

Choir.

chaunted, and of which the organ is so important an accompaniment. The singing is general, and so beautiful as to excite admiration, if not rivalry, among those who acknowledge its importance as a part of worship, and as means of elevating the feelings of devotion as well as of tranquillising the passions.

Horticultural Exhibition.

The mildness and beauty of the summer permitted the number of carriage excursions to be increased; pedestrians have examined the immediate neighbourhood; anglers have fished in all the accessible streams; and several inmates have resided for months at a distance, under proper supervision: but although the amount of liberty is perhaps as great as may be safe or salutary, the prospect of extended railway communication has opened up a vista of distant scenes and new pleasures, which includes Carlisle, Glasgow, and the lakes. Among the summer amusements must be noticed a Horticultural Exhibition, the first, perhaps, ever celebrated in such a place. It should be confessed that while there existed a strong wish to gratify the inhabitants of Dumfries by throwing open the grounds, the principal motives which justified such an experiment were to demonstrate to many, who could not otherwise learn, what the real aspect of this retreat is; but, above all, to afford a new source of happiness to the patients, in the bustle of preparation, in participation in the amusements, and in the contemplation of the gay and gaudy multitudes that might be expected to throng their peaceful haunts. The enjoyment of the inmates was made the first and chief concern. Previous to the admission of visitors an opportunity was afforded to every individual, not confined by illness or infirmity, to see and admire the flowers and fruits exhibited for competition; to inspect the Bazaar Tent, where the creations of their own fancy and ingenuity were offered for sale by members of the Establishment; and visit the decorations and arrangements made to enhance and give a character to the festivities of the day. This is not the place to descant either upon the beauty or pleasure of the pageant, but three very striking and interesting features are worthy of record: I. A concert took place in one of the balconies which overhangs a flower garden, to which several hundred auditors were admitted; some of the performers were patients, but all were concealed by a drapery of guaze, and the performance indicated, apart from its merits, two of the elements of a healthy mind, the capacity to enjoy, and a disposition to afford enjoyment. II. The Bazaar, which contained several hundred articles, the great proportion of which had

been fabricated in the Institution, was under the superintendence of the Matron and a party of patients, and was suggested with the view to exhibit some of the industry of the erratic and feeble minded, to furnish the public with mementos of a triumph of humanity, and to commence a fund for the support or assistance of aged or disabled attendants who, having passed their lives and exhausted their strength in the cause of the insane, will thus be supported and sheltered by the benevolence and bounty of the objects of their care and toil. III. The foundress of the Institution was on that day brought into contact with the objects of her munificence, while in possession of a greater amount of pleasure than persons so situate ever enjoyed; and with hundreds of her fellow subjects of all ranks and conditions, the most elevated and lowly, while extending their sanction and approbation to the work which she had designed and perfected. She visited the sphere of her labours and anxiety, and found the whole scene glad and smiling, and inscribed upon every healthy heart, as well as on the walls of the building, the expressive prayer contained in the motto of her family, "God send Grace."

Objects of Treatment.

If these expedients to relieve misery be useful and successful, it must be ground for congratulation that, while we have closely imitated whatever seemed advantageous in the provisions of other establishments, we have originated many, and carried all more systematically and constantly into operation, than what has been done elsewhere. If our amusements are frequent and varied, our labour is unremitting and productive. Physical occupation and physical exercise contribute as essentially to the prosecution of the objects in view as music, or science, or literature. If there are paintings on the walls, there are mats and carpets on the floors made by the hands of inmates: if we endeavour to identify the pursuits and tastes of these persons with practices sanctioned by the world, there is provision made to elevate their thoughts above that world to the contemplation of the source of health, and sanity, and peace. The objects are manifold. It is desired to supply occupations which are incompatible with unhealthy mental excitement; it is desired to secure all the conditions of bodily health and comfort; it is desired to diminish the amount of restriction, as well as restraint, and to increase the amount of confidence, and protection, and liberty; it is desired to suggest new in place of old trains of association, to substitute agreeable for painful impressions; it is desired to render the healthy facul-

ties subservient in restoring those which are enfeebled or diseased; it is desired to bring the insane out of themselves, and into contact with all in nature, or art, or social arrangements, that is pleasurable, and pure, and good. And as the simplest facts have led to the most sublime discoveries, as trifles make up the sum of human happiness, it will be conceded that attention to details in the moral management and social economy of the insane, instead of being a puerile conceit, is profound philosophy; and that, in associating so intimately occupation and enjoyment, ethics with medicine, we are but carrying out to its legitimate ends the noble design which placed this stately and substantial structure amid the beauties of external nature, and dedicated it to Him who out of "small beginnings" "bringeth mighty things to pass."

W. A. F. BROWNE.

30th November, 1847.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20,	1	1	2
... 20 and 30,	11	3	14
... 30 and 40,	7	3	10
... 40 and 50,	6	8	14
... 50 and 60,	5	7	12
... 60 and 70,	1	3	4
... 70 and 80,	3	2	5

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males,	35	17	4	4
Females,	26	13	5	10

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married,	12	2	14
Unmarried,	23	15	38
Widowed,	1	8	9

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Blacksmith,	1		1
Bookseller,	1		1
Burgh Officer,	1		1
Carpenters,	2		2
Cattle Dealer,	1		1
Clergyman,	1		1
... widow of,		1	1
Clerk,	1		1
Domestic Servant,		1	1
Farmers,	3		3
... daughters of,		4	4
... sons of,	2		2
... wife of,		1	1
Farm Servant,	1	1	2
Gentlewomen,		5	5
Housekeeper,		1	1
Innkeepers,	2		2
Iron Founder,	1		1
Labourer,	1		1
Lawyer, wife of,		1	1
Mariner,	1		1
Member of University,	1		1
Merchant,	6	1	7
... wives of,		5	5
Officers in Navy,	2		2
Physician,	1		1
Proprietor,	1		1
Sempstress,		1	1
Shoemaker,	1		1
Student,	1		1
Teachers,	1	2	3
Tea Dealer,	1		1
Washerwoman,		1	1
Not known,	1	1	2

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Imbecility,	7	1	8
Fatuity,	4		4
Mania, with Delusion,	4	7	11
Mania,	3	3	6
Affections of Sentiments.			
Melancholia,	3	4	7
Monomania of Fear,	2	2	4
... Pride,	2	2	4
... Superstition,	2	2	4
... Suspicion,	1	1	2
... Vanity,	3	1	4
Affections of Propensities.			
Dipsomania,	1		1
Monomania, Furious,	3	3	6

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Anxiety,	1	2	3
Change of Occupation,	1		1
Critical Period,		1	1
Disappointed Affection,	2	2	4
Disappointed Ambition,	1		1
Dyspepsia,		1	1
Education, Defective,	1		1
Epilepsy,	2		2
Excitement, Literary,	1		1
... Political,	1		1
... Religious,	1	3	4
Exposure to Cold,	1		1
Fatigue, Mental,	2		2
Fever, Rheumatic,	1		1
Grief,		3	3
Hepatic Disease,	1		1
Intemperance,	4	1	5
Leucorrhœa,		1	1
Masturbation,		1	1
Not Known,	12	12	24

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	9	6	15
Hereditary tendency to Nervous Disease traced in	6	5	11
No hereditary tendency traced in	21	14	35

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, --	18	11	29
More than 1 ... --	3	7	10
... 2 ... --	3	1	4
... 3 ... --	3	2	5
... 4 ... --	5	3	8
... 10 ... --	2		2
... 20 ... --	1		1
... 30 ... --		2	2

IX.—NUMBER OF ATTACKS OF DISEASE.

	I.	II.	III.	IV. or more.
Males, --	20	9	1	5
Females, --	17	4	3	2

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide, --	3	4	7
Have meditated do., --	3	4	7
Intentions not manifested, or unknown, -- --	29	18	47

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, -- --	7	4	11
Well educated, -- --	12	8	20
Can read and write, --	14	12	26
Cannot read or write, --			
Unknown, -- --	3	1	4

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, -- --	2	2	4
Disease of Liver, -- --		1	1
Dysentery, -- --		4	4
Pneumonia, -- --	1	1	2
Phthisis, -- --	1	2	3

TABULAR ANALYSIS OF CASE.

See p. 9.

TABULAR ANALYSIS OF CASE. See p. 9.

Number.		950. Admitted 28th May, 1846.
Name.		A. B.
Sex.		Female.
Condition.		Married, and has children.
Age.		34 years.
Station or Occupation.		Wife of a clergyman.
Religion.		United Associate Synod.
Original Disposition. ...		Ingenuous, kind, upright, and affectionate.
Education.		Well educated, and manifests great intelligence, acuteness, ar humour.
Deportment in Health.		Most exemplary.
Temperament.		Nervo-sanguineous.
Stature and Weight. ...		4 feet 5 inches in height—6 stones weight.
Xanthous.		Xanthous. Her eyes are of a pale blue colour, with an oran tinge.
Melanous.		
Date and Duration of Disease.		Has been insane since January last.
Number of Attack. ...		The second attack; the first having occurred in Dec., 1844.
Form of Disease. ...		Monomania of fear and suspicion, with suicidal tendency.
Premonitory Symptoms.		Before first attack she was depressed in spirits, but this attac was ushered in by unusual liveliness in conversation, sudde excitement, her stomach and bowels being disordered, th latter having a tendency to constipation.
Complications.		She appears to labour under some affection of the kidneys.
CAUSES.	PERSONAL.	
	1. *Moral.*	None.
	2. *Physical.* ...	Chiefly attributable to fatigue and anxiety, nursing attended wit sleeplessness.
	TRANSMITTED.	
	1. *Hereditary tendency to Insanity.*	None.
	2. *Do. Nervous Diseases.*	Said to be very subject to nervous headache, which she inherit from her father.
	3. *Degree of Consanguinity.*	
SUICIDE.	*Number of Attempts.*	She made one attempt.
	Mode.	By precipitation.

History or Progressive Development of Disease.	She suffered considerable fatigue and anxiety in nursing; this was attended with sleeplessness, and she exhibited symptoms of terror, suspicion, and restlessness. She became depressed also in spirits during first attack, fancying there was some judgment impending on the place where she lived. Since then she has become more lively in conversation, is occasionally suddenly excited, and once, while perfectly quiet, she suddenly arose, and before she could be prevented, precipitated herself from the window, under the idea that she required to sacrifice herself for the good of others.
ymptoms when Admitted.	
Senses.	All the senses appear normal.
Intellect.	Her knowledge of the identity of the individuals around her is impaired.
Affections. ...	She is kindly in her dispositions, which she exhibits by leading about the aged and the infirm in the same Gallery with herself, and in trying to soothe them.
Propensities. ...	Her habits are cleanly, and she appears to have no bad propensities.
Attitude.	Erect.
Locomotion. ...	Has a slight halt in her walk.
Mode of Decubitus.	Lies coiled up in bed, but in no particular manner.
Temperature of Skin, Head, &c. ...	Skin, 94°—head, 90°.
State of Skin. ...	Smooth and soft, but hot.
State of Tongue. ...	Has a thin white film on surface.
Desire for Food. ...	Took a good meal on arrival, but does not appear to have any great desire for food; this disinclination arises from the state of stomach.
State of Stomach and Bowels. ...	Had an attack of vomiting after admission; her bowels freely opened, and since then both appear natural in their action.
State of Kidneys & Urine.	Rather scanty in quantity—sp. gr. 1038—not coagulable.
State of Uterus. ...	Catamenia are regular.
State of Pupil. ...	Natural, and sensible to application of light.
Pulse and Circulation.	84, and regular. It varies in rapidity.
Voice and Respiration.	Both natural—very frequently draws deep sighs.
Sleep.	She has slept pretty well generally—is sometimes watchful.
Progress and Termination of Disease.	During a paroxysm she remains restless and watchful for several days and nights; at one time singing, at another weeping; now timid and affected, again violent, tearing or breaking articles of furniture and clothing. Her face is upon these occasions full and florid; her eyes very luminous; her manner and movements bold and impetuous; she speaks loudly, energetically, and oratorically; but capable of pausing, or being diverted, in her most impassioned moods, to utter, or listen to, or laugh at a quiet stroke of humour, or a touch of satire. Her topics are multiform. Education, the theatre, and complex family and social arrangements, are favourite texts; but her course of declamation is so devious and diverging as to reach or pass every object and matter which has, or appears to the ear or the excited mind to have, any connexion with the last topic. These incoherent wanderings are, in the majority of cases, directed, or rather suggested, for guidance or governance there is none, by the association of sound, the last word or phrase calling up a relation either common to all memories, or peculiar to her own. Sometimes the link is that of difference or contrast. Even when uttering the most ludicrous incongruities, her expression indicates her perception of their absurdity. She seems to be sane in the depths of her mind.

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

NINTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1848.

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LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

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MISS SANDEMAN, Matron.
W. B. WINGETT, Medical Assistant.
House Steward.
MISS ARMSTRONG, Superintendent.
J. RAE, Night Attendant.

R. ADAMSON, Esq., Treasurer. REV. GEO. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1847, - -		154	
Do. admitted from 11th November, 1847, to 11th November, 1848,		41	
			195
Dismissed Recovered, - - - - - -	20		
Removed or Improved, - - - - - -	5		
Dead, - . . - - - - -	16		
		—	41
			154

That tameness and monotony must characterise the Annual Reports of an Asylum which has been long established, the population of which does not fluctuate much, and where the system pursued is but an expansion of principles well understood and sanctioned by experience, is inevitable. Had novelty been coveted, this Report might have been prepared by an inmate, who offered to perform, and who was perfectly competent to perform, the duty. But it is a legitimate and useful object to repeat frequently, and until they are universally adopted, truths which are doubted and disbelieved because they are wonderful, which are avoided because they disturb intellectual pride and confidence, and oppose the prejudices of mankind. It does appear expedient to pourtray, although the picture may frequently present the same colours, the workings of the mind diseased to the healthy and the happy; to expose the sources of its decay and ruin; and to describe how far and in what modes stability and usefulness may be restored, and alleviation afforded; and, above all, to offer some account of the stewardship of love and happiness in which so large a portion of the community is interested. The absence of diversity in such a Report is to a certain extent a proof both of regularity in the movements of the moral mechanism employed, and of satisfaction with the results of its application. All men entrusted with the care of the insane must be conscious how infinitely inferior the actual benefit conferred is to the standard originally formed of the efficacy of medicine, or of the powers of the calm and healthy over the agitated and perverted mind, and how disproportioned to the dreams and aspirations of humanity; how intractable nervous disease is found to be, and how indelible its ravages are even where reason appears to be restored. But it is well that the failures in such attempts should be known, that the difficulties, whether surmounted or surmountable, should be acknowledged; and that the true condition of the confined insane should be frequently obtruded upon those from whom they are estranged. There is a moral lesson, as well as a scientific advantage, in such reports. By them the interior of large

General Observations.

communities living in the midst of but apart from mankind, governed by peculiar laws and arrangements, is laid open; by them the inmost recesses of the heart are stripped of the veil of human conventionalities and custom and fashion, and reverently held up to the view of those who are subject to the same infirmities, even as the bodies of the dead are used for the benefit of the living; and at the same time by them disease is divested of half its horrors, and its victims shown to be susceptible of love and sympathy, and of being raised in the scale of being by the same means and appliances which act upon the healthy. This document will contain an approximation to these objects.

Of 137 applications for admission, 41—22 males and 19 females—have been received, making a total of 196 patients resident. Of this number 16 have died, 25 have been discharged, 20 as recovered and 5 while under treatment. The mortality has been great in this as well as in other Institutions, although an examination of the Table of Causes will show that the diseases to which death is attributed were not of an epidemic character, but those to which the insane are especially exposed. In six cases it is certain that the patient laboured under a fatal malady at the time of admission; in two the powers were so much exhausted as to render confinement to bed during many months absolutely necessary for the preservation of life; and the remaining cases may fairly be referred to that unhealthy condition of the season which is supposed to have prevailed. Twenty patients have been restored to society as recovered. The expression is vague, and is here only adopted to indicate that the individuals discharged were in a condition to undertake the responsibilities, and to engage in the duties, of their former position. But in them, or in many of them, as in all those similarly situate, there might be detected many of the peculiarities which remain subsequent to an attack of derangement, and establish a very broad distinction between the calibre and vigour of the intellect before and after the invasion of the disease. In different patients, otherwise perfectly sound and calm and intelligent, there might be observed a want of comprehensiveness of mind or range of perception; a great command of former acquisitions, but an inaptitude to receive new impressions, a tendency to excitement, an increased activity of the sentiments, or a want of vigour in the conceptions. But other diseases besides insanity produce similar results; and these are not considered to affect the reason or responsibility, or

Peculiarities of Convalescence.

impair the usefulness of the individual. Of the 41 patients admitted, 24 were affected with melancholia or lypemania; which is so large a proportion as to justify a sketch of a malady, or of some of its modifications, which appears to keep pace with civilization. The great prevalence of this disease, which was formerly regarded as a national characteristic, may be legitimately traced in part to the agitation and sources of apprehension which at present pervade all communities. Commercial prosperity as well as commercial panic, the intensity of religious excitement, the acrimonious tone of religious discussion, the prophetic intimations of war, and famine, and disease, have all had their victims. It seems to be a law that the influence of great social changes is universally diffused: that the shock of those moral earthquakes by which thrones and altars are overturned, and the whole fabric of civilized habits and opinions and sympathies are altered, should be felt even by those who have no participation in the convulsion, so that the same causes which have elsewhere produced an epidemic mania of fear may be expected to act faintly, but directly, in the comparative calm and peace of those countries, and on those minds that are effectually protected from the immediate consequences of the political storm, that cannot grasp its object, nature, or tendency, that can only feel and fall beneath its terrors. Such are the sanguine, the susceptible, the sensitive; the classes endowed with a fine but feeble organisation, that cultivate the refinements rather than the stern practicalities of life, that cherish the excitement by which they are destroyed, and appear to pave and prepare the way by which mental strength and sanity are compromised. It is probable that much of that unsoundness of mind which cannot justly be attributed to the grand revolutions for good or evil in which mankind is involved, nor to any of those events which disturb the surface of society, may be found to originate in that profound and universal activity which characterises the intelligence of the present generation. It is very obvious that the multiplied means, and the rapidity with which new thoughts are transmitted and adapted to the comprehension of the ignorant as well as the educated; that the incessant reception of new and powerful impressions; the deep and intense interest which now attaches to every question; the daily appeals to passions and sympathies; the craving for novelties, discoveries, and for rapidity of moral progress, must all tend directly and inevitably to establish a condition allied to morbid excitement, exhausting to the system, open to the incursion of

Melancholia.

disease, and incapable of resisting the effects of disappointment and misfortune. It is not a witticism, but a grave and pregnant truth, to affirm that an individual actuated by the cares and pleasures and pursuits of the current century, "lives more of life," passes through more numerous, more vivid, and more perilous phases of intellectual existence in one year than his immediate ancestor did throughout his whole career. While it does not always happen that the symptoms of mental alienation bear any relation or resemblance to its cause, that fear should produce fear, yet it has been observed that the feverish activity, the unreasonable if not utopian ambition, and the constant tension of the powers described, is very generally followed by depression, despondency, and despair. In the group under consideration, there are youths who have passed years amid all the rapid alternations and eager hopes of railway speculation, in the construction of aerial machines, in the propagandism of a new political faith; there are women in the prime of life who now in all probability experience the results of that fervour of devotion, but fickleness of principle, which seeks gratification in powerful, even although painful, impressions. The desire to acquire fortune or fame rapidly, even suddenly, is but a modification of the same spirit which inspires the desire to communicate knowledge rapidly by a royal road, by a tax and strain upon the energies, or by saving them all exertion and application. When directed towards the young, it fosters that precocity which is naturally engendered by the tendencies of society, by the modes of life, by the very recreations of the play-ground, and favours the development of disease. It stimulates in the cradle; it anticipates Nature; it imposes the burden of maturity upon the feebleness of infancy, and kindles those tendencies which so often terminate in scrofulous or nervous disease. Statisticians believe that the age at which insanity appears is now earlier than it was fifty years ago; and although other causes must contribute to such a result, there is abundant evidence to prove that prematurity of intellect, whether natural or superinduced, tends to early decay. Several illustrations of these observations have occurred during the present year. One, himself a teacher, trained under a system which enforced continuous application, enjoined an hour's relaxation and eleven of study, or mental attention of some kind, and openly professed as an object to condense the greatest possible amount of knowledge in the shortest possible time, is now exhausted, dejected, dispirited, aged, and decrepid in mind, but deluded

into the belief that he has accomplished all things. A gentle girl incessantly craves a Testament in the original language, which she acquired in conjunction with an amount of Biblical and varied learning more calculated to exercise the memory than to strengthen the understanding. In a third, the muscular system seems to have been forgotten, and the fine proportions of an athlete are associated with the accomplishments of a delletante. It would be rash to affirm that education evoked this ruin. The capacities, the temperament, and the hereditary tendencies of the patients may have been such as to endanger the stability of reason; but to the injudicious application, the amount, or the selection of the means of training, may be referred the nature and the period of the catastrophe.

I. Simple Melancholia.

Melancholia is a comprehensive term. It includes all species of derangement in which despondency is the prevailing and pathognomic sign. It ranges from the ennui, the inability to enjoy, and the dissatisfaction and disappointment of unsuccessful exertions, to despair and suicide. It may be defined, misery with delusion. That delusion may be real and palpable; or it may consist in the exaggerations of a real cause of annoyance, or the substitution of a fancied for a real cause. The affection may be divided into simple, religious, avaricious, and hypochondriacal melancholia.

There are some cases in which the mere feeling of absorbing and incontrollable anguish constitutes the disease, or all that is presented to observation. There may be no apparent delusion, no assignable motive or object; but the patients fear all things—their own thoughts, solitude, society; they fear their own fears; or their face is pale, their limbs tremble, or they weep and shrink, or they sit downcast and motionless from the mere exaltation of painful emotions which they cannot subdue, and which neither reason nor sympathy can reach or mitigate. They envy those who suffer less, even although this immunity be purchased by imbecility and stupor. They feel

> Wretched capacity of frenzy, thought!
> Wretched capacity of dying, life!

They are often able to reason upon these groundless terrors; to admit that they can neither explain nor justify their sufferings; that the arguments used to prove their fallacy are conclusive and unanswerable; but they continue to despair. There is a disease of the will as well as of the emotive powers. An old man who labours

under this affection, flies to the Asylum in order to escape from his despondency, and has recently left his place of safety with the determination to return should his tranquillity be again disturbed. So exquisite and intense are these feelings, as to urge the sufferer into acts of suicide and violence. One of three patients admitted with this form of alienation, but whose mind was previously impaired in strength, attempted to murder a sister while labouring under the frenzy of fear; and there is every probability that many of the sudden precipitations from cliffs, windows, and bridges, are to be explained in a similar manner. In many of these cases there are present disease of the heart and large vessels, which from their effects upon the phrenic plexus may produce, as they are known to be accompanied by, internal sensations of distress and disturbance, which have received the name of anxiety, and certainly affect the mind with apprehension. The fear of death exists in many men in sound health independently of delusion; a feeling of depression is often experienced and indulged in youth which may be connected with the cause, and are certainly premonitions of nervous disease. The same susceptibility which renders many melancholics so keenly alive to internal impressions, and communicates an exalted perception to the special senses, interferes with sleep. When this morbid acuteness is combined with timidity, suspicion, or spectral illusions, the will is exerted in repressing the inclination for rest and unconsciousness. The patient dare not sleep, as death, or his persecutors, or a phantom, may surprise him during slumber. There is, however, a state of the brain which appears to be incompatible with sleep. Nocturnal restlessness is a symptom of all varieties of insanity in its acute stages; and all lunatics, with the exception of the imbecile and of confirmed monomaniacs who engage in labour, occupy many of the hours allotted to sleep in noise or reverie; but protracted vigilance is chiefly observed in lypemaniacs. There is a patient whose mind was ruined with his fortunes, who has resided in the House for about a year, and has rarely been seen to sleep, although from his enfeebled and critical condition, the visits of the night guardian are numerous, and made for the purpose of observation. That this restless anxious being does sleep is certain; but it is manifest that his slumber cannot be profound, that his senses and watchfulness are still partially awake, and that notwithstanding the precautions of those around, every sound reaches his ear and rouses his attention. Another individual of the same class, who is urged to

Pervigilium.

desperation by terror, who converts every object into a source of alarm, for many months spent one or two hours of the night in sleep, and the remainder in cries of terror, or attempts to escape from the dangers with which his apprehension peopled his room. Latterly sleep seemed to forsake him altogether; the pervigilium resisted narcotics so obstinately, and so detrimental to his health were his wanderings through his room, his struggles with apparitions, or with his own conscience—for he does not reveal the grounds of his alarm—and his efforts to obtain security, that constant watching has become necessary. It has been resorted to upon the principle that companionship may soothe, may inspire the feeling of protection, and induce him to remain quiet in bed, and that a cheerful fire and light may dispel the imaginary horrors which darkness conjures up.

II. Religious Melancholia.

In general there is superadded a cause of suffering, real or imaginary, and the soul is distracted with the throes of remorse and the dread of punishment, or it broods in sorrow over lost friends and frustrated projects. In this country religious melancholy is perhaps the most frequent form of the malady. The French devotee when insane becomes a priest, a prophet, or some sacred personage; but either from the difference of creed or climate, or constitutional tendencies, the religious sentiment manifests disease here in undue solicitude concerning salvation, in doubts, difficulties, self accusations, and despair. There is generally associated with the torture of the present moment a dread of the future, of Divine wrath and punishment. The suffering is proportioned to the greatness of the stake; and the afflicted, the majority of whom are females, yield up every power to the panic-stricken conscience, and at once loathe and fear themselves. They not only magnify trifles into momentous events or crimes, but they invent crimes; they confess deeds which are altogether inconsistent with their usual habits and principles. These imaginary deviations from rectitude may be the morbid whispers of conscience, or the recollections of intentions or temptations, or of those blind sanguinary impulses which often precede and prognosticate insanity, and melancholia in particular. A female melancholic declared herself the murderer of her child, and accompanied the confession with such pathos of lamentation and repentance, and such circumstantiality of evidence, that a listener was surprised into assent until the general condition of the mind was disclosed. Under such circumstances the memory is often so clear and precise as to embrace the most trivial and insignifi-

cant events which were unperceived by others, but which, coloured and distorted by passing through an unhealthy medium, assume an aspect altogether new and unwarrantable. In one of the cases all self-command is lost; the patient screams, gesticulates, as if in positive pain; her aspect is that of horror; she is incapable, during the paroxysm, of hearing the consolations addressed to her, and rejects them with scorn when her senses can receive them; she is convinced that she has delivered herself over to the enemy of mankind, although she does not state the time nor circumstances of the compact, declares that her flesh is burning and consuming, and exclaims "what shall I do to be saved!" Another lady, who is now more composed, but equally wretched, specifies the crimes by which she has forfeited all claim upon the mercy of God, and the retribution to which she is already subjected, and that to which she is condemned. Her culpability consists in the most innocent oversights, and the vague notion that her race is accursed, and has entailed calamity and misery upon all with whom its members have been connected or associated. Her imagination has devised the grotesque punishment that she is not constructed as other human beings, that her stomach is hermetically sealed, while her fears present continually to her mind's eye, and perhaps to the external organ, the awful spectacle of her arrestment, trial, degradation, and execution. She endeavours to escape this doom by starvation; but amid all this suffering and sorrow, she preserves the gentleness and elegance of her original position.

Insensibility.

Strong, and especially morbid emotion seems to exempt from the sensation of physical pain. Intense religious feeling imparts the power of resistance in a higher degree than any other mental state. Latimer is said to have held his hand unflinchingly in the fire, which consumed it; and martyrs even of a false faith, and in a less noble cause, have died without an indication, and it would appear without the experience, of suffering. There exists no doubt as to the genuineness of this phenomenon; nor can it be explained as a mere power of endurance, as indomitable firmness, or, in the majority of examples, as anything but insensibility. This torpidity of the nervous system is chiefly manifested in melancholic females. Suicide, and self-mutilation of the most cruel and appalling kinds, have been practised; the religious fanatics, called the Convulsionaires of St. Medard, bore with pleasure and relief to the hysteric ecstasy into which they were thrown, the infliction of every species of torture. Cases occur in every

Asylum of complete anæsthesia in which operations have been performed, and pain applied therapeutically, by blisters, cupping, &c., and no cry or confession of uneasiness been elicited; where diseases attended by suffering, even by excruciating agony, have advanced to a fatal issue unnoticed, perhaps unknown to the victim, showing that even the ganglionic feeling, which is exalted in many other examples of melancholia, is here suspended or impaired. There is among the melancholics an experimental suicide, who has tried upon his own person various means to extinguish life, partly to determine the comparative merits of the different physical modes of escaping from moral disquietude, and who was only prevented from accomplishing his purpose, by strangulation with his own hands, in consequence of the loss of consciousness. Experimental Suicide.

Another example occurs in a female, who realises the conception of a demonomaniac by the irradicable conviction that for many years she has been excluded from God's grace, and that her own rational soul is annihilated, and its place occupied, at least temporarily, by a devil or a messenger of Satan. When under the influence of this supernatural agency, she starts, rushes to and fro, strikes against all obstacles, proclaims that she is possessed, and is transformed from a quiet simple-minded woman into a personation of fury. The delusion does not cease with the explosion of vehemence. She occupies much of her time in writing texts of Scripture, pious ejaculations, and moral axioms on every scrap of paper or cloth to which she has access. These she delivers to the Physician and to others as her grace, and obviously regards the object as sanctified by the words written thereon, and as converted into a charm or amulette. The lining of her gown is one vast manuscript. All these are written in her own blood. To procure this she has made a series of deep excavations in the arm. These ulcers she regards with complacency, and has no hesitation, and appears to have no pain, when one source is exhausted in inflicting a new wound. It is probable that in the passionate desire for pardon and peace, she attributes some sacrificial efficacy to this shedding of blood; but in carrying out her object, whatever that may be, she appears to be stolid and insensible. Demonomania.

One of these modifications or directions of the sentiment of fear is, the dread that for some inexpiable crime the offender will be transformed into a brute. In another case, this metamorphosis has taken place, and an example is afforded of that most curious and rare form of Lycanthropia.

alienation, lycanthropia. This patient is an uneducated country girl, the inhabitant of a rocky and tempestuous sea coast; scrofulous, simple, and superstitious, as she speaks confidently of mermaids and mermen. She lost her reason in an anxious attempt to restore that of another member of the family. She believes that in youth she was bit by a mad dog, and that she is now a ferocious animal of the same species. She barks and howls vociferously, leaps out of bed, runs to and fro with great swiftness, and occasionally bites in imitation of her prototype. The attack commenced with great dejection and prostration of bodily powers; but there is no proof that she now entertains, or ever entertained, the notion of any intercourse or compact with invisible beings or agencies. It is not affirmed that the marked distortion of the spine which she presents, and the modification of sensation which this condition may produce, is connected with the origin of the hallucination; but it is certain that in many cases where similar deformities have existed, the nature of the delusion was determined by the situation and severity of the neuralgic and anomalous pains to which the spinal disease, whether in the bone, the membranes, or the substance of the cord itself, gave rise. She can afford no explanation of her feelings; she merely reveals her canine race and affinities. For such a confession in remote times she would have died at the stake, more recently she would have been immersed in a sainted well; and now there is some prospect that she may be exorcised by love and kindness, and ultimately restored to her womanly form and privileges. Lycanthropy was in ancient times almost invariably conjoined with demon worship. The precursor of the mature malady, or of the series of crimes of which the victims were guilty or self-accused, was an interview with the Devil or his representative, a contract and act of fealty, and in return for such overtures an introduction to the infernal Sabbath, the presentation of an ointment which when rubbed upon the skin endowed it with hair, and transformed the whole body into a wolf. Subsequently these miserable creatures actually did commit murders, or in the deep reverie which accompanied some cases, and the excitement which must have attended all, they imagined that they committed murders, and devoured the flesh of their victims. They were further impressed with the belief that they traversed mountains and forests as beasts of prey, running down and eating indiscriminately animals and children; and the state of the palms of the hands and nails proved that some of those afflicted had actually simulated the

mode of progression of quadrupeds. While human life was unquestionably sacrificed by these brutal appetites as a result of the complication of lycanthropia with homicidal mania, it is exceedingly probable that in many instances where children were killed, and found partly consumed, and where lycanthropes declared the act to be theirs, that real wolves were the perpetrators. The disease has generally appeared in pastoral districts, and may have been fostered and modified, if not suggested by the superstitions incidental to a solitary and shepherd life, and by the accidents and misfortunes to which flocks are exposed. In 1598, it appeared in the mountainous and sterile region of the Jura. Like all other mental diseases depending upon exaltation or perversion of religious sentiment, it rages epidemically, and upon this occasion a large portion of the population was attacked, of whom many were tried and condemned to be burned alive as sorcerers, murderers, and for criminal intercourse with Satan. There are some facts developed in the history of this invasion which, although observed elsewhere, were so invariable, were upon so grand a scale, and are so rarely met with in other species of insanity, as to be worthy of consideration. The delusions related were participated in by numbers of the peasants; whole families yielded to their influence; the father indoctrinated the child, the brother seduced the sister. But what renders this unanimity in an absurd delusion still more interesting is the corroboration afforded by the confession of one demonolator of the statements of another, is the belief that they hunted in couples or packs, that they saw each other at the midnight meetings of devils and wolves, and mutually joined in the same rites and ceremonies. Except in such rare cases as that now under treatment, this species of melancholia has disappeared; but the traditionary superstition still lingers in ignorant communities.

The injuries seen upon the bodies of the insane are often connected with the insensibility existing in such conditions as melancholia and lycanthropy. As the natural language of anguish or anxiety the hands are clasped or wrung, the hair is plucked or torn from the scalp, the nails and fingers are picked, bit, rubbed, and scraped; and, in that fixity and concentration of ideas which often accompanies profound grief, various parts of the body are pinched, torn, denuded, excavated, and sores produced which the patient does not notice, and which a normal degree of sensibility would prevent. These accidents are not now common where there is proper superintendence and due

attention to the functions of the skin; but the ingenuity or frantic perseverance of some patients baffle all precautions. A man in this Establishment has furtively, and even while his hands were shielded by padded gloves, rubbed off the extremities of several fingers; and a melancholic, now under treatment, excoriates the skin of his hands by friction, pierces his scalp, and bruises and cuts his head and legs, as if he had no concern with the injury, or as if his internal misery transcended and absorbed all other afflictions. Even when his head and face were enormously swollen from erysipelas, he would scarcely admit that he felt uneasiness, and exhibited no solicitude except for his food, and for an explanation of the evils to which he was subjected.

Avaricious Melancholia.

The dread of poverty, the difficulties of actual destitution, the anticipation of debts and engagements which must be discharged, the impending exposure of a bill for an enormous amount which cannot be paid, the suspicion of frauds and robberies, and malversation of trust and property, and remorse for lavish extravagance, become the sources of torment to a large number of melancholics, especially in Britain, where wealth is the medium through which so many other qualities are viewed. These apprehensions do not necessarily originate in the midst of affluence—they are participated in by individuals who have little or nothing to lose, but who, condemned to penury, shrink from the greater evils of starvation. They deny themselves the common necessaries of life, in order to postpone the fatal future; or, paralysed, they gaze into the gloom and suffering before them, unable to make a single exertion to avert it. Cases of this kind sometimes follow actual misfortunes; and the wreck of station and means entails the dread of greater and more signal calamities. One case of this kind occurred during the past year, where profound melancholy and refusal of nourishment were occasioned by pecuniary embarrassments; but another case in which the abstinence was even more unyielding and prolonged, the despondency more exquisite, was the result of an imaginary loss, or of the alarm that such a loss was probable. The value of the object lost is not in any way corresponding to the intensity of the feeling. A respectable old woman was panic-struck for several weeks by the fancied loss of a pair of blankets, and mourned as sincerely as another patient, a well-educated man, did for the destruction of the whole of his property. When the fear of want is associated with the remembrance of former profuseness, a most unmanageable complication arises. The pangs of conscience may be assuaged, but

Abstinence.

the pangs of hunger are supposed to be present and urgent; and if these be appeased, a new ground is afforded for the assaults of remorse. A patient formerly in the House refrained from taking food, except in very small quantities, as a penance for luxuries indulged in, and that the poor might be supplied more abundantly. This penitent may be said to have died of inanition and the dread of want, where want could not reach him. Patients so affected are not misers; they do not hoard, although in general the specific delusion has been suggested by habits of economy, the ambition of riches, or the difficulties which that ambition may create.

The appetite for food may be impaired by local disease of the stomach, or by general agitation. In the melancholic neither the promptings of appetite, nor the cravings of hunger, are perceived. Cases occur in which these sensations are resisted from the fear of want or of poison, in the performance of a vow, or in order to destroy life; but more frequently the mind is so plunged and pre-occupied in its own unhappiness, as to be unconscious and independent of the wants of nature, and to refuse nourishment as vain and profitless, and as a mean of aggravating and perpetuating suffering rather than as a source of gratification. Ten, or about one-fourth, of the patients admitted, have displayed this peculiarity. Three ate sparingly; seven refused support of all kinds; five so obstinately, that compulsory feeding was required. This opposition continued for days, weeks, months, and is generally firm and unyielding in proportion to the amount and gravity and incurability of the disease, and the original disposition of the patient. The dread of poison is generally blind and extended to all substances whatever, to water from the fountain, to food of which others partake, which has been tasted and tested by those in whom trust is reposed; but it may be discriminating, it may comprehend articles which are open to suspicion, and except those which could not be vitiated or impregnated with arsenic or opium, or whatever deleterious agent the imagination may especially suggest. Patients, who rejected all other aliment, have been sustained for months on milk drawn in their presence, or by themselves, from the cow; and a patient has been recently admitted who subsisted for a long period upon eggs and cocoa-nuts alone. Abstinence is certainly a frequent symptom; but bulimia, or inordinate appetite, is likewise met with in melancholics extending to inedible, disgusting, and noxious matters, and may depend upon an advanced stage of that irritation which

Bulimia.

leads primarily to the rejection of food in other individuals. This uneasiness or craving, which sometimes amounts to torture in the region of the stomach, may be traced to exalted or morbid sensibility of the nerves, and may suggest the desire for food. Gratification appeases the inordinate appetite temporarily, and extinguishes the local pain; but the recurrence of the inclination to eat takes place much earlier than can arise from the wants of the system, or from a healthy state of the stomach. In such cases where patients do not sleep, food is sometimes supplied during the night, appears to remove the cause of their restlessness, and is followed by sound refreshing sleep.

Hypochondriacal Melancholia.

In hypochondriacal lypemania self is the central point of all morbid action, although around it may revolve solicitude for the fate or interests of others who may be affected by the condition of the sufferer. It does not follow that the disposition was originally selfish. The most generous and candid nature, struck by the fear of death, by the imaginary ravages of some foul and fatal disease, contracts and directs all its energies to the contemplation of its own unmitigable condition, to bear its sorrows, or to brave its impending fate. The attention is fixed immoveably upon the gnawing of some deep-lodged worm, upon some terrible process of disorganisation; the whole mind is interpenetrated by despair, and the affections and sympathies are inoperative rather than obliterated. The patient conceives that the blood or brain is corrupted; that the bowels are no longer patent; that these calamities are a heritage, a punishment, a disgrace, and must entail shame and misfortune upon all friends and kindred; or, a specific disease is fixed upon; its symptoms and development minutely detailed and dwelt upon; the pale, haggard countenance, the cold dry skin, the sluggish pulse and diminished secretions, are adduced in proof of the opinion, and in justification of the apprehensions entertained. The attention dwells upon sensations, and unquestionably acquires a power of watching and exalting them unknown in health, almost amounting to clairvoyance, and presenting an anatomy of the cavities with frightful distinctness if not fidelity. In general the fear of death is more vague; death is at hand, but is not presented palpably and distinctly; pain is complained of, and perhaps is felt, for the suffering is real whether its seat be in the nerves and sensorium, or in the mind; titillation, throbbing, creeping, lancinating, and every description of irregular and abnormal sensation is ex-

perienced; the skin or muscular fibre is supposed to be undergoing a process of transmutation, and the intestinal canal to be the residence of parasites. The patient may speak sensibly of these absurdities; but cannot, whatever the motive or temptation, refrain from recurring to them. The sphere of mental vision becomes so narrowed that only one object is visible. But that object is so awful, so prognostic of evil, that irresistible terror accompanies it. One of the patients now under consideration trembled for hours in thinking of her own fate and approaching death; her whole frame thrilled with anxiety or pain; her fear produced the feeling which she feared; she did not sleep, she lost flesh, the action of the heart was irregular, the bowels torpid, and every function participated in the general disturbance, although no actual disease, except spinal irritation, could be detected, and although she was conscious that she had repeatedly recovered from ailments as grievous. Another is impressed with the conviction that she labours under dropsy, and retires to bed to die or to be tapped; and a third who, however, laboured under religious monomania likewise, revealed a pregnancy of eighteen years' duration.

Language in Melancholia.

Language is rarely affected in melancholia. Persons may be so abstracted, so absorbed or preoccupied, or so wretched, as to be taciturn, or curt and uncourteous in their conversation, but they are rarely incoherent. They describe, they dilate upon their own condition with perspicuity and propriety, although all their expressions are tinged with the gloom in which they live. The last circumstance which occurred, or the last words uttered while the mind remained sufficiently healthy to receive impressions, often linger tenaciously in the memory, and give a direction to the morbid ideas, which seems to be determined rather by the mental state existing at the time than by the nature of the incident or the meaning of the words spoken. A melancholic, now in the Institution, has remained, in one sense, stationary since the commencement of her illness. Distance and time are obliterated, and she is still surrounded by the same persons, and hears the same expressions, as when she left her home; and this adherence to a preconception is contemporaneous with a vague consciousness of where she is, and by whom surrounded. When melancholia is about to pass into fatuity, very striking peculiarities are observed in the phraseology employed, determined either by the laws of association, or the education and tastes and tendencies of the individual. In two of the cases now discussed, where the patients have been liberally educated, all copiousness and variety

of expression are gone, the vocabulary is abridged, and precisely the same terms and sentences and arrangement are used from day to day, and from month to month. This impoverishment cannot proceed from the barrenness of the subject, for although their sorrow is unchanged, and by them unchangeable, the disturbances to their train of thought, the appeals, the new impressions, are manifold; but it arises from that morbid concentration of thought and feeling which either narrows and excludes every other ray of mental light, or bends it into one focus. In two additional cases, where the intellect has undergone no training, the same fact has been observed, with this difference, that the words are fewer in number, and more simply arranged. Garrulity and incoherence are the signs of a more advanced state of disease. A patient who can still construct his sentences according to the ordinary mode, is, however, guided in his choice of expressions by the sound of the terminal syllable or word, or by some rude notions of rhyme. So dominant and necessary does this tendency appear to be, that he pauses in order to consider and discover the appropriate word, sacrifices every pretension to sense or reason, and embraces every incongruity and absurdity with a view to accomplish his object. So much constrained is he in this exercise, that he at once resorts to the invention of a jargon for the purpose of creating such sounds as memory fails to supply. In this improvisation he continues to introduce many statements of his wants, and sneers at those around; but these parentheses are of minor importance. If he concludes a phrase by the word *remorse*, it is certain that horse or worse will occupy a similar place in that which follows; if he uses "*firkin*," jerkin is immediately suggested; and if he fails to summon up a term which will harmonize with *coverlet*, he immediately adopts *plover*-wit, or some term equally euphonous. In a female whose disease is in other respects different, an analogous modification of language exists. Her mind is likewise directed by the sound; but there is no attempt to use verse as a model. Her choice is often determined by the first letter of the principal word of the sentence, so that her conversation, which is confused and absurd, and intelligible only by conjecture, assumes an alliterative form. Some of her observations follow:—"The stick that she had was the handle of a pick to dig potatoes, and peas, and plums; but then the dog dragged the dust through the mignionette, and made sad work with the willow-wands and the sands on the sea shore. Give me that book, the crook of the blot. Lot's wife was a witch, and a pillar of

salt and sorrow." Her memory is still stored with fragments of songs and popular legends and sayings; and if a line of the former, or a few suggestive words of the latter be pronounced in her hearing, she continues the quotation without hesitation, and with perfect accuracy, so that her infirmity seems to extend to the formation and not to the reproduction of phrases.

Furious Mania, &c.

Of the remaining 16 entrants, whose disease has not been alluded to, one laboured under general paralysis of the insane, with its characteristic optimism, incalculable wrath, herculean power, and perfect felicity, with its equally characteristic imperfection of articulation and manual apprehension, and vacillation of gait, and its invariable attacks of cerebral congestion, terminating in death. Two were cases of partial fatuity following acute mania, but admitting of the display of great musical science in one individual, and of the enjoyment of much happiness in the other. There were three cases of monomania. Pride of birth, the delusion that a claim can be made to the chieftainship of a Highland Clan, and that the Gaelic is his native tongue, are the chief characteristics of the first; the assertion of a right of property in the estates, but especially in all the horses, in the country, distinguished the second; and the third boasts of the discovery of the principle and construction of a machine capable of being propelled through the air. His insanity is the direct and unequivocal consequence of his endeavours to make this discovery, and to complete a working model. It was ushered in by transe and catalepsy. Ten were violent maniacs. Of these four were of recent origin; six were relapses. The liability to annual, biennial, or irregular paroxysms of excitement is a characteristic of furious mania. Some of the individuals now alluded to have passed a large portion of their lives in this and other Asylums; and all of them have had the duration of their life materially abridged by the recurrence of the disease.

Crises in Insanity.

Two cases have occurred which are calculated to inspire great caution in prognosis. A man of strong mind and considerable attainments had passed through a state of acute mania, marked by violence and destructiveness, by visions of grandeur and spectral illusions of pictures and landscapes, and remained for months displaying great ingenuity in projects, theories, and scientific speculations; but strong and vindictive in his antipathies, defective in judgment, degraded in his habits, forming a disgusting paste of bread, which he hardened and moulded into a breast-plate, and wore until detected upon his chest,

and whose chief occupation was to capture beetles and bees in order to poison them with snuff. He possessed robust, plethoric health. Suddenly while engaged in his favourite chase, he fell down insensible and strongly convulsed. So imminent appeared the danger, that depletion and other remedial means were employed in the airing-yard where the attack took place. This man rose from his bed in the course of a week without any trace of bodily disease or infirmity, with an impaired memory, but with a decided tendency to convalescence, which has now passed into complete sanity, almost a total oblivion of the period of mental aberration, and a capability to recommence his duties at the point where they were abandoned. The second was that of a misanthropical female, who detested, defied, and destroyed all, whether animate or inanimate, around; who spoke or showed her maledictions incessantly, and outraged order and decency, and the ordinary amenities of intercourse; was found in bed, after a night passed in great excitement, paralysed on the left side, with great loss of strength and impeded articulation. But her whole moral nature had undergone a change. She was now gentle, modest, brief, but respectful in her replies, and willing to confess that she could not account for her previous deportment. She recovered entirely from hemiplegia, engaged in occupation, and displayed great improvement in intelligence. A relapse, however, has again placed her among the furious and dangerous. These facts might be adduced in support of the modern hypothesis of a duality of mind, and might be explained by the assertion that the diseased hemisphere of the brain had been rendered incapable of action by the apoplectic condition. They at least show that some of the gravest forms of nervous disease may be curative of, or antagonistic to, others. Similar phenomena have been observed in chronic melancholia of long duration. A governess, who for ten years has entertained the delusion that she was an outcast, an inmate of a workhouse, and laboured under peevishness, discontent, and irritability, rejected food, and every source of comfort and consolation, has, after long-continued neuralgia, been deprived of the power of motion in her lower extremities, but, contemporaneously, has recovered her reason, acuteness, religious convictions, and amiable and refined tone of mind. She now says that she feels as if newly awakened from a deep sleep, and listens with astonishment to tales of railways, revolutions, and the history of the world during her painful sleep.

As it is a duty that all new and powerful agents should be tried in the treatment of a disease which so often defies the ordinary resources of medicine, chloroform was employed in certain cases therapeutically, and in others experimentally. Loss of sensibility was observed in the great majority, but the subsequent and subordinate effects differed widely; but of twelve cases, in some of which inhalation was repeatedly practiced, notes were taken, and may be epitomised :— Chloroform.

No. 1. A garrulous boastful maniac. Insensibility with partial loss of consciousness. He threw himself into attitudes after being roused, and was for a time intoxicated, reeling about the room, and looking and leering, as drunkards in the second stage generally do. Three drachms were used, and for a long time.

No. 2. A convalescent. Total suspension of sensibility and consciousness on a second exhibition. He was nearly suffocated by some drops of water falling from the nostrils into which they had been injected, upon the glottis, but he passed through the state of asphyxia without awakening. Subsequently, when acted upon by chloroform, he became inebriated, or affected by a dancing mania, but not insensible. Four drachms were used, and for a long time.

No. 3. An amiable monomaniac. Total insensibility followed the exhibition of one drachm, and after a few inspirations. He had only time to say, "Doctor, I'm getting insen——," when he became so.

No. 4. An excitable melancholic. He attitudinised during administration, and became frantically intoxicated, with subsequent delirium, which continued for about fifteen minutes. The character of the incoherence was the same as when the patient is excited independently of chloroform. No insensibility could be produced. Half an ounce was used.

No. 5. A partial imbecile. Slight twitching and rigidity of the arms, and the more rapid ejaculation of the letters R, E, V, which he is accustomed to repeat, were the only appreciable effects. No insensibility followed the exhibition of two drachms.

No. 6. In the stupor which often succeeds violent mania. Increased stupidity and attitudinising were observed during administration, followed by intoxication, which lasted for many hours, and was characterised by attempts to extend or elongate the limbs.

No. 7. A maniac. Complete insensibility, interrupted by soliloquies on the predominating delusion. This condition was followed by

natural sleep and headache. Three doses, of a drachm each, were repeatedly required to produce these effects.

No. 8. A maniac. A paroxysm of frantic and vindictive mania, with tetanic rigidity of the muscles of the extremities, of short duration, followed a few inspirations, but was of so formidable a kind that the experiment could not be persevered in.

No. 9. A melancholic. Immediate insensibility and loss of consciousness.

No. 10. A melancholic, subject to paroxysms of acute mania. The chloroform was used when the excitement was present. In the first instance, there was insensibility and loss of consciousness, succeeded by complete restoration to reason, which continued for some hours; in the second, insensibility, loss of consciousness, and convulsions, which were again followed by a short lucid interval; and in the third and subsequent trials, the results were unsatisfactory. Three or four drachms were used.

No. 11. A furious maniac. Brief insensibility and loss of consciousness, followed by natural sleep, and obvious diminution of the muscular agitation and incoherence.

No. 12. A religious melancholic. Instantaneous insensibility and loss of consciousness, followed by aggravation of the habitual despair.

In several other cases no effect whatever was produced. It would appear from these observations, that chloroform exerts less power over the nervous system of the insane than over that of the sane; that it may aggravate excitement, even develope a paroxysm of fury; and that in violent mania, where the benefits of such an agent would be particularly desirable, where tranquillity and rest are the great objects of all remedial measures, it will be necessary to conduct the exhibition with great caution, and with the constant recollection of the tendency to congestion which exists in the insane, and which narcotics occasionally appear to produce or aggravate.

New Pauper Asylum.

Another step has been made in carrying out the magnificent plan of which the present edifice forms but a part. Another building has arisen in the grounds, and another large section will speedily be added to the community, involving great public interests, and demanding an extension and modification of that system of management and treatment which has now been subjected to the test of nearly ten years' experience. Part of the plans executed by Mr M'Gowan, and approved of by architects and physiologists, familiar with the necessities

and habits of the insane under confinement, have been contracted for, and in the course of a few months the most urgent and immediate claims of the district will be met by providing accommodation for about 150 patients. Every exertion has been made, and most successfully made, to accelerate the progress of the undertaking; and the rapidity with which this substantial and handsome structure has approached completion, is at once matter of wonder and of praise. The whole of the works have been separated from the existing Asylum by a palisade 10 feet high; the privacy and tranquillity of the grounds have been undisturbed; and no escapes have been attempted. The gradual appearance of the building, the busy and animated scene presented by the operations of the workmen, have proved powerful objects of interest and attraction, and speculation, and served to break in pleasurably upon that internal discipline and routine which, although conducive to mental tranquillity, is monotonous. An effort has been made to connect and identify this rival Institution in all its stages with the thoughts and sympathies of the present inmates. When the outline was marked out on the sward, from forty to fifty patients assembled, and, emulating the ceremonial sanctioned by the usage of sane men upon similar occasions, one of them raised the first sod, another wheeled the barrow with earth, and all, with one exception, drank in temperate cups success and prosperity to the undertaking thus begun. That exception, imagining himself a king, protested against the proposed interference with his rights as lord of the soil, but did not object to the use to which the site was to be appropriated. This unanimity among men who must expect to live and die within the walls about to be raised, whose privileges and happiness are secured solely by obedience to that discipline which these walls assist in enforcing, is a tribute of some value to the compatibility of isolation with comfort and enjoyment. A party of twenty of the industrious labourers engaged in excavating the foundations, and were occasionally joined by volunteers from the higher classes; and although prevented from completing their task, the vast mound of earth which is about to be converted into a Bowling Green, and the saving of a considerable sum to the building fund, are sufficient proofs of their alacrity and industry. Even in laying the foundation stone they were participators. Deputies were appointed, and attended from every gallery; their names inscribed with those of the directors, contractors, officers, and attendants, were deposited with the customary documents,

a copy of the Annual Report and New Moon, in the appointed niche, and, mingling with the workmen, they sanctioned, as far as their presence could, the act about to be performed. While all the pomp and pageantry used on such occasions were dispensed with, the solemnity and impressiveness were perhaps enhanced, and the effect rendered more in keeping with the sacred purpose to which the work is to be dedicated, when one of the patients, a clergyman of the Church of England, who could speak, and now speaks in a wider sphere, of the benefits derivable from such Institutions, knelt down, after an address from Colonel Grierson, and offered up, in the name of all, a brief but emphatic prayer for blessing from the Architect of the Universe, the corner stone of hope and salvation. It is further proposed that whatever festivities may attend the opening of the new Asylum, they should be conducted by, and adapted to, the condition of those who must regard it as a home. When the part now erecting is finished, and which constitutes about one-half of the whole House, it is expected that two principles, economy and simplicity, which have been kept steadily in view, will be found to be realized; that ample and comfortable accommodation for the poor will be provided at a more moderate cost than has hitherto been deemed practicable; and that great simplicity of structure and internal arrangement are consistent with the most enlightened treatment of the insane. It certainly is not essential to the happiness or cure of the inhabitants that an Asylum should be either a prison or a palace, or that the practice of humanity should be more expensive than that of coercion and cruelty. The House stands upon the same slope as the present Asylum, and enjoys nearly the same views of the valley of the Nith. As it is one-half of a plan of the ⫤ form, it consists of an extended front, and a wing running back from the centre to the point at which it will join the portion to be ultimately erected. The two lateral wings, or four-fifths of the front, and in which the patients principally reside, are of two storeys; the central portion, which is devoted to the residences of the officers, domestic purposes, and work-rooms, is of three. As the fall from the esplanade, which runs along the front, is great, the drainage, which is effected by fired clay pipes, will be most effectual; and an abundant supply of water will be secured by connecting the cisterns in the new with those in the old building. The interior is to be fitted with gas, by Messrs Milne, Edinburgh; and to be heated and ventilated, according to the plan of Mr Hadden, junior. By this plan

warmth is supplied, of a given temperature, to all parts by the circulation of hot water, in pipes which are inaccessible to the inmates; being the vitiated air removed by means of the connexion of a central chimney with flues from every corridor and apartment, and of the introduction of pure air from chambers in the basement storey. But fire-places exist in all public rooms, so that the actual cheerfulness, and the early and healthy associations connected with this provision, especially in cottage life, may be brought to bear upon the meals, and occupations, and amusements. The lateral wings consist of two distinct portions. The first and largest, and that in connexion with the centre, contains a corridor, looking towards the valley, measuring 80 feet 6 inches by 10 feet, the height being throughout 11 feet, and running nearly the whole length of the front. From this open two dormitories, 36 feet 6 inches by 16 feet, capable of containing 14 patients each, and one attendant, so that supervision and assistance will be extended to those hours, when if not most necessary, they still are advantageous. From the corridor entrance is obtained to the eating room, 27 feet by 24 feet, which again communicates with the washing and dressing-room, where, as well as at the other extremity of the corridor, there is a water-closet. The eating-room passes by a lobby to the airing-yard. The second, and small and more distant portion is distributed into a public-room 24 feet by 16 feet, washing-room with a bath, and a corridor of the same dimensions as those in front; opening into separate rooms, 13 feet 6 inches by 8 feet 2 inches, for the refractory, and those who, from their habits, can neither enjoy, nor tolerate, nor mingle in the society of others. The same arrangement is observed in both storeys, and possesses, among others, the advantages of extensive, and when the plan is completed, minute classification, and the separation of the place of in-door exercise from the eating-rooms, and of both from the work-rooms, which it is expected will be chiefly occupied by the females, as in a district such as this the great proportion of the patients will be members of the agricultural population, who will require and desire employment in the grounds, if capable of engaging in it at all. The inmates as yet mentioned are supposed to be so tranquil and tractable as to be associated in groups, to work together, eat together, sleep together; or to be so destructive or degraded as to demand more rigid isolation and superintendence: but there is another class who, from previous habits, contracted, it may be, under more prosperous circumstances, or from some

innocent or laudable peculiarity, covet privacy, or who may be benefited by it; and for them accordingly a series of separate sleeping-rooms are constructed on the third floor of the centre. Separated from these by a wide vestibule are apartments, 19 feet by 12 feet 6 inches, that may be used as infirmaries, for those who have bodily added to their mental infirmities. On the second floor are a dormitory and work-room, and the bed-chambers of the Medical Officer and Matron; and on the first the parlours of these Officers, a bath-room, containing twelve baths for hot or cold water, with shower baths, and a work-room, which will be temporarily used as a kitchen. Solitary baths, for the purposes of cleanliness, may be indispensable in the wards appropriated for the dirty and debased; but in every other point of view a great central bath-room is to be preferred. Even if the economy in fuel, in the pipes conveying the water, be disregarded, the advantages of bathing a number of patients at the same time, and for any length of time, under the care of an attendant appointed for the duty, and in a spacious room adapted to the purpose, is obvious. With the kitchen is connected a subterranean railway, 316 feet by 9 feet 6 inches, which runs to the extremities of the building, and communicates with the floors above by shafts and moveable trays. Along it will be sent all food from the cooking place, and all dishes and debris from the galleries. The carriages are to be constructed like hot covers, so that the meals will be served up in good condition. The parts of the House inhabited by patients will thus be preserved free from the effluvia arising from food, and from the bustle and confusion which attend the transport of the equipage through rooms or corridors occupied by patients. By it will be conveyed coals and refuse, the clean and soiled linen, and clothes to or from the work-rooms, and all articles which are issued from or to be deposited in the central store. It will likewise serve as an immense reservoir of air, moderately dried and heated, running along the foundations of the building, and, when not otherwise required, may serve as a promenade upon a grand scale.

In conducting this addition it will be expedient that the internal superintendence, the domestic arrangements, and the responsibilities and pecuniary affairs should be preserved distinct from those of the existing Establishment. The houses and households may reciprocate good offices, the inmates of the one may afford employment for those of the other, they may meet for common purposes and com-

mon pleasures; but the regulations and movements should be separate and independent. This position will preclude all mistakes and misunderstandings as to the rights and privileges of co-ordinate authorities, it will remove all cavil and objection as to the mixture of different ranks and classes of society, and it will afford means of forming a correct judgment of the resources required to maintain an Asylum for the poor in Scotland. Some difficulties may be encountered in the distribution of stores, and in apportioning the various items of expense, but these will be removed by an extension rather than a modification of the system now in operation.

How far these provisions may anticipate the objects of any Legislative measure that may be contemplated cannot as yet be ascertained. Certain it is that they will be amply sufficient for the present wants of the Counties of Dumfries, Kirkcudbright, and Wigtown. The views of the Directors upon this subject may be learned from the extracts of minutes which follow :— Lunacy Act.

25TH MAY, 1848.—The Minute of the Meeting of 11th curt., having been read, the Treasurer, Mr Adamson, reported that he had, as thereby directed, addressed and posted to each Trustee and Director, a Circular, calling this Meeting, and which Circular was as follows :—

"DUMFRIES, 15TH MAY, 1848.—At a late meeting of the Trustees and Directors of the Crichton Royal Institution, the Members then present had under their consideration the Bill now before Parliament, 'To amend the law of Scotland relative to the care and custody of Lunatics, and for the better regulation of Lunatic Asylums for Pauper Lunatics,' and these Members were decidedly hostile to the principles and whole provisions of that Bill, as an improper interference with the powers of the Crichton Institution, and an unjust usurpation of their property, and expressed a desire that it should be opposed by every constitutional means. I, therefore, as Treasurer, do hereby, in terms of the Crichton Institution Act of Incorporation, call a Special General Meeting of the Trustees and Directors of that Institution, to be held within the Board Room, there, on Thursday, 25th May curt., at noon, to consider the said Bill, and adopt such measures as may be then resolved upon in regard to it."

And the Meeting having proceeded to the consideration of the said Bill, came unanimously to the following Resolutions :—

1st, That the Bill is unjust in its principles, and arbitrary and oppressive in its details.

2d, That, by Clause 3d, "Public Asylum," includes all Asylums established by Act of Parliament, or under any Deed or Mortification; by Clause 8th, "a Board" to be created shall have the management, direction, and regulation, of all public or private Asylums; and, by Clauses 19th and 20th, they must be licensed by "the Board," which shall have power in all cases "to grant or refuse the license," thus depriving the Trustees and Directors of all power, and transferring this Institution to "the Board."

3d, That this Asylum has been conducted since its opening in June, 1839, on the most approved principles, to the satisfaction of all parties connected with it, without a single complaint from any quarter; and an additional building, to accommodate at least 140 Pauper Lunatics, being now in the course of erection, the Bill is peculiarly unnecessary, so far as regards the Counties of Dumfries, Kirkcudbright, and Wigtown.

4th, That as Mrs Crichton proposed, and the other Trustees sanctioned, the appropriation of about One Hundred Thousand Pounds to the founding and endowing this Asylum, on terms and conditions confirmed to them by an Act of the Legislature, the present Bill is a direct violation of these terms and conditions, is an unjust usurpation of the vested rights and interests of the Trustees, and of the Trustees and Directors, is a confiscation of their property, and is a complete extinction of their powers and privileges.

5th, That this Meeting is unwilling to believe that the Legislature will sanction such a violation of their former Act, and such usurpation, and injustice, as the Bill contemplates, and therefore it will adopt every means in its power to prevent the Bill passing into a law, and with that view will petition both Houses of Parliament; and the Meeting requests Mr Leny and Dr Browne to proceed immediately to London, and use their best endeavours to defeat the Bill, or to have this Institution exempted from its operation.

6th, That the Meeting approves of the draft of the Petition, which has now been read and revised, of the employment of Messrs Stokes, Holingsworth, and Co., Solicitors in London, and of the proceedings already adopted by the Trustees and those in opposition to the Bill, directs the Petition to be signed by the Chairman, and to be forwarded to the Duke of Buccleuch for presentation to the Lords, and to Viscount Drumlanrig for presentation to the Commons.

7th, That the Treasurer be instructed, from the Funds of the Institution, to defray all expenses attending the opposition.

(Signed) CHA. JA. JOHNSTON.

3D OCT., 1848.—Dr Browne produced a letter from Mr Dunbar, the Steward-Substitute of Kirkcudbright, dated 2d curt., requesting a Meeting with him on the subject of the new Lunacy Bill, and the Doctor is authorized to state to Mr Dunbar that the Crichton Trustees will engage to admit into the Crichton Institution under their Act of Parliament, and in terms of it, so soon as the New Buildings are fit for occupation, Pauper Patients from the three Counties to the number of at least 120, and any further number upon the Counties supplying the Funds necessary for erecting the requisite additional Buildings.

While it is to be earnestly hoped that any future enactment may not authorise that interference with property and privileges, and well-tried and efficient arrangements, which created so much suspicion of the effects of the Bill introduced last Session; and while it is most readily admitted that to secure sufficient accommodation for the insane, and that to institute a rigid and regular system of inspection of the establishments in which they are placed, are principles to which no reasonable objection can be urged; it is worthy of consideration, whether these might not be carried into practice without disturbing the present system, which has worked well, and without imposing a great and unnecessary burden upon the country. It is believed, and upon sufficient data, that in the course of two or three years new Asylums, or additions to existing Asylums, will be erected capable of containing 700 lunatics, these being nearly one-half of the whole number now residing with their friends, or otherwise at liberty; and nearly the whole of those who, from their violence or suicidal tendencies, or offensive peculiarities or helplessness, will require isolation, or, at all events, under any new regulation, however stringent, will be isolated.

Should the execution of these plans be permitted, this country could then boast, if such a pre-eminence be honourable, of having alone, of all European countries, provided homes for her rich and poor insane, and homes rivalling all others of the same class in beauty and usefulness, without any assessment, and from the ample resources afforded by the private benevolence of her inhabitants; and further, of maintaining her insane poor at less expense, and in a more comfortable manner, than they are or can be maintained elsewhere. But even should this view and estimate of the provisions now in preparation or in progress prove sanguine, it has been conceived that a general measure is unnecessary; that it appears supererogatory to legislate for districts already furnished with Asylums; and that a local measure affecting such districts as are still totally or imperfectly provided with fitting accommodation would suffice. Strong doubts likewise exist whether the system of inspection proposed in the measure now withdrawn, or any system of a similar kind, would prove as efficient or rigid, although it might be infinitely more annoying and unpopular than that now in operation by the Sheriffs and their Substitutes, Directors of Asylums, Inspectors of Poor, &c., or than what, with a slight modification, that system might be rendered. Sheriffs, or their Substitutes, at present make much more frequent visits to the Asylums under their jurisdiction than any Inspector could, or was in fact intended to do; in many instances they know the circumstances under which the patients confined were placed in the Asylum under their warrant; they are acquainted personally with many of the patients, and with their histories and peculiarities; in some instances they join in the amusements and festivities in the Asylum; and above all this, they have means and opportunities of observing and ascertaining the character and conduct of the officers and attendants to whose care these patients are confided; advantages which no Inspector could ever hope to possess. Were the inspections of these functionaries rendered imperative, required to be made monthly or weekly, were reports transmitted to the Lord Advocate, or to some person appointed by him, it is conceived that every possible good would be obtained, and every necessary guarantee afforded, for the proper management of such Establishments, and for the humane and enlightened treatment of their inmates.

Moral Influences.

The attempts to revive former studies and pursuits, to supply appropriate food for the diseased mind, to create a future, or to induce the mind to recal and live again in the healthy past, or even to pre-

pare rationally for some very irrational achievement, have been productive of many interesting results. One physician, who conceives that he is about to obtain orders from the Archbishop of Canterbury, has resumed his medical studies, has carefully perused the works of Andral, Chomel, Louis, and with evident improvement of temper, if not of understanding. Another, who has thrown physic to the dogs, was induced to renew his acquaintance with works on mental disease, in order to confer an obligation upon the Medical Superintendent. A teacher delivered a lecture on objects to children; another, of higher acquirements, has executed poetic translations from Anacreon of considerable merit. Drawing, which was formerly practised as a pursuit, is resumed as an amusement; and the pencil, which at first represented nothing save cliffs, from which hideous figures precipitated themselves, or deserts or forests, in which ogres and satyrs disputed for sway, now depicts the natural and the beautiful. Music has been re-acquired by a man who had previously sunk into the condition of a partial imbecile, an animal, and a glutton. It had been an innocent passion and pastime, and became a mighty engine of cure. Composition has been encouraged as an exercise, as a test of improvement, as a means of information as to the state of the mind, and as a source of amusement. The literary productions of the educated classes have been very numerous. A lady has written an epic poem upon the Irish Rebellion, equalling in magniloquence, if not in sublimity, many others with which the world is conversant. A gentleman has presented to his children a systematic work upon the application of geology to mining, which contains much sound practical information. Another embraces all topics in history, philosophy, poetry, and the drama; writes with the greatest facility; and lives in a world with which his imagination, rather than his senses, make him familiar. Translations, essays, poems, journals, plans of buildings, are the fruits of this activity; and from their length, nature, and perhaps from their inferiority, are not to be confounded with the contributions to the "New Moon," which has now reached its fourth volume, and still merits a higher place in the study of mental philosophy than what will willingly be assigned to the effusions of distempered fancy.

Composition.

Among the intellectual amusements of the past year, lectures deserve to occupy a prominent place. Already poetry, painting, printing, and literature, have been discussed to large and attentive audiences. The invention, history, and art of printing, were illustrated by speci-

Lectures.

mens of typography, by the exhibition and working of a press; painting received a practical application from sketches and diagrams; and recitations and quotations from the works of the authors under examination conveyed the principles of criticism in an attractive form. The paucity of lecturers alone limited this series of experiments; but the revival of the Mechanics' Institution in Dumfries affords a prospect that the means of applying this new agent in moral medicine may be much multiplied and varied. Such addresses attract and rivet the attention; the subjects selected must prove a strong appeal to the former tastes, predilections, pursuits, and curiosity of many of the auditors; they must suggest or revive impressions which are incompatible with delusion or despondency; they speak directly to the intellect itself; they deal with the higher and purer sentiments of human nature; and, if they treat of the passions, it is to condemn them. So far as they are practical, they convince by appeals to the senses; so far as they are demonstrative, they impart, or may impart, clear and consecutive notions upon which the reason may rest and act, which may displace some error, supply a deficiency, or indicate a new and agreeable train of thought, and, so far as they are imaginative, they may refine or elevate. Coming from a stranger, such prelections are received with greater cordiality, and submissiveness, and credence than from a friend or a physician, and, provided as an amusement, lessons of caution and self-command, instigations to activity, or antidotes to excitement, may be administered, and unwittingly received as an anecdote or an example. It is true that some of these topics may be misconstrued or perverted; that confirmations of a hallucination or provocatives to irritability may be extracted from the simplest truth, or the most familiar piece of mechanics; but so would, and so does, the diseased mind extract evil from the words of solace or the words of prayer, the song of the bird or the motion of a leaf; and it is decidedly preferable that clear and palpable facts and principles, and lucid expositions and experiments, should be obtruded upon the attention than that it should be left to seek for food, or to subsist upon its own exhausted or decaying resources. Several of our inmates take notes of these lectures, and thus supply another healthy exercise to the attention. One of these individuals, who keeps a most faithful and voluminous diary of all the events in our community, executed a detailed transcript of the course on printing; another has converted much of what he heard into verse; a third preserved the statements

of the lecturers as corroborative of his own theories on mythology, and on the progress and destiny of our race; and the more striking or pleasing illustrations have been incorporated with the current topics of the community. It is true that the restorative effects are limited, that such truths must fall lifeless and unnoticed upon minds that are languid, or dull, or dormant; but it must not be forgotten that even in such patients, if higher objects cannot be attained, pleasing sensations may be communicated by the society, the lights and sounds, by which they are surrounded.

Private Studies.

Our private studies, which cannot be chronicled by public reunions or periodical accounts, are as vigorously pursued as heretofore. A scholar, who devotes one hour to Greek, one hour to Hebrew, who reads Eutropius and the Vulgate with an inmate, and has efficiently assisted the Superintendent in a learned inquiry into the history of the ancient forms of insanity, and whose amusements are chess and music; engaged, unassisted, in the study of Syriac, and has advanced far in overcoming the difficulties of the holy language. Hebrew has been attempted by another patient, with less success, for the professed purpose of penetrating into the myths and mysteries which he is convinced lie spread over the surface, and conceal the realities, of ancient history. He was assisted by a clergyman, who was instructing himself in German and French, but whose progress was materially obstructed by an impaired memory, which leads to the suspicion that the copies of Virgil and Horace which are supplied to him are spurious or imperfect, as he cannot now translate them. Instructions in drawing and music have been prescribed to certain patients, translations to others, and composition to many. A physician was called upon to translate papers on hallucination and the education of the imbecile and idiotic, and improved much during the performance of his task, without detecting that he was engaged in re-educating himself.

Superinduced Diseases.

Besides the diseases, or tendencies to disease, which the insane bring with them, carry in their constitutions, there are morbid conditions superadded during, and in consequence of, their isolation. The erysipelas, which may arise from crowded wards, or the dysentery, which may be traced to insufficiently cooked, for injudiciously selected or imperfectly masticated, food, are not alluded to, although these are evils. But we allude to moral changes, which seem to be inseparable concomitants of the best system of treatment and the kindest dis-

cipline. When a stranger is brought into contact with the insane, he is astonished to encounter a universal desire for emancipation, for liberty upon any condition or guarantee, or at any price; and is disposed to inquire whether such feeling be compatible with a reign of love, whether it be not the result of oppression or cruelty. It is most natural that freedom should be coveted, that authority should be evaded as irksome; but it is unnatural and irrational that this boon should be sought at the risk of ruin, disgrace, death; it is unnatural that the desire to be free should be stronger than the desire to be well. But the intense form of this feeling exhibited, where under proper restrictions liberty and indulgence are granted, is itself a disease. It is the nostalgia of the confined insane. It is allied to the national madness of the exiled Swiss. The longing to escape from the dominion of the will of others; to be at large; to return home; to pass beyond the walls and that system which they may not condemn, but which they cannot appreciate or love, often swallows up, or casts into the shade, the original delusion. Nor does this hope or anxiety act as a stimulus to exertion, or as a corrective of delusion, or a check upon passion; it merely becomes a substitute for a less powerful desire. It is especially developed in the melancholic, and is often combined with the desire for the means of self-destruction. Contrasted with this engrossing and irresistible desire is the torpidity, hebetude, and indifference, which are equally engendered by long confinement. This is not confined to the fatuous and imbecile. It is not necessarily a manifestation of the indolent and inactive. The effect of long-continued discipline is to remove all salient parts of the character, all obtrusive and irregular propensities and peculiarities, and to mould the disposition according to certain rules and duties, to implant certain habits, and to render indispensable the routine by which these habits are indulged. Some patients are capable in the general darkness of intellect to love the rule by which they have been reduced to automata; others become reconciled and accustomed to their position and its peculiarities; but the majority, enfeebled by monotony, by the absence of strong impulses and new impressions, tamed, and stilled, and frozen, by the very means to which they may owe life, and some remains of reason, exhibit a stolidity and torpor which are obviously superadded to their original malady. There are many patients who would not abandon the Institution; several because they have found shelter and happiness; others because the powers which they still possess are better appreciated and directed than they have hitherto been; but many be-

cause they have lost the desire for liberty; because they have sunk into apathy as a consequence of their disease, or of their isolation, or of both conjointly, and in despite of the curative means employed. Similar results have been observed in sane persons confined for long periods in prisons, penitentiaries, and religious houses. Occupations and amusements are resorted to, in order to arrest these tendencies, to sweeten and enliven isolation; but mechanical industry, without a personal object, brief pleasures, in which the mind is compelled to participate, are insignificant counter-agents when compared with the influence of protracted detention, solitude, supervision, and despotic authority.

Amusements.

AMUSEMENTS OF THE PATIENTS, CRICHTON ROYAL INSTITUTION, FOR THE YEAR 1847–48.

Date.	Nature of Amusement.	No. Present.		
		M.	F.	Total
1847.				
Nov. 12.	Theatre in Dumfries, – – –	6	5	11
– 16.	Do. – – –	12		12
– 19.	Do. – – –		12	12
– 22.	Do. – – –	7	2	9
– 24.	Soirée in Drawing-room, – – –	6	16	22
– 26.	Theatre in Dumfries, – – –	11		11
– 30.	Concert in Asylum, – – –	34	23	57
Dec. 7.	Theatre in Dumfries, – – –	4		4
– 10.	Exhibition of Deaf and Dumb, – –	47	25	72
– 13.	Theatre in Dumfries, – – –	3		3
– 17.	Concert of Amateurs in Asylum, – –	45	29	74
– 21.	Theatre in Dumfries, – – –	6	7	13
– 22.	Exhibition by Swallow—Feats of Strength, &c.	45	36	81
– 24.	Ball in Drawing-room, – – –	38	40	78
– 27.	New Orleans Serenaders in Drawing-room,	59	44	103
1848.				
Jan. 4.	Lecture on Printing by Mr P. Gray, –	43	45	88
– 10.	Theatricals by Mr Everett & Co., – –	36	43	79
– 11.	Lecture on Printing by Mr P. Gray, –	42	46	88
– 17.	Theatre in Dumfries, – – –	9		9
– 18.	Lecture on Printing by Mr P. Gray, –	45	51	96
– 28.	Concert in Asylum, – – –	43	27	70
Feb. 11.	Musical Soirée, Italian Organs, – –	42	47	89
– 14.	Concert in Asylum, – – –	41	29	70
– 26.	Visit to Bazaar, Dumfries, – –		6	6
Mar. 2.	Lecture on Poetry by Mr M'Dowall, –	55	44	99
– 7.	Concert in Asylum, – – –	46	48	94
– 16.	Concert of Amateurs in Asylum, – –	48	43	91
– 21.	Concert by Ballad Singers, – –	51	53	104
– 24.	Exhibition of Infant School Children, –	53	47	100
– 30.	Ball in Drawing-room, – – –	46	51	97
Apr. 4.	Visit to Automata, Dumfries, – –	22	19	41
– 5.	Do. – –			
– 10.	Oratorio and Concert in Asylum, – –	52	36	88
– 20.	Theatre in Dumfries, – – –	4		4
– 22.	Exhibition by Messrs Hutchinson & Co., –	47	46	93
– 25.	Lecture on the Fine Arts by Mr Watson, –	46	39	85
– 25.	Visit to Mr Galloway's Lecture on the Literature of the Age, Dumfries, – – –	1		1

Date.	Nature of Amusement.	No. Present.		
		M.	F.	Total
1848.				
Apr. 28.	Party to Alexander's Exhibition, -- --	4		4
May 12.	Lecture in Asylum, -- -- --	40	26	66
-- 16.	Do. -- -- --	44	31	75
-- 17.	Concert in Asylum, -- -- --	35	30	65
-- 26.	Excursion to Carlaverock, -- -- --		12	12
-- 26.	Party to Concert, Dumfries, -- --	6		6
-- 30.	Excursion to Newabbey, -- -- --		12	12
June 2.	Excursion to Carlaverock, -- -- --	12		12
-- 6.	Do. -- -- --		13	13
-- 6.	Lecture in Dumfries, -- -- --	5		5
-- 10.	Excursion to Carlaverock, -- -- --	15		15
-- 14.	Do. -- -- --		16	16
-- 16.	Excursion to Newabbey, -- -- --	12		12
-- 20.	Excursion to Carlaverock, -- -- --	14		14
-- 23.	Excursion to Cumlongan, -- -- --		12	12
-- 28.	Excursion to Newabbey, -- -- --		16	16
-- 29.	Visit to Dalawoodie, -- -- --	2		2
July 1.	Excursion to Newabbey, -- -- --	14		14
-- 3.	Visit to Terregles, -- -- --	1		1
-- 4.	Excursion to Cumlongan, -- -- --	12		12
-- 5.	Theatre in Dumfries, -- -- --	4		4
-- 6.	Do. -- -- --		12	12
-- 7.	Excursion to Newabbey, -- -- --	15		15
-- 11.	Do. -- -- --	15		15
-- 15.	Flower Show and Fête, -- -- --			
-- 18.	Excursion to Newabbey, -- -- --	13		13
-- 19.	Concert by Amateurs in Asylum, -- --	42	30	72
-- 22.	Party to Batty's Amphitheatre, -- --	10	6	16
-- 27.	Excursion to Drumlanrig Castle, -- --	6	6	12
-- 28.	Laying of Foundation Stone, -- --	13		13
Aug. 1.	Excursion to Cumlongan, -- -- --	14		14
-- 4.	Lecture in Dumfries, -- -- --	4		4
-- 5.	Excursion to Lochmaben, -- -- --	12		12
-- 12.	Excursion to Cumlongan, -- -- --	13		13
-- 15.	Excursion to Lockerbie Lamb Fair, --	12		12
-- 18.	Excursion to Cumlongan, -- -- --		16	16
-- 18.	Exhibition in Asylum—Donaldson's, --	41	37	78
-- 25.	Excursion to Lochmaben, -- -- --	14		14
-- 30.	Do. -- -- --		13	13
Sept. 1.	Do. -- -- --	15		15
-- 5.	Lecture in Dumfries, -- -- --	3		3
-- 7.	Excursion to Lochmaben, -- -- --		16	16
-- 7.	Exhibition in Asylum—M'Millan's, --	41	28	69
-- 9.	Excursion to Lochmaben, -- -- --		12	12
-- 11.	Ventriloquism in Dumfries—M'Millan, --	4		4
-- 15.	Flower Show, Castledykes, -- --		6	6
-- 19.	Theatre in Dumfries, -- -- --	3		3
-- 20.	Dalskairth, Nut-gathering, -- --	9		9
-- 25.	Theatre in Dumfries, -- -- --	5	7	12
-- 29.	Party to Barnsoles, Nutting, -- --	11		11
-- 30.	Theatre in Dumfries, -- -- --	6	5	11
Oct. 4.	Do. -- -- --	5	5	10
-- 6.	Concert in Asylum, -- -- --	45	26	71
-- 11.	Theatre in Dumfries, -- -- --	5	7	12
-- 13.	Do. -- -- --	3		3
-- 16.	Do. -- -- --	9	5	14
-- 23.	Lecture in Dumfries—Dr Wolff's, -- --	4	5	9
-- 27.	Lecture in Asylum—Mr Galloway, --	47	31	78
-- 31.	Hallowe'en Ball, &c. -- -- --			87
Nov. 17.	Concert in Asylum, -- -- --	60	46	106

The catalogue of the means employed with this view contains only such as are public and social. It must not be concluded that these different expedients are chosen at hazard, or without care and a direct reference to the condition of the patients. A visit to the Theatre is interdicted because the entertainment announced is of questionable morality, or calculated to excite sanguinary impulses or painful associations. A ventriloquist is instructed to intersperse his deceptions with distinct intimations that they are deceptions, with explanations of the mode in which they are effected, and with humorous allusions, which may cast ridicule upon credulity and superstition. A lecturer is warned of such topics as may prove obnoxious or exciting, and enjoined to purge and purify his observations of all that may call up a blush or a frown, or inflict pain. So far as is practicable, recitations and exhibitions are subjected to a rehearsal; and the rejections of applicants which have taken place would show that the anxiety for amusement is less than the anxiety for suitable amusement. Not only has every season its appropriate recreation, but an attempt is made to signalise many of the national and traditional festivals in such a manner as to give scope to fancy, and food for recollection, in the midst of conviviality. Martinmas has not its fatted ox, but it has its oblation of fruits and wassail; Christmas has its religious rite and its festivity; St. Andrew's-day is celebrated by patriotic music; Twelfth Night has its cake; on St. Valentine's-eve, in the interval of a concert, are distributed Valentines of every kind and form and hue, calculated to inspire admiration or provoke laughter; Midsummer is celebrated by the Horticultural Show; and Hallowe'en is fertile in all the customs, from ducking for apples and burning nuts, to the cup of lamb's wool, which have for ages prevailed among northern nations. How far such observances exert a permanent influence upon the mind, it would be rash to affirm; but it is certain that the insane are healthier, and display fewer of their characteristic peculiarities during their continuance. New-year's-day is marked by its visit and cup of greeting, its good cheer, and by gifts of books, souvenirs, almanacs to those who will receive them as peace offerings, or as rewards or tokens of friendship. In the same spirit gifts have been presented to the benefactress of the Institution. One of these, purporting to be a tribute from the contributors to the "New Moon," and certainly purchased by the funds raised by the sale of the periodical, consisted of a framed lithograph, representing the interview of the celebrated Marquis of

Anniversaries.

Worcester with the unfortunate Solomon de Caus, in Bicêtre, where the supposed ravings of the madman suggested the discovery of the power of steam to the philosopher. It bore an inscription, the first attempt in printing by a patient taught in the Institution, and at a press purchased by the labour of patients. Another gift was a book-case of oak, devised, constructed, and dedicated by a patient, and intended to contain the works of authors who have been at some period of their life insane. Such offerings are significant; they mark that the insane deal with the subject of their own misfortunes without horror or repugnance; that their benefactress is identified by them with the privileges which they enjoy; and that she lives as an object of gratitude and love in the very bosoms to which her benevolence has brought back the capacity to love and hope.

Bowls.

The most frequented spot in the grounds has been the Bowling-green. Thirty or forty patients assembled there daily; and although numbers were merely spectators, and many enjoyed their book or the view, there was no lack of competitors. Many thousand games were played; considerable dexterity was attained, and a challenge to distant Clubs is contemplated. Bowls is perhaps the most suitable game for the insane. It is enjoyed in the open air during fine weather, and when the aspect of Nature is beautiful and cheerful; it affords gentle and interrupted physical exercise; it is a trial of skill rather than of strength; the stimulus of rivalry is slight, and rarely degenerates into a spirit of gambling.

Chess.

Chess has been equally popular among a few of the sedentary and reflective patients. The sustained thought, the vigilance, foresight, and arrangement of plan required, are often recommended to the vivacious, volatile, and irritable, with the view to arrest the attention; and to the melancholic in order to divert the morbid powers from painful to agreeable or indifferent objects of contemplation; but in one case, so great was the interest excited that it became necessary to abridge the indulgence, as one of the players had already fallen a victim to his passion for the game, and as excess and excitement of every kind are incompatible with sound health and the discipline of an Asylum. Games and positions of such beauty and ingenuity have occurred, that they have been carefully detailed, and are to be submitted to the Champion of England.

Excursions.

Some diversity has been introduced into our country amusements. About thirty-five excursions were made to the most attractive scenes in the vicinity; some of these were fishing, others nutting parties, and

upon one occasion the pleasures of railway travelling were put to the test by several of the inmates. Had such a journey been proposed fifty years ago, it is difficult to determine whether most wonder would have been excited by the mode and rate of progress, or by the condition of the travellers. Even Pinel would have shuddered at the temerity of such an exploit. But the influence of discipline and humanity is mighty, and encouraged by the success of this first attempt, and by the fact that the insane are conveyed to Asylums in safety in this way, plans are already in agitation which substitute the Cumberland lakes for Carlaverock, and Moffat and Carlisle for Lochmaben and Newabbey.

Horticultural Exhibition.

A second Horticultural Exhibition has been celebrated, differing from that formerly described chiefly in the additional number of visitors, in the floral decorations of the building, and the larger amount of amusement provided for the patients. Last year they were more the spectators of the pleasures of others; upon the present occasion they participated directly in almost all the proceedings of the day; seated in galleries overlooking the scene, and literally separated by a thin veil only from the hundreds who sought a holiday in their haunts, and joined in the festivities. Every arrangement was considered and carried out in relation to them. To them were early thrown open the flowers and fruits exhibited, the summer-house newly erected by the aid of one of their number, and for the day converted into a Temple of Bacchus, and all the preparations which were so closely to approximate them to the external world. A portion of the building was covered with festoons of flowers and evergreens, but the garlands were to adorn their privacy; banners waved from the walls, but these bore the names of their benefactors, Esquirol, Conolly, and Combe; music and dancing, and gymnastics, were introduced into one of the flower gardens for their enjoyment, and even the gaiety and gladness of the visitors formed but a part of a pageant designed to convey pleasurable impressions to them.

Museum.

Several hundred objects of natural history and antiquities have been added to the Museum; and although many of these remain unprofitable, in consequence of the death of the ingenious and intelligent curator, James Cruikshank, there are already extensive means of bringing past ages, distant countries, different forms of society, before the mind, and of affording a commentary and an illustration of objects and descriptions that have been formerly vaguely and imperfectly under-

stood. Visits have been made to the collection when the weather did not admit of employment or exercise in the open air, or when a change of pursuits was desirable. Wonder and admiration were perhaps the feelings most addressed; but to many individuals either the history of the objects, or their uses, or some fact connected with them, were familiar, and to all the order and beauty and variety of the collection would prove pleasing and suggestive. Evening reunions will speedily take place in the Museum; and when enhanced by light and music, by the exhibition of flowers, and books, and plates, of which we now possess a portfolio, and by some brief illustration of a tribe of birds, a shell, or a coin, by a patient or an officer, an hour of gloom may be brightened, and the burden of misery rendered lighter and easier.

Concerts. Concerts, vocal and instrumental, conducted by patients and members of the staff, still constitute an important branch of the system of recreation pursued. Much gratitude is due to the performers; but especially to the officers, attendants, and amateurs, who, after the toil and anxieties of the day, sacrifice their hours of relaxation to promote the gratification of others; but to individuals so disinterested it will be enough to know that they are carrying out in its most beautiful form and application that grand system of cure and alleviation begun when David harped to Saul. Six of these concerts have taken place during the winter months, and must be regarded, even by those who attribute less curative power to music than the poets, as important in soothing, elevating, and in suggesting agreeable or humorous thoughts and feelings. To the Dumfries Musical Society the patients are indebted for a higher gratification. These gentlemen must have concluded their labours with the conviction that their kindness, as well as their art, had been appreciated.

Religious Observances. The insane were at one time the especial care of the Church. There was a particular part of the building, a solemn service, a sacred custodier, appointed for them. It is but acting in conformity with this primitive usage that public worship now forms an important part in the moral discipline of Asylums. As religious truths are amongst the first imparted, they are among the last which fade from the mind. The act of prayer, and the posture, when the act transcends the capacity, is observed in patients with the most chaotic and enfeebled minds. Impressed with this observation, every effort is made to induce the inmates to attend chapel, whenever their condition admits of such a mark of confidence; and the congregations are unquestion-

ably larger than they would be if collected upon a narrower basis, if none were admitted but those who could receive the whole truth, and those who could give their whole heart in adoration. The principle in view is, on the contrary, that if one ray of light enter the mind, one chord or sympathy be awakened; if to the imbecile there be communicated the simple confidence of a little child; if to the miserable there is secured a momentary calm; or if these jarring and discordant spirits are placed in any degree in harmony with the place, the purpose, and the act; there is much of gain. The attendance is, however, entirely voluntary, which is not the case with regard to other public meetings, so that higher motives and attractions may be inferred to exist than in ordinary occasions. It is to be remarked that those who ostentatiously declare that they deny the truth of what they hear, or the efficacy of that in which they join, are often present; that many who deny their right, or share, or interest in the glad tidings published, go there to listen, and sometimes for a brief space to believe them. The service of the Church of Scotland is the recognised duty and employment of Sunday; the service of the Episcopalian Church is performed in the evening, and accompanied as it is by instrumental music, and marking by its ritual the great epochs and events of the gospel history, and enriched by names, and observances, and festivals which are interwoven with the early associations and social enjoyments of all men, whether within its pale or not, addresses so many of the better elements of man's nature, and addresses them in a tone so gentle and persuasive, as to form a powerful adjuvant in the work of solace and tranquillisation. Who can forget, in witnessing these services, our Saviour at Gadara or in the synagogue in Capernaum?

W. A. F. BROWNE.

Crichton Institution, 28th Nov., 1848.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, --	2		2
... 20 and 30, --	2	2	4
... 30 and 40, --	7	3	10
... 40 and 50, --	8	7	15
... 50 and 60, --		3	3
... 60 and 70, --	2		2
... 70 and 80, --	1	3	4
... 80 and 90, --		1	1

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, -- --	22	13	2	7
Females, --	19	7	3	9

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, -- -- --	7	4	11
Unmarried, -- -- --	15	14	29
Widowed, -- -- --		1	1

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Bookseller, -- -- --	1		1
Clergyman, -- -- --	1		1
Cook, -- -- -- --		1	1
Domestic Servants, --		3	3
Engineer, -- -- --	1		1
Farmer, -- -- --	1		1
... wife of, -- --		1	1
... daughters of, --		3	3
Farm Servant, -- --	1		1
Fisherman, -- -- --	1		1
Gentlewoman, -- --		1	1
Housekeepers, -- --		2	2
Innkeeper, -- -- --	1		1
Joiners, -- -- --	2		2
Labourers, -- -- --	2		2
... wife of, -- --		1	1
Lawyer, -- -- --	1		1
Lodgekeeper, -- --		1	1
Merchants, -- -- --	4		4
... wives of, --		2	2
Milliners, -- -- --		2	2
Officer in Army, -- --	1		1
Shoemakers, -- -- --	2		2
Teachers, -- -- --	1	1	2
Unknown, -- -- --		1	1
Writers to the Signet, --	2		2

V.—TABLE OF FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Imbecility,	2		2
Fatuity,			
Mania, with Delusion,	2	2	4
Mania,	2		2
Affections of Sentiments.			
Melancholia,	10	14	24
Monomania of Fear,			
... Pride,	1		1
... Superstition,	1		1
... Suspicion,		1	1
.. Vanity,	2		2
Affections of Propensities.			
Dipsomania,			
Monomania, Furious,	2	2	4

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Anxiety,		3	3
Attachment,		1	1
Disappointment,	1		1
Dyspepsia,		1	1
Epilepsy,	2		2
Excessive Application of Mind,	2		2
Excitement, Moral,	1		1
... Political,	1		1
... Religious,	2	2	4
Family Disagreements,		1	1
Fear,		2	2
... of Blindness,		1	1
Hereditary Tendency,	1		1
Intemperance,	2		2
Misfortune,	3		3
Pride,	1		1
Religious Controversy,	1		1
Sensual Indulgence,	1	1	2
Spinal Irritation,		1	1
Supposed Loss of Property,		1	1
Unknown,	4	5	9

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	3	7	10
Hereditary tendency to Nervous Disease traced in	1	1	2
No hereditary tendency traced in	22	19	41

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, --	14	15	29
More than 1 ... --	5	1	6
... 2 ... --		1	1
... 3 ... --	1		1
... 4 ... --	1	2	3
... 10 ... --	1		1
... 20 ... --			
.. 30 ... --			

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, --	13	7	1	1
Females, --	12	5	1	1

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

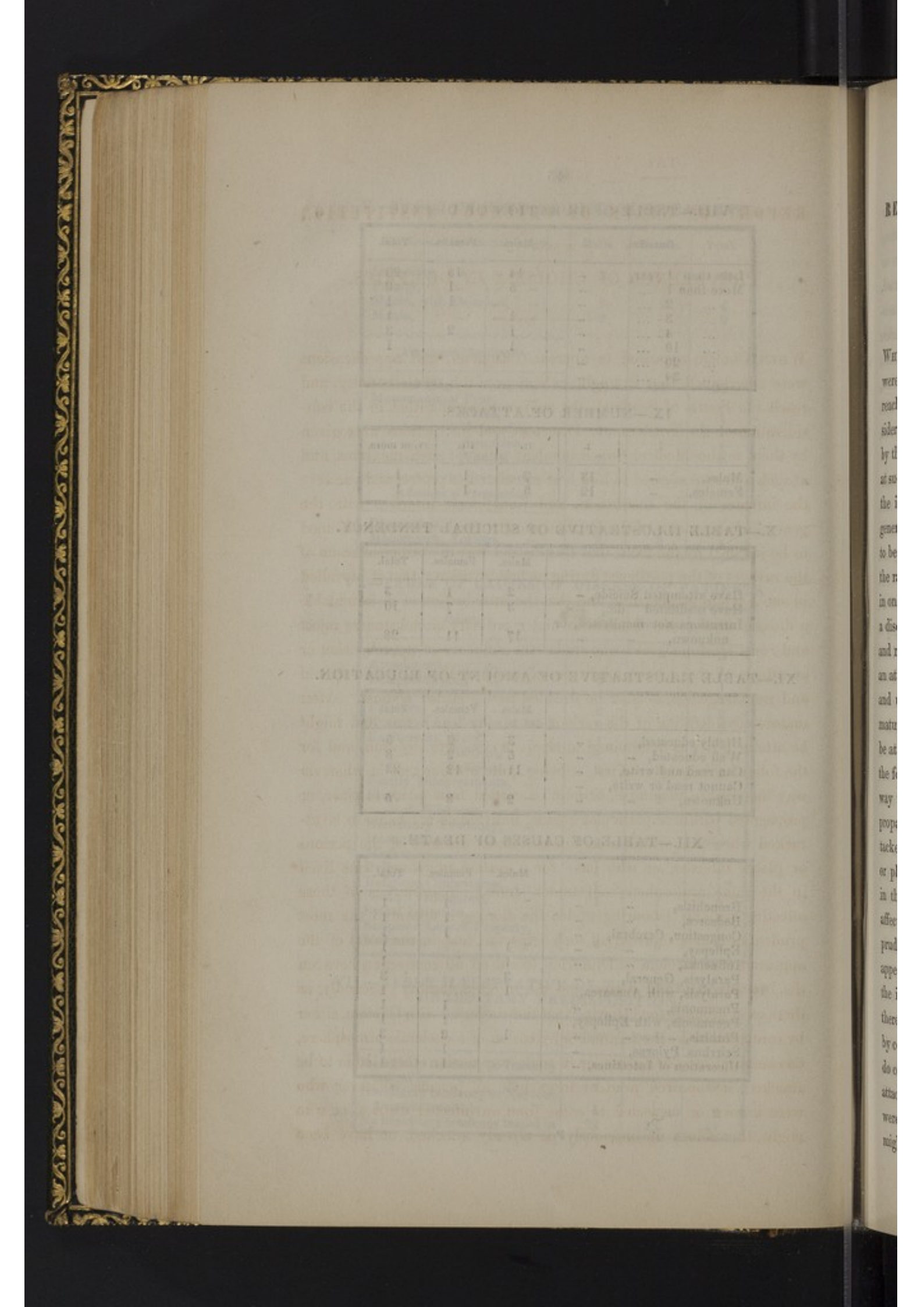
	Males.	Females.	Total.
Have attempted Suicide, --	2	1	3
Have meditated do., --	3	7	10
Intentions not manifested, or unknown, -- --	17	11	28

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, --	3	2	5
Well educated, -- --	6	2	8
Can read and write, --	11	12	23
Cannot read or write, --			
Unknown, -- --	2	3	5

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Bronchitis, -- --		1	1
Bedsores, -- --		1	1
Congestion, Cerebral, --		1	1
Epilepsy, -- --	1		1
Influenza, -- --	1		1
Paralysis, General, --	3		3
Paralysis, with Anasarca,	1		1
Pneumonia, -- --		1	1
Pneumonia, with Epilepsy,		1	1
Phthisis, -- -- --	1	2	3
Scirrhus Pylorus, --		1	1
Ulceration of Intestines, --		1	1



REPORT ON STATE OF CRICHTON INSTITUTION

DURING

PREVALENCE OF CHOLERA IN DUMFRIES.

When Cholera appeared to approach England, and apprehensions were entertained that it might extend over the whole country, and reach the South of Scotland, the subject was submitted to the consideration of the Trustees and Directors, and instructions were given by them to the Medical Superintendent to adopt such measures, and at such a time as seemed to him best calculated to protect and preserve the inmates of the Institution, and would least interfere with the general arrangements of the Establishment. Such precautions seemed to be justified by the facts, that this district was the principal scene of the ravages of the pestilence during its first invasion; that it prevailed in one Asylum at that time, and that the introduction of so formidable a disease among the insane who under ordinary circumstances reject and resist treatment, and who under the influence of apprehension or an attack of the disease might be expected to become panic-striken and unmanageable, was to be dreaded and guarded against. After mature consideration of the various means by which this end might be attained, it was determined to resort to complete isolation, and for the following reasons:—First, it being quite obvious that in whatever way the disease may arise, or may be carried from place to place, or propagated within a particular region, individuals are liable to be attacked who come within a certain undefined distance of the persons or places infected, or who have for a certain undefined time lived in the same atmosphere and under similar circumstances to those affecting patients labouring under the disease, it appeared the most prudential course to avoid all such exposure, and in the event of the appearance of Cholera in Dumfries, to cut off all connection between the inmates, sane and insane, and the infected locality; secondly, as there exist grounds for believing that those affected with Cholera, either by contagion or by the creation or extension of a choleraic atmosphere, do communicate the disease, or in some way render others liable to be attacked, it appeared prudent to exclude all persons whatever who were known or suspected to come from an infected district, or who might themselves unconsciously be already attacked, or have been

ministering to those who were; thirdly, it was due, in order to allay the natural alarm and anxiety of the friends of those residing in the Institution, that apart from all theories as to contagion or other speculations, every precaution should be adopted and enforced, which experience had formerly suggested, which had not been demonstrated to be absolutely futile or vicious, and which did not interfere with the great objects of treatment; fourthly, it was of the greatest importance that all the inmates, but in an especial manner the insane, should be inspired with hope and confidence, should be impressed with the conviction that they were anxiously cared for, and fully protected, or that efforts had at least been made to secure protection.

The prospect of such a complete and indefinitely protracted isolation as was contemplated was at first unpopular, as might have been anticipated, among some members of the staff who had families in Dumfries exposed to the risk of infection, and whose chief indulgence consisted in the occasional enjoyment of the society of their friends. After due deliberation, however, and when it was perceived that the mere presence of a child or a parent could not lessen the danger of those dependent upon them, and that they would be allowed to leave the Establishment in the event of any friend becoming affected, it was found that every member was willing to abide the issue, and under God's providence to do their duty however trying that might prove to be. This preliminary arrangement having been made, and such stores as could not easily be introduced during isolation having been procured, it became necessary to determine at what period, or at what stage of the epidemic that step should be resorted to. At first it was considered whether this course might not be adopted whenever the disease appeared within a certain distance, or in the town of Dumfries, or whenever a certain number of cases had been reported; but ultimately an official declaration that cases had been treated in the public Hospital was held to be the ground upon which such an arrangement should be regarded as justifiable. Accordingly, upon the 24th November, such an intimation having been received, all intercourse with the external world was interdicted, all outlets were secured, a wooden building was constructed at the lower lodge, which afforded shelter from the weather to such persons as required to wait, and enabled the officers and servants within to communicate with those without, and to receive supplies from them without actual contact; the contractors were apprised that all stores would be received at certain hours only,

the person appointed to act as the representative of the community outside left the Institution and locked its members in. The rule of isolation was inflexible and universal. The physician and officers communicated with those who might require to converse with them through the window of the gardener's house; but no one, after this date, left the Institution who was permitted to return. The separation continued for forty-five days, and extended to two hundred and seventeen persons. During this time there was much reason to be satisfied with the conduct of all the officials. Some of them made considerable sacrifices, many sustained losses among their own connections, or from the proximity of the disease to their houses, lived in constant apprehension as to the fate of their friends; several participated in the panic which generally accompanies such a visitation, but all manifested a greater amount of cheerfulness, docility, and co-operation, than could have been looked for. As Establishments for the reception of the unhealthy should at all times be prepared against the incursion of contagious or epidemic disease, and should have in operation all means capable of producing and preserving the highest health-point, the only modifications which seem to be required in the domestic arrangements consisted in greater attention to ventilation, to the diffusion of dry warm air to all parts of the house at all times, fires being kept burning night and day wherever it was practicable, in addition to the general system of heating by stoves; in more scrupulous cleanliness effected by sweeping, dry rubbing, fumigation, &c., and in constant personal inspection of every individual in the Establishment. As the diet table was prepared with care, and with a direct reference to the supply of wholesome and digestible nourishment to the system, little or no change was called for. The customary fare and festivities of Christmas were interdicted as incompatible with the objects in view, and as not in harmony with the danger and affliction by which the inmates were surrounded. The sympathy of many of the patients with the misfortunes of which they could not fail to hear, would have rendered any attempt to continue the ordinary amusements abortive and unpopular. Every means was used, however, to inspire confidence and cheerfulness, and while it was impossible to exclude all knowledge of what was taking place beyond the walls, the general deportment of those who could appreciate the danger was calm and courageous. The newspapers did not fully disclose the actual amount of the evil, and, although perfectly accurate statistics were in the pos-

session of the officers, the greatest portion of the community were not alive to their real position. As the clergymen attached to the Institution could not, under such circumstances, obtain access to their flocks, the inmates were regularly assembled in worship, prayers and sermons were read appropriate to the circumstances, and calculated to inspire reliance upon Him who controls "the pestilence that walketh in darkness, and the sickness that destroyeth in the noon day."

As, however, it was possible that, notwithstanding these precautions, the disease might appear in the Institution, and as in such case the duties of all would be materially augmented, and, as the Medical Officers might fall victims, and could neither be assisted nor replaced by the Consulting Physician or any of the Practitioners in town, Dr Hunter, Edinburgh, a physician of competent experience and attainments, was engaged to reside in Dumfries during the epidemic to await the course of events, and to be in constant readiness should his services be required. The future as well as the present interests and protection of the community were thus guarded at all points which human sagacity pointed out as weak or vulnerable.

In order to carry out the plan of isolation it became necessary to refuse admission to patients as well as others from infected districts; but it is proper to state that when in one instance exclusion was resolved upon, offers were made that the Institution should bear whatever additional expense might be imposed upon the parish by this course. Where patients had not been exposed to the disease, they were received, but subjected to a quarantine of five or six days. They were placed in the upper lodge attended by a person specially reserved for the purpose, and denied all intercourse with others.

The experiment has succeeded. This is not a fitting occasion for self gratulations, or for building up a theory, or for anything, indeed, but thankfulness to the great source of all protection. But the bare facts, that while four hundred and thirty individuals died, and perhaps a thousand were ill of Cholera in the neighbouring town; while the atmosphere, not merely within a mile, but within a few yards of the Establishment must have been vitiated and impure, according to the theory of certain physicians; while the pestilence crept round our walls, and several cases and two deaths occurred in a cottage within eighty paces of the Physician's house, this community was not merely free from the prevailing disease, but enjoyed good, even unprecedented health, are of great interest and importance. The cir-

cumstance that a greater quantity of laxatives has been required during the period of isolation than at other times, and the table which follows of the diseases, independent of mental affections, which have been treated, will convey a more precise idea of the condition of the inmates, than a general description :—

Diseases.	Males.	Females.	Total.
Amnesia in a Domestic,	1		1
Bronchitis, -- -- --	1		1
Cardialgia, -- -- --		1	1
Contusio, -- -- --	1		1
Epilepsy, -- -- --	3		3
Menorrhagia, -- --		1	1
Obstipatio, -- -- --	2		2
Paralysis, -- -- --		2	2
Peritonitis, -- -- --		1	1
Pleuritis, -- -- --		1	1
Scorbutus, -- -- --		1	1
Scrofula, -- -- --		1	1
Splenitis, -- -- --	1		1
Syncope, -- -- --		3	3

Nor was it merely that a small group of persons particularly situated, preserved comparatively robust health amid a diseased and dying general population which merits observation, but that this group did so under unfavourable circumstances. Four-fifths of our inmates are actually victims to organic disease ; many of them are old, of broken down constitutions, of vicious habits and tendencies ; all were deprived of the amusements and much of the exercise which are prescribed at other times for the promotion of recovery, and the improvement of the general health ; and a large proportion participated less or more in the gloom and anxiety which was diffused among the attendants by the knowledge of the desolation which was sweeping away their friends and acquaintances, and some of the indications of which could occasionally be seen from the windows. The general exemption from indisposition, under influences so depressing, can only be explained by concluding that the situation of the Institution is singularly salubrious, infinitely more so than that of the adjacent town or even surrounding slopes, or that its elevation was such as to place the inmates above the stratum of atmosphere which contained the choleraic poison, or that the selection of food, the ventilation, the draining, or some arrangement or circumstance essentially local protected these inmates from the effects of the morbific air when it did reach them ; or lastly, that the precautionary measures instituted were successful, and actually accomplished the end for which they were

intended. The result has been so satisfactory, that it is immaterial which of these alternative views is adopted, as it is now clear that the Institution is either independent of the circumstances which have twice exposed this district to the ravages of a pestilence unparalleled in virulence, except in Poland; or that by well-digested sanatory measures it may be protected from the operation of such circumstances.

W. A. F. BROWNE.

6th February, 1849.

DUMFRIES:—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

TENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1849.

TRUSTEES.

Mrs CRICHTON, Friars' Carse.
Lt.-Col. GRIERSON, Dumfries.
Admiral JOHNSTON, Cowhill.

EXTRAORDINARY DIRECTORS.

His Grace the Duke of Buccleuch.
The Right Hon. the Earl of Galloway.
The Right Hon. the Earl of Selkirk.
The Lord-Lieutenant of the Shire of Dumfries.
The Member for the County of Dumfries.
The Sheriff of the Shire of Dumfries.

ORDINARY DIRECTORS.

J. Macalpine Leny, Esq. of Dalswinton.
F. Maxwell, Esq. of Gribton.
M. C. Maxwell, Esq. of Terregles.
J. B. Hepburn, Esq. of Castledykes.
J. Connell, Esq. of Conheath.

OFFICERS.

J. Grieve, M.D., Consulting Physician.
W. A. F. Browne, M.D., Resident Physician.
Miss Sandeman, Matron.
W. B. Wingett, Medical Assistant.
And. Henderson, House Steward.
Superintendent.
J. Rae, Night Attendant.

SOUTHERN COUNTIES' ASYLUM.

Medical Assistant.
Miss Armstrong, Superintendent.
And. Henderson, House Steward and Superintendent.

R. Adamson, Esq., Treasurer.

Rev. Geo. Cowans, Chaplain.

Patients remaining in Institution, 11th November, 1848, . .		154	
Do. admitted from 18th November, 1848, to 11th November, 1849,		47	
			201
Dismissed Recovered, ...		25	
Declared to be Sane under Brieve of Furiosity, . .		1	
Removed or Improved, ...		5	
Dead, ...		4	
		—	35
			166

General Results.

It is encouraging that the Tenth Annual Report of the Crichton Institution will not be less satisfactory than its predecessors, or less pregnant with well-grounded hopes and expectations of extended beneficence and usefulness. The past year has been signalised by the erection of a second Institution, capable of accommodating one hundred and fifty patients; and, although this addition has, as yet, scarcely affected the daily average of the inhabitants, it opens up a wide prospect of active philanthropy, augmented responsibilities, and extended observation. If popular report, and the data upon which Legislative interference was contemplated be correct, the wards will be speedily filled, and the adjacent district will be relieved from the presence of numerous individuals who either inspire alarm, or have exhausted the kindness and forbearance of friends and relatives, and who disturb the avocations, the happiness, and the healthy tone of the humblest society with which they may be connected. But, whatever the aggregate population collected together may be, provision has been made to meet every condition and specialty of disease; to establish a complete distinction of ranks, but to secure the maximum amount of alleviation to each; to make their union in one community, as well as their separation in residence, privileges, and pursuits, subservient to the great object of restoring health, or of approximating the diseased mind as near to sanity as may be practicable, and of educing, from the complex organisation which will exist, new principles and powers of mutual benefit. Were it possible to depict the conflicting elements of which such associations consist; were it recollected that Asylums are destined to receive and reduce to subordination, and symmetry, and peace, all the degraded appetites, ungovernable passions, the wild and erratic imaginations, and blinded judgments, which have been cast out as inconsistent with the order and well-being of society, which every other means of kindness or harshness have failed to reclaim or regulate, such expectations might seem sanguine and visionary. The only reply to such suspicions must be found in the results about to be detailed.

Of 173 applications for admission, 47—23 females and 24 males—have been favourably entertained and received. These negotiations have proceeded from all parts of the United Kingdom, from all ranks and classes. Although every case seemed to possess particular grounds of clamancy, an attempt has been made to observe strict impartiality in the selection, to give preference, where preference was necessary, to the most urgent and necessitous cases, and subsequently to be guided by priority of application. No blame can attach for having admitted the most intractable forms of disease. To pursue such a course, however, would ultimately convert an Asylum into a retreat for incurables. When the ordinary resources of medicine have failed, when the patience of kindred has been exhausted, when the season for remedial measures has passed away, seclusion is resorted to. Prejudices do not yield, hope is not shaken, nor is ignorance enlightened, until some frightful catastrophe occurs, or until bodily disease threatens the loss of life, as well as the loss of reason. A lady arrived during the past year so attenuated and debilitated by fasting and fatigue, and suffering so much from inflammation of the bowels, that it was necessary to administer wine before an attempt was made to remove her to a bed-room. A paralytic followed, labouring under chronic ulceration of the intestinal canal, and disease of the palate and gums, from which the teeth dropped out upon the slightest touch. A woman presented bruises upon all parts of the body, and recent fracture of the clavicle; and so fully impressed do relations sometimes appear to be as to the inevitable result of seclusion, that upon one occasion the grave clothes were found to have been added to the ordinary wardrobe; and upon another the construction of a coffin was negotiated for, when its intended occupant was alive, as she still fortunately is.

This alternative will be less imperative in future; but it seems humane and consistent with the objects of the Institution to extend help to those who are most helpless, and who must prove rather a burden and a reproach than go to swell the statistical triumphs of treatment. Of the number resident, 31 have been discharged; 5 as improved; 26 as recovered; or 50 per cent. upon the admissions. That 17 of this number still preserve friendly relations with members of the Establishment, experience support and benefit from the feeble connexion sustained by correspondence, and adopt the advice and suggestions conveyed to them, is a pleasing practical refutation of the sweeping

charge advanced against those who have been rescued from mental alienation, of ingratitude and dislike towards those who have been instrumental in their preservation. Of the 201 under treatment, 4 have died. The mortality has been less than what has been generally observed here or elsewhere, and much below what might have been expected from the class of patients admitted, and especially from the general mortality and the prevalence of cholera in the immediate neighbourhood. It would be inexpedient to recapitulate the precautions resorted to in order to protect the community during that anxious season, the complete success of the arrangements adopted, or to state the same fact in a more modest manner, that the inmates preserved excellent health, although surrounded by pestilence, and passed the whole winter, and the whole year, free from all epidemics and even from any serious amount of indisposition, while hundreds of their fellow townsmen were destroyed, and while other Institutions, less favourably situated, shared in the general desolation. When the Asylum was isolated, the moral effects of the step were contemplated as well as the physical. Asylums have been agitated and convulsed by the echos of revolutionary tumults which penetrated their seclusion. It was dreaded that the panic, the actual presence of the destroying angel, might create grievous distress and disturbance, and thus excite disease, even should cholera be excluded. That a large body of the inmates knew of the progress of the scourge, and that the exaggerated reports which conveyed the intelligence should diffuse gloom and dejection was unavoidable; but notwithstanding these depressing circumstances, order and composure, and even cheerfulness, were successfully preserved. It is a pleasing duty to express the perfect satisfaction afforded by the zeal and devotion manifested, and the sacrifices endured, by officers, attendants, and domestics, during this season of trial.

Physical Condition of Insane.

Insanity is regarded as a specific disease. It has been treated as an element superadded to the constitution, and endowed with a species of personality which must be bound, bled, and exorcised. A more philosophical view is, that it is a condition of the nervous system resulting from a combination of causes and from diseased states of one or more organs; that it is one of a series of actions; a sign or symptom that the brain is implicated with or acted upon by external agents or by distant parts; and that it is amenable to the same principles and rules of practice which have discarded specifics, and treat

the body affected by disease rather as a mechanism, which is to be repaired and regulated, than as if invaded by some agent or instrument which is to be resisted, destroyed, or uprooted. The intimate and obvious connexion of insanity as a symptom with general diseased conditions may be illustrated. Of 47, three patients have been admitted labouring under general paralysis. One of these was in the first stage of the malady, contented and happy, incapable of entertaining a painful impression, dwelling upon former transactions with great complacency, which connected him with individuals of fortune and birth; but utterly unconscious that his palace was an asylum, that his gold and gems were figments, and that his intelligence and ingenuity and taste were crippled and weakened. Two others had advanced farther in the process of decay; their wealth was more unbounded, their happiness had become ecstasy; but reason never passed beyond these cherished topics, and language had ceased to afford all aid beyond such substantives as indicated richness and greatness. But this is only one aspect of the picture. These features may suggest the idea of mental disease; but they fail altogether to convey the complex affection which constitutes this species of insanity. In these patients, besides the erroneous ideas of wealth, the articulation was impeded and imperfect; words and syllables were omitted, the tongue was tremulous, the pupils of unequal size, the muscular movements feeble and irregular, and independent of the will, many of the reflex actions hebete or suspended, local congestions, especially of the brain, were of frequent occurrence, inducing loss of consciousness, and upon each occasion obliterating some mental power or acquisition. In two patients there were dejection and fear, but there was at the same time nervous asthma, suspended during the morbid preoccupation of the sensorium, but reappearing when hope and confidence had been reestablished. In two, convulsive movements of the muscles, and especially of the face, attended each paroxysm of excitement, appeared so far under the control of the will that the contortions corresponded with the states of feeling, ceased when the expression of energy was no longer necessary, and could be subdued and softened, if not restrained. In one, obscure scrofulous disease of the brain leading to general atrophy, as well as to a loss of the knowledge of words, time, and place, and to the limitation of the attention to one name and person; insensibility of the peripheral nerves was observed to such an extent, that deep abrasions and wounds of the skin, produced by self-mutila-

tion, failed to attract the notice of the patient. In a second, eccentric strabismus, enormous dilatation of one pupil with protrusion of the eye, debased propensities and loss of power over the sphincters, and a hereditary tendency to medullary sarcoma, as well as the incoherence, brutism, and violence of the patient, induce a suspicion of the growth of a tumor within the cranium. In a third, puerility and romance and assumption of dignity are contemporaneous with partial paraplegia. Five cases present the complication of melancholy, or some form of depression with anœmia, pallidity of the surface, prostration of strength with irritability; while in two, plethora seems to constitute a part of the malady. In a large number there is presented the white-coated tongue, the fœtid halitus, the pain in the epigastrium, and indifference to food, which accompany dyspepsia, as well as the concentration of mind upon painful objects, the delusions as to poison, obliteration of the intestinal canal, the introduction of foreign and disgusting substances furtively into the body, which these sensations suggest. Another class present the red papillary tongue, the chalky or sallow complexion, the irregularity of the bowels, the presence of hœmorrhoids and loss of vigour, which indicate hepatic disorder, and which must enter into any consideration of mental derangement as fully as the torpor or foul and revolting desires by which they are accompanied. One entrant, who had previously laboured under vomiting of blood, presented in such rapid succession, epistaxis, inflammation of the substance of the lungs, congestion of the liver, that it would be unjustifiable to regard these conditions as distinct from that chain of actions of which partial imbecility formed a link. In one dipsomaniac, the delirium of drunkards was added to the delirium of insanity, and the visions of a brain steeped in alcohol, if the expression may be used, were mingled with the weak and wayward suggestions of the natural disposition, and it became necessary to resort to treatment which might be adapted to these opposite conditions of the nervous system, to the permanent as well as the temporary disease. It has recently been proposed in Denmark to cure dipsomania by surfeiting the patient, by creating a disgust towards stimulants, and rendering the palate and system incapable of receiving gratification. Regiments have been compelled to remain drunk until they prayed for sobriety as a merciful boon. The facts have not been questioned; but no evidence has been adduced as to whether in curing the tendency to intoxication incurable madness, fatuity, apoplexy, or diseases

of other organs, were not induced. Patients who did not display such marked deviations from health were found secreting urine with a specific gravity so low as 1010, and so high as 1036, conditions which it is but fair to conclude must depend upon circumstances incompatible with the healthy exercise either of the brain or other organs. This survey will suffice to prove not merely that prompt medical investigation is necessary in every case of mental disease, not merely that insanity is accompanied by bodily disturbance, palpable or occult, but that it is itself a symptom or concomitant of various affections, which although they may escape scientific search, as well as the consciousness of the sufferer, must be discovered previous to the consummation of those hopes and projects for the relief of the insane, which the philanthropic have suggested, and are now prosecuting.

Moral Condition of Patients.

It is to be expected that the characteristics of insanity should correspond with the tone and tendencies of the community to which those affected belong, that delusions should be but the exaggeration of natural qualities, and that the prevailing type of derangement should, during particular periods, prove to be a reflexion of the passions and pursuits of the mass of mankind. In illustration of this principle, it has been noticed that during the past year the majority of the cases admitted have exhibited an elevation of sentiment, a craving for change and self-aggrandisement, and a utopianism of speculation and extravagance of ambition, which may either have been imparted or suggested by those views of social regeneration and perfectability which have agitated or influenced almost all civilised nations. This conclusion must, however, be qualified by the consideration that in some of the patients the disease had been of long duration, and that in others the visions of glory and grandeur, the realization of every scheme which selfishness or philanthrophy could suggest, were concomitant with general paralysis, which is as invariably accompanied by optimism, as consumption is by the hope of recovery. This species of alienation has been observed in three forms :—1. The opinions were perverted, they assumed a character and tendency inconsistent with the former conduct, the position and prospective interests of the individual. They were destructive of friendship, and of family relations and harmony while the friendly feelings were preserved ; and marred real usefulness while they multiplied vain and visionary efforts for general good. To become a Propagandist of the doctrine of equality and of the evils of existing social arrangements ; to exemplify

I. Utopianism in Opinion.

in person that manual labour was incumbent upon all men, was recognised as a duty; while the advice and authority of parents and preceptors were rejected and resisted as an exercise of tyranny, and the ordinary paths to distinction and usefulness were described as leading to error and evil, and home and profession were sacrificed for toil, and obscurity, and privation. To become a Communist is not necessarily to become a madman; but when persons of education and fortune reduce such a theory to practice, when with their new creed comes a revolution in all their habits, the inordinate use of narcotics and stimulants, and the manifestation of eccentricities of manner and contortions of the frame, the true origin of the mental change may be suspected. In one of the cases, a youth of cultivated mind, impetuous passions, and vivid imagination, who lived surrounded by luxury and refinement, first preferred the society of servants and sailors to that of his own friends, then discovered in the philosophy of George Sand and Cabet the revelation of all truth, ate opium to give intensity to his conceptions, became wilful, violent, ungovernable, and an alien, and ultimately subject to convulsive movements. In another instance, doubts were at first entertained of the soundness and sincerity of teachers; suspicions were imbibed of the rectitude and objects of relations; the instructions of the one and the endearments of the other were spurned; a particular form of faith was abjured; the apostate apes the manners and language of the sceptical; relies upon his own independent will, and the guidance of his adopted principles; escapes from old ties, associations, and duties; retires to solitude; and is deprived of liberty, but not of his opinions. In neither of these persons, although there is abundant evidence of mental error and perversion, does there appear to be delusion, unless to believe as they do be such. The second form of this disease is where the feelings are in a constant state of exaltation, which ultimately terminates in vain or proud monomania. These foibles or follies are not detected in general intercourse. There are many states of the body incompatible with sound health, and which are the source of much uneasiness and discomfort, which cripple the usual energy of the system, which do not perhaps deserve the name, and have not received the name of disease. They are not included in the nosologies, and are rarely submitted to the consideration of the physician. In like manner, there may be traced many departures from sound judgment and correct feeling, which al-

II. Utopianism in Feeling.

though they do not interfere with the usefulness and happiness of the individual, spread confusion, and distrust, and distress around, are not identified with insanity, nor supposed to exonerate from responsibility or the duties of life. These indicate the unsound exercise of mind, but not its derangement or destruction. They often precede and prognosticate, and under certain circumstances they produce, insanity; but they do not, or it is prudent to hold that they do not, constitute insanity itself. Those in whom such peculiarities appear are seen performing certain functions and duties; they do not disturb the peace; they do not talk ribaldly nor incoherently; and their conduct is explained in various ways, but never as the result of mental disease. The eccentric man is criticised as being more rogue than fool; the visionary is laughed at as vain, and presumptous, and idle; but he is not believed to be labouring under an affection nearly as little under control as St. Vitus' dance; and the prodigal is lectured and admonished, as if he possessed the power to return to his father's house. The designation and position which such characteristics, however, may obtain, depends first upon the extent to which they are obnoxious to others, and upon the class and sphere in which they are displayed. The extravagance which obtains the distinction of generous and liberal expenditure in the young and affluent, becomes recklessness and dissipation as age and the calls and claims of others increase, or as the resources diminish; the shyness which in a rustic is attributed to modesty, is stigmatised in a man of rank as *mauvaise honte*, ill-breeding, or morbid timidity; and the habitual inebriety which was once a custom, is now reprobated as a bane and a curse. There are many forms and modifications of mental obliquity and peculiarity which, although placing the individual as far distant from healthy intelligence, are less noticed, and less thoroughly understood, because they are less prominent. Their effects are witnessed, but the cause remains a mystery, and the public remain satisfied with a trite monody over the inconsistencies of human nature. There are youths liable to the most frantic and ungovernable passion; there are others, who live in a world of their own creation, and who at maturity become visionaries; there are persons of specious integrity, who are exaggerating and mendacious in their statements; there are pilferers, who do not value that which they steal, and who purloin what is intrinsically valueless; there are excitable, proud, and vain natures which despise the sphere in which

they are placed, and prove to be utterly incompatible with the happiness of those around. These phenomena may be the seeds, the simulaera of disease; but are not held to be disease itself. Yet trivial circumstances may give such form and prominence to these conditions, and may so develope and mature the unsound tendency, as to render isolation the only alternative by which the safety, the reputation of the individual and of his circle can be preserved. Asylums are peopled from these classes. Five cases have been received in which indulgence in ambitious and extravagant hopes has been cultivated until they passed into alienation. It is not proved that, until the last stage of the process, these feelings were complicated with hallucination. One, a clergyman, captivated by the charms of his own oratory, has become a victim to self-worship, and to aspirations after honour and applause. Four females, betrayed more by their pride than their affection, built their hopes upon a splendid alliance, and have become deranged less because they have been disappointed of marriage, than that they have been disappointed of the lofty position which they had so long vainly coveted while they were reputed sane. One of these examples of diseased pride has latterly assumed a different aspect. The disposition to destroy life connects the most deplorable and inexplicable form of insanity with the most detestable form of depravity. It is still doubted by jurists whether homicidal monomania should fall within the province of the physician. This difficulty occurs when an appetite for blood, a desire to kill or mutilate arises in a mind apparently sound in a disposition otherwise gentle and humane, sets at defiance all restraints, resolves, ties, and impels to the perpetration of atrocities without any appreciable motive or object, and in opposition to the will. That the pure and pious and intelligent have been subject to transient impulses to destroy even the life of those they loved and panted to preserve is certain; that such a propensity is frequently the most prominent and characteristic, if not the only symptom of insanity, is likewise established, the chief difference between the cases being less in the amount of resistance offered to the impulse than in the light in which the impulse is viewed by the individual. The paroxysm is either sudden or unprovoked, depending perhaps upon some bodily condition which is inappreciable, or it is the result of a permanent and deliberate determination. The impulse may be directed against one individual or many. In a large majority of examples, the victim is a relative; but the antipathy may be directed against a supposed

Homicidal Insanity.

oppressor, and may be guided by imaginary wrongs, superstition, or fanatical zeal. But causes altogether insignificant and absurd develope the tendency. A hysterical female, nurtured in affluence, buoyed up by brilliant prospects of the future, is exposed to adversity, feels sensitively every privation, even every duty imposed in her new position as an injury and offence offered to pride, becomes estranged from her friends who are associated with her in misfortune, is aggrieved by the look of a parent, and attempts to kill her. This person is now separated from the objects of her dislike, and the circumstances which contributed to produce this estrangement; but the look rankles in her memory, and the sanguinary impulse returns. She is at one time a weak, weeping girl, at another a formidable amazon. She passes from the piano to wild declamation; but in all these states, if capable of concentrating and confessing her thoughts, she admits her thirst for revenge, because she was looked at. This passion has widened its range, and now includes all who deny her unbounded homage; and, as is often the case, is accompanied by a tendency to self-destruction.

III. Utopianism in Sentiment, with Delusion.

The third variety of this disease is invariably complicated with delusions. An inordinate feeling of pride or vanity, a morbid appetite for riches and luxury, a profound and romantic admiration for royalty or rank or lineage, cherished as amiable partialities, cultivated by the tone and habits of society, ultimately merge into a belief that the coveted objects have been attained; and the worshipper of thrones and titles becomes a king or a conqueror. The conception may be suggested by intercourse with the noble or illustrious, by participation in luxury and enjoyment; but it may likewise be suggested by the absence of the objects desired, and grow up amid poverty, and privation, and neglect. Sometimes it seems the direct consequence of misfortunes, and the gorgeous pictures of a distempered fancy become palpable and permanent, as the realities of life and the power to appreciate them pass away; and gild the ruins of fortune, the loss of reputation, and even the decay of nature. The paralytic, who cannot utter a syllable distinctly, imagines that his voice is powerful and melodious; the plough-boy is engaged in the organisation of a mighty armament. In many the dignity or power acquired is worthless, pernicious—foreign to the previous disposition and destiny of the possessor. It may involve inconsistencies and contradictions and difficulties, which are obvious and apparent even to the claimant. It may be opposed to the imaginary as well as the real interests, even to the inclinations, of

the patient; it may entail pain and anxiety; and treasure-finders are met with who find gold a curse, and prophets who weep over their own denunciations. But in general this manifestation is attended with delight; the frame is plethoric and vigorous, there is a consciousness of power and of agreeable sensations, and all around is coloured by the prevailing sentiment. Fourteen patients—12 males and 2 females—have been under treatment for exaltation of the feeling of pride with delusion. Two of these imagined themselves endowed with enormous wealth in gold snuff-boxes, palaces, ships, and funded property. These riches were lavishly dispensed to all, and with an expression of cordiality and generosity indicative of the sincerity of the delusion, and of the spirit in which the gift was made. A third is avaricious and selfish, to retain is a deeper pleasure than to bestow. A fourth, in health a man of mechanical ingenuity and refinement, promises freely his collections of books, pictures, gems; but is so absorbed in contemplating his own ineffable condition, the ramifications of his concerns, and his success, that he forgets and is apt to forfeit his pledge. In three, aristocratic tendencies are strongly developed. One of these imagines himself to be a citizen of a Republic, but of pure blood, and connected with all the noble families in Britain, and that he is the originator of all the trade and much of the prosperity of his country; another boasts of a title; and a third claims descent from an ancient French family, and conceives that recent political changes may restore to him the honours of his ancestors. This fiction is built upon an intercourse of a few hours with a French nobleman. Three arrogate prophetic or Divine power. In one this claim is combined with the belief that in him reside the functions of the Commissioner to the General Assembly; the second, a female, occasionally laughs at her predictions, but when excited by anger or fear, she assumes the oracular fervour and ecstatic agitation of a pythoness; the third announces himself as the Messiah, but generally employs his presence and power in denouncing those who offend or oppose him as miscreants and outcasts, and in consigning them to punishment and perdition. In addition to these there are others who cannot be grouped into classes, but who all participate in the same visionary and vain-glorious views. A helpless blind lunatic is unwilling to confess his privation or to be assisted, and despises all around on the plea of superior birth and attainments. A gentleman who has compromised his civil position is about to contract a marriage of very

doubtful expediency, which is to retrieve his fortunes. A boy aspires to be a leader of armies; and a man, stricken by excess with premature old age, sketches plans of literary and commercial enterprise, which would exhaust the lifetime and resources of hundreds in the prime and vigour of manhood.

Melancholia. While the prevailing aspect of the cases received has been elevation, a certain number have been characterised by depression and despondency. Of these, seven in all, six have been females, all of whom laboured under religious melancholy. The male is downcast, because he has been deceived, and deprived of his property; the females are miserable, because they have offended Divine justice, because they have failed to apprehend and apply the means of grace, or because they have perpetrated some unpardonable wickedness. All have been reluctant to take, or absolutely refused, nourishment; indeed, the fact that the five patients last admitted have manifested this symptom might lead to the supposition that this form of disease was about to become epidemic. Unworthiness to live, a desire to die, or a Divine interdiction, have been assigned as the motive or reason for this conduct; but the incompetency of such pretexts is often admitted, while the obduracy continues.

Vampyrism. With obstinate abstinence there is often associated the modification of belief which, although so revolting as to be regarded as fabulous, was at one time adopted by thousands, and became a national characteristic. Vampyrism, as it originally prevailed in Hungary, consisted in a delusion that persons recently dead, or who had been buried in a state of syncope, became possessed by a demon, or a desire which urged them to devour the blood of their fellow-men, and to destroy life, or to ransack the grave-yards, in order to indulge in this hideous appetite. But it has presented different aspects at different epochs. The delusion has consisted in the broad and unequivocal belief that individuals or societies of men have lived on the blood of others, which was obtained by suction from a wound, and that they delighted in the feast. But an Oriental complexion has been imparted by limiting these orgies to the bodies of the dead, while the perpetrators of the outrage are conceived to live in grave-yards, in order to be near their prey. An example of this disease, somewhat modified, has recently attracted much attention in France, as it occurred in a man of education, decent deportment, and general intelligence, and led him to exhume the dead, to mutilate their re-

mains, to spend his nights in these frantic excesses, while his days were devoted to rational occupations. A morbid desire to eat or *taste* particular parts of a living friend has existed in the minds of those affected by hysteria and epilepsy. There are likewise unhealthy tendencies which lead to enjoyment in the shedding of blood, and in the extinction of life, which coexist with gentleness in rational and virtuous men, and which do not appear to be necessarily associated with cruelty or vindictiveness. Men have taken up their residence in Abbatoirs, and become amateur executioners. Wits and philanthropists have traversed countries in order to witness a decapitation ; and Penn, the gentle friend, is described as "hastening from Cheapside, where he had seen Cornish hanged, to Tyburn, in order to see Elizabeth Garnet burned." During violent political convulsions, when whole races seem to return to the savage state, or to become insensate, blood has been drunk in goblets, and the most horrible brutalities have been dignified by the name of enthusiasm. In French Asylums it is common to meet with melancholics who confess in confidence that they have ate human flesh ; in this country the expression used is generally that they have been compelled to eat it. The hallucination is a source of anguish, and self-accusation or complaint, and is assigned as an explanation for detesting and declining all nourishment. Two patients are at present convinced that they have been fed upon every disgusting garbage and offal, that they are involuntary cannibals. One of these manifests disgust, but continues to partake ; the other refuses to sustain life upon such conditions, and is daily fed by means of the stomach pump. No argument can disabuse the latter of her suspicion ; no modification of aliment, however simple or delicious, can tempt her appetite ; and her faith is unshaken that every meal so administered consists of the remains of inmates, prepared by a gigantic murder machine, which immolates myriads ; that the brown soup exhibited is part of the contents of a cauldron in which the fragments are boiled, and that the port wine added to her repast is the blood of the victims. It is probable that in these patients, who never heard of Vampyrism, the particular kind of delusion has been suggested to the mind by affections of the organs of taste and digestion, for one suffered from scurvy of the palate and gums, and the other from dyspepsia ; but the error remains after the removal of the cause, haunts the imagination for years, and embitters every enjoyment, even that which secures the preservation of life. The cunning

of diseased may, however, baffle the ingenious benevolence of sane minds. A patient who conceived himself to be the subject of all the physiological experiments instituted by the medical world, and that his stomach was made a repertory for poisons, induced vomiting after meals so frequently by irritating the fauces with the finger, as to induce stricture and malignant disease of the œsaphagus.

Panphobia.

The feeling of fear, although frequently a symptom of melancholia, exists independently of other morbid manifestations, and gives an aspect and a name to the disease. There may be intense alarm and apprehension without remorse or penitence or prostration. Persons and objects and seasons may be dreaded and shunned, as fraught with danger or difficulty; but the mind still continues to hope and to enjoy. The disease may consist in simple fear. The mind may continue for years in tumultuous terror, but dread no particular object. It may shrink from its own thoughts, or, incapable of reflection or emotion, it may seem to consciousness pervaded, engrossed, filled with mere alarm. Or, its creations may become phantoms, which it can neither escape from nor tolerate; or, every object may wear a menacing aspect; or, one single event or person may poison every joy, and palsy every power. Intelligent men have walked side by side with a skeleton for years. Life, or the continuance of suffering, may be feared; but death is a more frequent source of apprehension. There is a lady under treatment who lives constantly in the presence of a pillory and a scaffold, upon which her own death is visibly and vividly represented to her. In this, as in many similar cases, suicide is contemplated. "It would seem," says Dr Reid, "as if they rushed into the arms of death in order to shield themselves from the terror of his countenance." Maniacal terror is impulsive, and while it suspends the operation of reason it does not blind nor blot out the natural affections. In general, the source of suffering in melancholia is personal; punishment, poison, disease, death, are inherent to the self-imposed fate of the individual; in panphobia the source of suffering resides in external circumstances, or in the unjustifiable and unmerited machinations of others. The object exciting the feeling is determined by various causes; it may be altogether imaginary, or real with imaginary attributes; it may be innocent or threatening; it may appeal to the superstition or selfishness of the individual, and be a spectre or a murderer. The poisoned effects of the atmosphere, light, robbers, and free-masons, excited consternation in the four patients admitted

with this variety of disease. Persons so affected are pale, haggard, and emaciated. They seek protection in corners, in bed, in light or darkness, solitude or society, according to their prevailing delusion. To their groundless alarm are many of the cries heard in an asylum during the night to be traced. So timid, so keenly alive to the anticipated crisis of his fate, so treacherous did he esteem the quiet, and calm, and regularity around, that one of these patients exerted every means to prevent himself from sleeping, believed that he had not lost consciousness for months, and did, in reality, accomplish an extraordinary amount of vigilance. Two patients were exposed to paroxysms of agitation by the admission of light to their apartment, either because they passed much time in sleep, and thus escaped from their anxieties, or because greater distinctness and reality were thus given to the source of their alarm. A fourth, whose dreams were so vivid and so impressed upon the imagination as to be received as suggestions of the external senses, became partially sane amid sunshine; and although she continued to believe, she ceased to dread these visions. A fifth, persecuted and disported by thieves, spent the night in attempts to recover her stolen goods, and in mental struggles between the fear of injury and the love of property. Hachsich or Cannabis Indica has been employed in these cases as well as in melancholia, partly from its hypnotic powers, partly from its reputed property of suggesting delightful visions. Mitigation, the eradication of dread, or the recovery of intrepidity to meet the supposed danger, has followed seclusion in all these cases.

Night Watching.

To such patients the visits of the night watch are more frequently paid. His presence, or his light, or the expectation of his return, may expel a supernatural intruder, expose the fallacy of a dream, restore confidence, or check a suicidal impulse. These attentions have developed many singularities of the private life of lunatics, which could not otherwise have been discovered. Many are found, and especially those in whom the constitution seems reconciled or adapted to the disease, to sleep profoundly; others, actuated by terror, or suspicion, or that exalted activity which distinguishes insanity, do not sleep; many awaken in fear; a greater number rejoice to escape from the vague disquietude of dreams to the equally imaginary but more distinct horrors of the waking state. Of 32 patients comparatively intelligent, who were placed under special inspection, one was found to stand up in bed; two habitually lay, if undisturbed, upon

the floor; three rested upon the hands and knees, with the head covered; four sat up in bed in grotesque attitudes; eight lay on one or other side, with the knees drawn up to the chin; and eight had recourse to incessant change of position. It cannot be imagined that these long-established habits were the result of accident, that they were induced or sustained independently of the will of the individual; nor can it be doubted that they form valuable indications of the mental condition, that in fact they spring from, and show the supremacy of delusions, as when the bed is deserted on the plea that it is on fire or infected; that they are dictated by the ease, the sensations, the general health, the respiratory functions, the temperature of the season or system; that they are the exaggerated, unchecked expressions of the external or internal sensations, as in the decubitus of sane men. The investigation cannot be urged to the inspection and disturbance of so valuable a remedial process as sleep, but deserves greater and more extended attention than it has hitherto obtained.

Dipsomania.

Opium now stands in many cases in the same relation to insanity that stimulants formerly did. It may be difficult to determine whether this be accidental, the result of a mere craving for refinement or variety in indulgence, or of that change of manners which brands open and coarse intemperance as a vulgar vice, and recognises moderation and external decorum as fashionable as well as virtuous. But it is certain that in this country the operation of narcotics in the production of insanity has been but recently recognised; and if the enormous consumption of such drugs, even in villages and remote districts be considered, it will be obvious that they must exercise a greater influence over the health of the community, and deserve a higher place in the catalogues of the causes of mental and nervous affections, than has hitherto been suspected. The facility with which such an indulgence may be concealed, the resemblance of the effects to the healthy though more exalted developments of genius—for some of the eloquence and philosophy, and much of the poetry, of the present century may be traced to such a source of inspiration—will obstruct any inquiry as to the extent to which such a form of inebriation prevails; but if it be necessary for medical men to probe the habits of the gay, and luxurious, and dissolute, it is especially incumbent to ascertain the nature of the cordials and nostrums consumed by the hysterical, the hypochondriac, the sensitive, and eccentric. Five cases have been admitted, in which habits of intoxication were either the cause or the

characteristic symptom of derangement. In seven others intemperance, in combination with other circumstances, contributed to overthrow reason. Of the twelve it was known that four took large quantities of opium; in three others its use was suspected. One individual required at the time of admittance 60 gr. of solid opium in the twenty-four hours to sustain nature, and obtain comfort and rest. Another, more ignorant of the consequences, or more dependent upon gratification, despised all measurement of the potation, and drank laudanum from a bottle as her wants or inclination prompted. In such an inquiry it is found to be an error that the practice is confined to the educated and intellectual, for the individual now alluded to belonged to the humbler classes, and courted oblivion rather than exaltation of sentiment. That narcotics are resorted to deliberately and designedly to invigorate the drooping powers, to enhance the play of fancy, is known; but in the cases under consideration, the object seems to have been to mitigate misery, or to obtain that exhilaration which stimulants had failed to afford. These men are stigmatised as criminal. They are accused of indulgence, sensuality, which they could have checked; of inviting disease and debasement, and slow gradual suicide, which they might have avoided; of offering no resistance to temptation. There are, however, cases in which the propensity is sudden and irresistible, where every lapse of propriety is preceded by a severe struggle, where the individual derives no gratification from the act. Even when intemperance appears the result of gross and animal tendencies, where it is contracted and cultivated by an independent will, the freedom of the will, the power of the resistance, must be estimated in relation to the original constitution of the voluptuary. The children of drunkards are often insane. It is as possible, as much in harmony with the laws of hereditary descent, that the drunkards themselves may have inherited qualities which dispose or compel them to seek enjoyment in excitement which impart that craving for physical gratification, that nervous susceptibility and instability of purpose which incapacitate them for self-control and self-denial. In many of the dipsomaniacs under consideration, the patients had been of excitable temperament; in one, epilepsy had been followed by retired habits and effeminacy; in two, sensual enjoyment had been a great object of existence; and in a fourth, brilliant talents, ardent passions, and utopian views, led first to the use of wine or opium, and then to inflammation of the brain and death. It would be unphilosophical to doubt that the fate of

the child might be, must be, influenced by such conditions in the parent.

It is instructive as to the nature of the causes or courses of conduct which may have operated in the production of this tendency, and as to the mental constitution upon which such influences would act, that of the patients now under examination eight were habitual, inveterate novel readers. They did not merely enjoy a tale, or interrupt a mere grave study by fiction, but they confined their acquisition of the thoughts of others to this medium; their philosophy, their morals, and their tone of feeling might all be traced back to romance.

Furious Mania.

Five individuals affected with furious mania have been admitted. Such patients realise the exploded idea of insanity. They are the sport of violent passions and depraved appetites; they disregard all ties, duties, interests; they destroy property and life, and would immolate themselves, with or without an object, in sport or in strife. They vociferate; they vituperate; they do not rest nor sleep; they eat voraciously, or forget the wants of nature; they are insensible to physical pain, but delight to inflict it. For such disturbers of public tranquillity were Asylums formerly constructed, and the common law of England framed. Either from some change in the type of the disease, or the mode in which it is primarily treated, the proportion of such cases has sensibly diminished, while the gross number of the insane has increased. On the admissions of the present year the

Demonomania.

cases of furious mania stand in the relation of 1 to 10. One of these, although placed in this group, in consequence of the violence of his manners, and of his resistance to authority during the incubation of the disease, ultimately presented many of the symptoms of religious ecstacy. He had been of pure life, but educated in a faith which sanctions excitement of the feelings; and it is probable that the fervour and fanaticism of a revival were reproduced under the influence of disease. Subject to trances, in which there was rigidity of the muscles, and a mental state resembling somnambulism, he was generally restless, agitated, impelled to leap, run, whirl, or to stand poised upon one leg. When engaged in these gyrations and gesticulations he seemed to be indifferent to danger or pain; and he was equally regardless of the comforts and decencies of life. These acts were only partially under the dominion of the will, were attributed to the Divine power, and regarded as acceptable to the Deity, or in

themselves laudable. There is a strong resemblance between such instances of furious and ecstatic mania to the demoniacs mentioned in Scripture.

General Mania. Of general mania, in which the mental powers appear equally excited and perverted, and where violence of deportment is combined with acceleration of the circulation and general febrile action, only two cases have occurred.

Fatuity. Less interesting than such examples, but demanding greater sympathy, and more unwearied care and tenderness, is the class of imbeciles. Of these only two have been admitted; but from the tendency of other species of mental disease to pass into weakness and fatuity; from the apparent tendency of acute mania and melancholia to wear out, and impoverish, and impair; and from the tendency of seclusion, of the withdrawal of new impressions, healthy excitement, and exertion, to blunt and deaden the mental energies, the great mass of the incurable and permanent population of an Asylum belong to this class. To diminish its numbers, even when the re-establishment of sanity is impracticable; to preserve in activity some lingering taste or capacity; to rouse from lethargy, are all the plans for amusement, occupation, education, directed. But when these efforts are ineffectual, and there remain but an automatic and vegetative life, a greater amount of care and superintendence are demanded. Such patients cannot, or can imperfectly, communicate their wants or wishes; they do not even solicit attention; they may be neglected, oppressed, or, when every physical aid and service are secured, they may be regarded as retaining no connexion with humanity but its form, and as unconscious of those influences which affect every mind, however ruined or rudimentary. There are imbeciles susceptible of the pleasures of music, or external nature, who are of degraded habits; who would rest motionless in the midst of a conflagration; and who may be led to perform many acts by imitation, or guidance, or habit, which they would not do by an act of the will. Upon a similar principle does the education of idiots proceed. In chronic insanity the acute symptoms have subsided; a new, although not a healthy, character has been developed, which, as it has been formed and matured under observation, is well understood, and can be rendered amenable to rule, if not to reason, and guided to content, and cheerfulness, and usefulness, which result from a sort of compromise between the patient's diminished powers of resistance and the

physician's increased power of dominion. The training resorted to may render its objects automatic, may destroy the little individuality of character which remains; and, from its acting upon groups, it may impart an aspect of subjection and docility which are incompatible with great activity of mind. But the result is infinitely less prejudicial than the course of non-interference, indifference, and neglect, formerly pursued. It is better that classes of men should be impelled to walk in a particular order, at a particular time and pace, through pleasing and diversified grounds; it is better that they should be led to exertion, amusement, and enjoyment; that their condition should be the result of system, than that they should be indulged in their apathy, and left undisturbed in their sleep, and silence, and listlessness. There is an error in concluding all silent, stolid patients fatuous, and inaccessible to treatment. In some cases taciturnity is the natural expression of distrust and dislike, or of the natural disposition; in others, hebetude and lethargy constitute the disease, the faculties being inactive, rather than impaired or extinguished. There are persons presenting these features now in the Institution, who experience exquisite delight in hearing music; who solve questions in algebra; and very recently a case occurred proving how long and how completely the mind may be obscured without losing the light of reason, or the capacity for renewed activity: A female melancholic, originally a governess, of good education and refined manners, had been insane for fourteen years, imagined that she was the inmate of a work-house, surrounded by cruel and oppressive tyrants, who desired to insult, torment, and poison her. In consequence of this delusion, she refused to take food for years, and was at once miserable, suspicious, and irritable. When apparently passing into fatuity, she was attacked by dysentery and partial paralysis. Contemporaneously with these ailments she became gentle and grateful; she opened her eyes to the truth; she awoke after a long and troubled sleep to a consciousness of her real position. Her intellect is now restored to perfect integrity and health; she is engaged in her former pursuits; but has experienced great difficulty in filling up the gap in her life, in overtaking the progress of that world to which she is not inclined to return, and in believing that we live under the sway of a Queen, or that London can be reached in 12 hours. This is a very rare, but not a solitary case, as Esquirol narrates an instance where reason returned after a period of 20 years.

Recovery after Fourteen Years' Disease.

Language is a criterion of these states. It does not invariably symbolise thought. A barrier intervenes between the words uttered and the ideas or emotions which they are intended to represent. Such imperfections are, however, indicative of the nature of the barrier. It appears natural that the phraseology of the monomania of pride should be inflated and magniloquent; that the elevation of sentiment should be depicted in corresponding grandeur of diction. It is natural that incoherence should follow and represent confusion and impairment of intelligence; but it is not so clear or self-evident why a patient, since dead, should have substituted invariably, and for months, the accusative for the nominative personal pronoun, bemoaning his misery in such expressions as, "Poor me—me is oppressed, murdered, on fire;" nor why another, conscious of his personal identity, and free from all delusions as to editorship, or membership with corporate bodies, should generally use the plural *We* in detailing his own feelings, or tastes, or transactions. It is known that in conditions which are assimilated to disease by the presence of great fervour and intensity of emotion, the powers of language are commensurately heightened; that eloquence and poetry become the ordinary vehicles of expression; and that the speaker is unconscious of the sublimity of his efforts. Oracles may have owed their mystery and influence to the excitement of the sybil. Orators are said to be unable in the calm, and langour, and tameness of the morning to recognise as their production the transcendental declamation uttered a few hours before under the stimulus of debate, emulation, or ambition. It is certain that the act of improvisation approaches to a morbid state, in so far as those inspired utter what, in the ordinary unstimulated state of the brain, they are incapable of doing, and are besides ignorant of the nature or triumphant success of their achievement.

Language a Criterion of these Conditions.

A patient in the Institution, whenever she is excited, speaks volubly and vociferously in Gaelic. She adopts this language obviously as affording the means of pouring forth rapidly and energetically her wrath or indignation, and forgets, in her ardour, that those whom she addresses do not understand a word of her denunciations. Whenever the paroxysm ceases, she reverts to English. A lady, who has laboured under violent mania for some months, often utters long rhythmical rhapsodies, which, when analysed, are found to contain passages of some beauty, adages, anecdotes, homely phrases connected together in the form of couplets, which, under other circumstances,

might excite wonder; but derive interest chiefly from their endless variety, the rapidity with which they are shouted, and her inability to interrupt her soliloquy, or to attend to other impressions. She likewise speaks a jargon, under the conviction that it is a copious and expressive language. The use of uncouth sounds is often associated with incoherence. Two modifications of this peculiarity are exhibited by patients at present under treatment. The first is significant of the object before the mind, but does not distinctly or directly express the view, or wish, or meaning of the individual. It is chaotic and unintelligible, less from the absence of arrangement of the words, than from the faithful representation of the mental condition. The patient writes thus to the Editor of the *Times* newspaper, "Am I to consider a physician will not or will consider this enclosed sheet (auto—only a way of—graf,) good ground, containing good principles by which lively progress, together with the same physically in this frame of man universally and medicinally following and producing effect," &c. The second species is so complex, intricate, and parenthetical, that the meaning is lost from the want of arrangement; from the non-development of a single train of thought; and from the involution of many. The patient is acute, metaphysical, and informed, but writes and speaks in this manner—"If justice be not done; by the bye, the notions of justice are crude and savage, the Indians had clearer ideas of the quality; we may be tried too much, and to revert to justice, many men conceive that in depraved natures, what they call depraved for purity, consists in intention, not in act; hell is said to be paved with good intentions."

Cessation of Insanity.

The cessation of alienation is slow and gradual, because it depends upon constitutional changes rather than upon crises. It is attributable rather to the result of various means, directed to one end, than to single remedial agents. Occasionally delusions are suddenly dissipated, and the mind at once resumes its original strength and habits. A woman recently fell asleep, agitated by the dread of supernatural visitants, and awoke calm, coherent, and resolute, and has since continued to exhibit serenity and health. Natural or artificial sleep is always a powerful auxiliary in the treatment of insanity; in this case it proved omnipotent. Another melancholic, who had consigned herself to physical death by starvation, because her sins had consigned her to eternal perdition, refused all sustenance, defied and bit those who attempted to administer it, and crunched spoons and tin vessels

in the struggle, was subdued, and food was forcibly introduced into the stomach. At once aware of her defeat, she seemed to weigh the futility of further resistance, experienced the agreeable sensations of digestion, tacitly yielded, took the next meal voluntarily, and is now rapidly recovering. A similar tendency to abstain from food was at once uprooted, by inducing a lady to witness the process of compulsory feeding in another case. The indisputable fact that large quantities of rich aliment can be exhibited without difficulty, and in opposition to the most inflexible determination, was for the time triumphant. In general such decisive impressions are rare. Convalescence resembles the growth and evolution of mind in infancy. A patient, now in the Asylum, has been advancing towards sanity for nine months. During the day she is apparently well, engages in knitting and converses rationally, though flippantly; she is supported by employment, and by the realities which she sees and hears; she is controlled by the authority of the officers; but when these influences are withdrawn, when she retires to bed, and is left in darkness and to the instigation of her own passions, she glories in extravagance and destruction. Doubt of the reality of restoration, a sense of the insecurity of health, a consciousness of excitability or vacillation, often retard improvement, and impart that instability which is dreaded. A gentleman, who was clamorous for liberation until his request was granted, confessed his apprehensions of the future; and after eight months' intercourse with the world, shrinks from its responsibilities. Remission of symptoms is often announced, especially in paroxysmal insanity, by internal feelings, which should be watched, as demanding a total change of management and position. Solitude and spare diet are the legitimate concomitants of violence and vindictiveness; while nutritious food, society, and access to books, are not only craved, but necessary, when calmness and lucidity supervene. A gentleman, who passes half his life in lethargy and imbecility, invariably complains of sore throat, toothache, or rheumatism, before he sinks into torpidity, and as invariably asks for a watch ribbon, or a book, when about to pass into his rational condition. A lady weeps bitterly when about to exchange the exuberant merriment of disease for the gentle placidity and inanity of her original character.

Individuals Sane under Confinement; Insane when at Liberty.

While there mingles with society a numerous class of persons of unhealthy mind, eccentric, irritable, excitable, and, under certain circumstances, dangerous, who impede and disturb all arrangements,

and who appear to require seclusion and surveillance, there is another class in every Asylum whose tranquillity, rationality, and intelligence, induce the conviction that they are entitled to be restored to society; that they are capable of undertaking the responsibilities of active life; and that their confinement is attributable to unnecessary caution, or undue procrastination. It is probable that the former display their true character and condition because they are free; and that the latter present many of the phenomena of health, because they live under the salutary check of confinement and discipline. These restraints, however, exercise a curative as well as a coercive influence upon feeble and fickle minds, and impart a vigour and self-control which are not original, and which cannot repel nor sustain contact and collision with the external world. There are individuals who are really sane only in an establishment for the insane, and no where else, and who recover and retain reason because they are conscious of protection; because they are removed from that position in which their energies or their affections are tried beyond their strength; or because they find in solitude and seclusion the congenial sphere of their faculties. A much larger number of these, however, who occupy the convalescent galleries, who enliven the monastic life of these places by their cheerfulness and accomplishments, and impress the ordinary observer with admiration for their talents and sympathy for their hard fate, conceal, and successfully conceal, deeply-rooted delusions, furious passions, or offensive peculiarities; they simulate serenity and sanity, or they employ the healthy mental powers only in intercourse with others, and with the direct design to divert attention from opinions or habits which are regarded as morbid or absurd. In general, such artifice can be detected, and the actual unsoundness of the foundations of pretended health can be discovered, by continued observation of the secret and solitary habits, by the examination of the writings, and by reference to the previous history; but cases do occur in which all care and ingenuity and precaution are baffled. A lady presented for eleven months all the urbanity and refinement which intelligence and education could confer; she was subjected to every test suggested by vigilance and suspicion, and having passed through this ordeal without the exhibition of a single oddity or incongruity was about to be admitted to the sacrament previous to her liberation; but was heard to say, "Oh, these bells;" and on being charged with the inadvertency, burst forth into violence, giving full sway to her passions, declaring

that there was a chime of bells in her head, and that she was Mary of Scotland. A gentleman who, for nearly two years, pursued the life of a scholar and uncomplaining recluse; who apportioned his time into periods for the study of Hebrew, Syriac, and History; who was regular in his devotions, clear, luminous, even erudite, in his conversation, calm and dignified in his deportment; who was a general referee upon matters of doubt and difficulty, and whose position excited esteem and sympathy, was liberated after what appeared to be a suitable probation, and with the full consent of all concerned. His composure and complacency overshadowed his past history, and suitable importance was not attached to vague expressions that he would ultimately know motives which must for ever remain beyond the reach of human penetration; and to the absence of all allusion to Jesus Christ as the Saviour of mankind in conversations which naturally led to such a statement; for there is now proof that he had never ceased to believe himself to be the Messiah; that his conduct had been the result of exquisite dissimulation, and that the eccentricity, profuseness, malignity, and murderous intentions displayed on returning to the excitement of the world were the natural expression of his condition, and concealed by the combined effects of cunning and literary acquirements, aided by the withdrawal of all provocations addressed to the diseased propensities. To liberate such individuals is not merely an act which exposes their follies, or tests the stability of their convalescence, but which subjects the community to inconvenience if not to peril, which entails misery and misfortune upon the families to which they belong, and closes their career by exciting unmanageable and incurable disease. It would be fortunate if some intermediate stage existed, connecting isolation and emancipation, where patients might be prepared for that enfranchisement which they covet; but in the absence of such an arrangement it is assuredly better that Asylums should be rendered, as far as may be practicable, homes for the shelter of those who cannot be entrusted with entire liberty; than that they should be regarded as prisons from which it is the business of every one to set the captives free. The opinions and fears of a past age converted such institutions into cages to confine the violent and destructive, which protected the country from outrage; but the tendencies of the present time is to endow them with the objects and capabilities of hospitals, where the helpless, imbecile and eccentric, as well as the furious maniac, where those cast off, as well as those who are dreaded, by society should be admitted, and

where cure and alleviation, as well as safe custody, should be extended over all forms of arrangement. This consideration seems to be forgotten in the struggle to assert privileges, and to enforce legal definitions. To remove the mature and more formidable forms of alienation, or by arresting incipient or progressive disease, to prevent the crime and sorrow and suffering which so often follow the acts of irresponsible lunatics, is perhaps the most exalted province of such establishments; but much good is accomplished if numbers of individuals are so far relieved as, under discipline, to exhibit the appearance, and to enjoy many of the privileges, and engage in many of the pursuits, of the sane; if delusions, which must harrass and destroy the peace of families, if not of a wider circle, are, under treatment, rendered innocent and inoffensive; and if judicious care and humanity administer comfort and happiness to the limited capacities of those who, although they may be able to enjoy the pleasures, are incompetent to bear the burdens of active and independent life.

Sources of Discontent in Asylums.

Besides obvious and legitimate grounds for suffering, there is at all times a large amount of discontent among the insane, which does not necessarily flow from their delusions, or from the restrictions of seclusion, and which it is difficult to combat or allay by appeals to patience and resignation, or by the distractions of occupation and recreation. There are spirits who court strife, who may disregard sympathy, but who delight in publishing their woes. Self-tormentors never fail to torment others, or to diffuse the querulous, captious, and dissatisfied tone of their own mind to all around. There are men of a morbid and irritable disposition who have not boldness to provoke a quarrel, but who interfere with the peace of every companion, and gratify spleen by exciting similar feelings in others. Certain individuals complain, and with apparent justice, of relatives; others, with equal justice, of themselves, their folly, and indiscretion; many admit that they are insane, or threatened with insanity; but attribute the incursion to their position, and are annoyed by the obloquy, rather than the misfortune, of their lot. Some reside voluntarily in seclusion, because they know that they are incompetent for the excitement and responsibilities of their former position, or for association with their families, and vindicate the propriety of their choice by jealousies and dissensions within their adopted home.

Escapes.

Notwithstanding the quiet and contentment which confessedly do obtain in an Asylum, it has been said sneeringly, but truthfully, that not a tenth of those who display satisfaction with their abode would

continue inmates were liberty unconditionally offered. Escapes are comparatively rare; but the desire for freedom, for the unlicenced exercise of the will, is intense; wandering is in itself a morbid manifestation, and it is accordingly found that patients are ready and anxious to exchange present comfort for prospective anxieties and difficulties, and the power to go from place to place. Such elopements are not true indications of the happiness or condition of the fugitives, for it is generally the melancholic or cunning monomaniac who makes the attempt. They generally show, however, the amount of liberty enjoyed, and of confidence reposed. While it is pleasing to reflect that a madman has left a suitable home, not because he was chained or starved, but because he was trusted more than his condition justified; it is obvious that such accidents should be guarded against, and that the public should be protected from the sudden return of a person who cannot be received, and who is regarded with disgust, or dismay, or dread. A successful attempt of this description was made last winter by a patient, who had twice before displayed his dexterity in the same way, who holds the bolts and bars of prisons in contempt, and concentrates all his faculties in the attempt to baffle vigilance by cunning. His bed was placed in a dormitory; at the usual hour he undressed, deposited his clothes on the appointed stool outside the door, which he closed, so that it appeared to be locked, and retired to rest. The attendant trusted to this appearance, passed his hand across the door, and went out; immediately afterwards the deserter arose, dressed, passed out of the gallery, which is left open for the purposes of ventilation, descended to the cellars, broke through a door giving access to a coal depot, ascended through a channel by which coals are cast down, and then scaled two walls. His companions remained quietly in bed, and congratulated themselves that they had been relieved from the sullenness of the most unpopular and ungracious member of their fraternity. He was recovered in a few days, and returned cheerfully, but crest-fallen, rather because he had been deprived of his triumph than of his liberty.

In an age when sympathy with suffering of every description, even with that which is the necessary consequence or accompaniment of crime, is so prevalent, it is natural that there should exist a tendency to relax the bonds of discipline too much in the management of the insane. This is perhaps the inevitable rebound and reaction following extreme coercion, stern subjugation, and, it may be, harshness. We may yield too much and too often to the wishes of patients, if it be

forgotten that these wishes are caprices, the dictates of delusion, the ravings of delirium; or if it be overlooked that in gratifying a whim, a transitory desire, we may be cherishing an unhealthy tendency, and establishing a rule which it may be difficult or impossible, on the occurrence of a crisis, to repeal. In diffusing pleasure, authority and discipline may be compromised, and present quiet and equanimity obtained at the expense of future improvement. It is easy to please, to agree with, to humour the insane; it is difficult to cure, and, when this is impracticable, to regulate. The great and first object in all arrangements should be cure; and if this can be accomplished, every other consideration, anxiety, fear, pain, estrangement, should be disregarded, or estimated lowly. It is probable that in efforts to ameliorate the condition, to soothe the sorrows and sufferings of the insane, to obtain a triumph over obvious evils, treatment has been lost sight of, or rather treatment has been guided by pity rather than by science.

Literary Pursuits compatible with Insanity.

Amid the confusion and mental conflict and outraged feelings which must exist, it is consolatory that much order and harmony and happiness may be produced by a due admixture of liberty and discipline. The diseased activity of the faculties may be induced to expend its energies in innocent gratification. It is not enough to narrate that such occupations, such productions, have signalised a period or a plan of management; it is necessary to connect these with the state of mind in which they originated, or with which they were associated. Unless this precaution be adopted, these manifestations which connect the insane with the sane will be attributed to convalescents, and not to those who are widely removed from health, but exercise impaired and perverted powers in a rational manner in one direction, or retain certain powers in a healthy state amid the general ravages of disease.

Studies.

A physician is engaged in studying Meckel's General Anatomy, who has repudiated his parents, claimed kindred with princes, and receives daily oracular intimations from the wind. Another medical man deliberates on his own case, and takes a very judicious view of the principles upon which he should be treated; but is utterly incapable of exercising his profession, or of conducting himself with wisdom or prudence in the ordinary affairs of life. A scholar writes epistles in elegant Latin, to which he attaches the signature of Jehovah in Hebrew, and prosecutes investigations of a most profound nature, while he is anxious to dance a hornpipe in public, and fulminates Divine wrath against all who innocently oppose his will. A second reads Hebrew correctly; but writes English so incoherently, as to be unin-

telligible. A third composes verses, supplies apposite quotations in various languages, and corrects errors and false quantities in those who may unsuccessfully make a similar attempt; but will not use his right hand. A lady has been busied in translating Metastasio, and expatiates with rapture and some discrimination on his beauties, and upon the beauties of his land and language, who at other times indulges in a dialect less refined, is haughty and coarse in disposition, and believes that a deceased friend haunts her steps. Another lady, whose body is devoured by parasites, paints birds and flowers; a second, who is sunk in incurable despondency, divides her time between sewing, landscape drawing, and servile work. Flowers have been selected by one partial imbecile, ships and figures by a maniac, and historic pieces by a monomaniac, as worthy of their pencil; who, viewed through any other medium than their productions, would appear weak, or wayward, or deluded. The introduction of a piano into a gallery not only effected a bond of union between two incompatible and irreconcilable spirits, but so attracted and soothed a violent patient as to diffuse peace and quiet around. While she drew very pleasing music from the instrument, however, her blows might be heard falling upon the case. She broke the sounding-board in a phantasia. Another lady, whose vehemence finds relief in restlessness, is chained by a piano, and plays Scottish music agreeably, although she has not uttered an intelligible sentence for months. Violins, flutes, flageolets, have been heard in every gallery; and a very amiable socialist endeavours to find proselytes by incessantly proclaiming the good time that is coming upon his cornopeian. Impressed with the conviction that the treatment of the insane is allied to education; that the mind is educable at all times, perhaps even in the second childishness of imbecility; and that new pursuits and new purposes are new curative agents, opportunities are sought to place instruction within the reach of those who may be benefited by it. In this country, and among the higher classes, it is difficult to devise expedients which may accomplish this object without offence to pride; but, during the past year, a class for acquiring a knowledge of the fabrication of wax flowers was formed, and contributed much to the gratification of the fifteen ladies of which it was composed. Two large bouquets of flowers were produced, and afford evidence, by their correctness and beauty, to the attention and delicacy and taste which may be exerted, and the ingenuity and dexterity which may be taught under favourable circumstances. Instruc-

Flower-Making.

tions in music and drawing have been given, and a governess is now reacquiring her former accomplishments in laborious efforts to communicate them to juvenile pupils whose affections she has conciliated. But while these particular attempts are cited as new and curious, every gallery for females may be styled a school, in which every description of knitting, netting, crochet, and embroidery are taught. Gorgeous tapestried chairs and draperies have been the fruit of this industry, intended to ornament that home to which the workwoman is still linked in memory and affection, or to serve as a memento in the retreat where she may have found repose and intelligence. But the most common task of needlework, of which a Table is supplied, carries with it a tale of temporary mitigation of pain, or of permanent improvement.

LIST OF WORK, NOVEMBER 11, 1849.

14 Purses Worked.	6 Toilette Curtains.
14 Collars Crochet.	6 ... Covers.
7 ... Worked.	50 Gowns made.
2 Worsted Collars.	7 Padded Gowns.
2 Sofa Cushions.	20 Bed do.
2 ... Covers.	223 Dress Caps.
6 Ottomans.	152 Habit-Shirts.
10 Ottoman Covers.	40 Shirts.
4 Hearth Rugs.	13 Dresses.
18 Watch Guards.	9 Petticoats.
2 Fancy Bags.	47 Shifts.
2 Worsted do.	5 Pairs Drawers.
70 Yards Fringe Knitted.	11 Aprons.
16 Prudence Caps do.	84 Handkerchiefs Hemmed.
76 Caps do.	148 Towels do.
9 Pairs Muffetees Worked.	36 Table Cloths do.
7 ... Mitts do.	Worsted Work for Book-case.
2 Curtains Netted.	Worsted Work for Dog.
8 Set Bed Curtains.	2 ... Neckties.
1 Comforter Knitted.	6 ... Flowerstands.
1 Stool Cover.	
9 Chair Covers.	

SOUTHERN COUNTIES' ASYLUM.

133 Pairs Sheets.	2 Flower Mats.
132 Bolster Cases.	1 Pair Mitts.
19 Pillow Cases.	1 Pair Muffetees.
48 Pairs Blankets.	17 Book Marks.
23 Straw Mattresses.	17 Gowns.
18 Wool do.	26 Aprons.
15 Cotton Wool do.	7 Petticoats.
63 Bed Covers.	5 Shifts.
9 Dozen Towels.	12 Flannel do.
15 Table Cloths.	6 Night-Gowns.
4 Wax-cloth Table Covers.	12 Night-Caps.
4 Toilet Covers.	14 Habit-Shirts.
8 Window Blinds.	14 Handkerchiefs.
4 Muslin Curtains.	4 Pairs Socks.
1 Hearth Rug.	12 ... Trowsers.
4 Foot Stools.	2 Vests.
8 Table Mats.	

Our authors are still a numerous class. One inexhaustible writer has for a time suspended his labours; but he has been succeeded by individuals who have acquired the power of expressing their thoughts perspicuously, or who have recovered that power, after long deprivation, since their seclusion. Poets have appeared among the peasant class, who emulate, sometimes approach, the greatest of peasant poets. A poetaster has produced epics, sonnets, and odes, in endless profusion, and writes so epigrammatically, and has succeeded so well in alliterative composition, that he has designed a second *Pugna porcorum*. Amongst unpublished archives are the Autobiography of a Student in Divinity; five dramas; many volumes of sybilline leaves; a series of biographies of mad poets mad philosophers, which are ultimately to be incorporated as an Asylum Plutarch; a most valuable common-place book, narrating every act and sentiment of the writer, delusions which he mistook for realities, and realities which he mistook for delusions. Many such records are now kept, and encouraged to be kept. They contain much that is absurd and incoherent; but they afford a portraiture of the mind, and if a faithful portraiture, they may expose his own mental features and fallacies to the patient; like the confessional, they lay bare the inmost springs of thought, and mark the progress of error or amendment. The "New Moon," which has now reached the sixth year of its existence, is to a certain extent the representative of this class of productions; but a vehicle much more extensive and imposing would be required to circulate the plausible theories, the brilliant fancies, the repartees, the speeches, sermons, disquisitions, which are intended for its pages, and which are fostered into being by the gentle stimulus of reading, amusement, and example. The publication has been cited by a competent literary authority as affording fair specimens of the fugitive poetry of the day. This is its characteristic defect, as well as merit. It affords a view of the healthy points of the diseased mind only; but at the same time it excites exertion, emulation, and attempts to attain correctness, refinement, and elevation of style.

Composition.

New Moon.

An unoccupied laundry has been ingeniously converted into a Theatre, which has already been repeatedly used by a company of actors from Dumfries, and by Mr Buckland for his musical entertainment; but it is intended to serve as the scene for a variety of recreations—of concerts, lectures, exhibitions, and, when practicable, for the resumption of those histrionic representations by inmates, which

Theatrical Representations.

were first regarded with wonder, then with philosophical interest, and are now imitated in various countries. All fear of undue excitement vanished when they were examined and contrasted with promiscuous dancing, which had been found innocuous, if not positively beneficial; when it was seen that the actors were not dangerous maniacs, but monomaniacs, melancholics, and convalescents; that the spectators were selected with discrimination, and less affected, or more healthily affected by witnessing a humourous farce or interesting vaudeville than they could be by the slides of a magic lantern, the harangues of a debating society, or the sallies of Punchinello, which have been severally tried.

Lectures.

Lectures on scientific or literary subjects present perhaps greater advantages than many other modes of arresting the attention, and communicating new, and pleasing, and suggestive impressions. The lecturer has the materials to be employed, and the means in which they may be used, so completely under his control, and may adapt every illustration so suitably to the capacities and condition of his audience, that he stands in the position of a physician, who, covertly, but advisedly, acts upon each mind individually, and yet at the same time upon a large group systematically. The Rev. J. J. Wood and Mr Galloway efficiently carried this plan into execution during the past year; but the local resources are too limited for its extensive application, or to justify the discontinuance of other recreations of less pretension. Neither the healthy nor unhealthy mind can long retain its buoyancy or vigour without relaxation; and the abolition of restraint and the restrictive system, has created a necessity for occupying hours which were formerly spent in darkness and chains, and for assimilating the recreations as well as the habits of the insane to those of reasonable beings, so that the inventions of new pastimes is but an extension of the principle of amelioration, and philosophical as well as humane.

Southern Counties' Asylum.

The New Building has been completed, is now opened for the reception of inmates, and nearly in full operation. The name of Southern Counties' Asylum has been bestowed, to connect the charity with the district; and the galleries appropriated to the patients bear the names of such men as Pinel, Esquirol, Conolly, Combe, who are justly entitled to be regarded as the promulgators or promoters of that system of enlightened benevolence under which it is intended the inmates should live. It contains 70 patients, who were transferred from the original

Establishment. The majority of these dreaded and disliked the change, for attachment seems to grow up in disordered minds for prisons and places of confinement; in many there was absolute reluctance and resistance, arising evidently from the difficulty experienced in comprehending the nature and objects of the migration; but the removal, although attended with difficulty, was effected in safety to all. Previous habits and discipline at once established order, and the substantial comforts enjoyed have reconciled all to their new abode, and weaned the affections of many from that which they have left. This reluctance to abandon accustomed haunts, to break up established associations, is sometimes participated in by patients who must feel the mode of life in an Asylum monastic or ascetic. A gentleman of fortune, regarded by his friends as restored to health, was offered liberty, the possession of ample means, and the indulgence of his favourite and familiar pursuits, on condition that he should travel on the Continent. These proposals he declined, expressed his resolution to remain an inmate of the Asylum, and was actually removed by force. This conduct must have been founded either upon a preference for the spot, upon a conviction of defects in his mind or education, or from having found a home, a due attention to wishes, and a consideration for peculiarities which had formerly been denied. The House may be described as consisting of four grand divisions:— Internal Arrangements.

1. Galleries running at right angles with the main building, containing separate rooms for the refractory, the noisy, the degraded, and all individuals who must, from offensive qualities, be separated from those who have themselves, and for similar reasons, been alienated from the general community. Refractory Rooms. The public rooms are provided with fire and window guards, which protect property and life; with strong heavy tables, which are overturned with difficulty; with ottomans as seats, which cannot be broken; in fact, with all the precautions which were formerly resorted to in every part of an Asylum, but which are now dispensed with, and to a great extent are safely supplanted by discriminate classification, vigilance, and the dominion of kindness and love. A bath is at all times ready; and it is anticipated that by means of ventilation, cleanliness and comfort will prevail, where formerly squalor, and filth, and misery could scarcely be avoided. 2. A Sick Rooms. suite of rooms for the sick, the aged, or the infirm, who require special attention, who are unfitted for the activity and excitement of their companions, or whose condition renders them loathsome or

Private Rooms.

appalling to others. 3. A second suite of rooms, intended for individuals whose original position in society may have habituated them to separate sleeping rooms; who may prize such an arrangement as a boon and a benefit; and who, being worthy of trust, may find in solitude time and opportunity for recollection and reflection, which they

Dormitories.

cannot obtain elsewhere. 4. Dormitories connected with galleries, sitting-rooms, and, in the case of the females, with work-rooms. These will contain patients who can not only join in common pursuits, but may safely sleep in the same room. Association with their charges during the night is generally a severe trial to the courage and equanimity of attendants. To be placed after a day's labour and anxiety, and during profound sleep, at the mercy of ten or twelve men deprived of reason; who must be guided, and ruled, and repressed; who may, and in many cases must, regard their governor with fear and dislike, at first appears a rash experiment. In reality, and by experience, it has been found to be safe. To be the companion of one or two patients during the night, especially if they are actuated by destructive tendencies, is hazardous; but, as the number increases, the risk diminishes. In a group of lunatics, among whom there is rarely concord, or common purpose, or conspiracy, the propensities of each individual are awed and restrained by the presence of others whom he distrusts, and many of whom are known to be influenced by attachment, gratitude, or obedience; each feels the effect of order and subordination; each dreads the effects of want of success in rebellious schemes; and no one ought to have, and very few have just grounds of grievance. The advantages of this provision greatly outweigh other considerations. In a country where every peasant's home contains a common sleeping place, the use of dormitories is no violation of custom or comfort. Such an arrangement continues the discipline and inspection exercised during active pursuits into the night, and during silence and sleep. Control may thus penetrate into the very dreams of the insane. It affords encouragement to the timid, aid to the ailing; it checks the vehement and noisy; it frustrates the designs of the suicidal. In such circumstances it is the interest of every one to preserve and enforce quiet and tranquillity, to obey the regulations instituted, to secure comfort, and to prevent in the conduct of one or two what will compromise the credit, as well as the health, of many.

Ventilation and Heating.

It is a sound principle that in such edifices there should be no attempt to economise space, or water, or light, or air. Splendid vestibules,

spacious reception-rooms, and lofty towers, except in so far as they act as reservoirs of unvitiated air, may be dispensed with; but the most humble and degraded lunatic is benefited, morally as well as physically, by amplitude of space, by the unimpeded admission of light, by abundance of water, and an efficient system of ventilation and heating. Mr Hadden's plan of heating the lower flat directly by the circulation of hot water, and the upper by air which has passed over the water-pipes, and of purifying the respired air by the draught established in a central chimney, which communicates with foul-air chambers in the roof, into which the flues circulating air in the galleries empty themselves, is now in full operation, and has so far proved satisfactory. Until the House be more densely inhabited, and by patients of uncleanly habits, it would be rash to pronounce any opinion whether the ventilation will be adequate, independently of brisk fires and open windows—in fact, of direct draughts; and until the temperature falls much lower than it has hitherto done since the House has been opened, it would be premature to conclude that a sufficient degree of warmth can be maintained without other means. All fires were extinguished for two days, which were damp and gloomy; and, so far as the sensations of the inmates could be trusted, the air was agreeable, but not so hot as was desired. The thermometer has never indicated a greater heat than 64 degrees. The necessity for such provisions is evident in diffusing comfort, even in preserving life, among a body of patients, many of whom are inactive, sluggish, sedentary; whose animal forces are exhausted or depressed; who expose themselves often in a state of nudity; and all of whom depend more largely upon external impressions for enjoyment and health than the sane.

Work Rooms.

From the non-completion of the plan, workshops have not been provided for the male patients. This is, however, no practical disadvantage. A very large proportion of the inmates must always be members of the agricultural classes; and where they have not been specially trained as labourers or farmers, they are, when tranquil and vigorous, all capable of undertaking garden work, and derive benefit from exchanging the sedentary posture and confined atmosphere of a shop or a manufactory for muscular exertion in the open air. The presence of tailors and shoemakers in such a body is highly useful and profitable, and in many cases it is judicious to employ patients in their own craft; but there are unquestionably greater curative powers in

Exercise.

field labour than in the stall or loom. So extensively and successfully is this principle carried into operation, that, during fine weather, nine of twelve galleries have been found empty at the hour of the medical visit, while the remainder contained about one-half only of their usual occupants. The patients might be met, not in the airing-yards, all of which have now been converted into flower gardens, but in the grounds, on distant fishing excursions, or visiting the beauties of Drumlanrig or Carlaverock. Twenty men are busied in the gardens or grounds, or joiner's shop. Of those who remain idle, one is confined to bed; three are epileptics; one is torpid and fatuous; and three refrain from servile toil from delusion. Females are in a different position; and a large number are already occupied in a large work-room in constructing and repairing the wearing clothes and bedding required in the Establishment, and where ample space, abundant light, a cheerful prospect, and active superintendence, impart liveliness to industry, and the appearance of health and harmony to despair and disease. To obtain admission to the quiet of this apartment is already regarded as a privilege, has been bestowed as a reward, and has served to check pernicious habits and peculiarities.

Library. For a season the public amusements must be addressed to the inhabitants of both Establishments; but in order to avoid all collision of interests, and to provide ample store of that least exciting mental stimulus, reading, it has been proposed to found a separate Library, and to depend principally upon the benevolence of those who approve of the principle, and sympathise with those for whose benefit it is proposed, for contributions. Donations have already been received from friends, strangers, and attendants, so as to justify the appointment of an amiable and intelligent patient as Librarian, who is not only to take charge of the books, but to construct the shelves upon which they are to be deposited. There is a higher purpose in this plan than merely to divert the imagination. In general, it is better that the insane should dwell on and acquire the thoughts of others, whatever these thoughts may be, than be enslaved by their own; and if reading be judiciously regulated, it may subserve the great objects of moral treatment in correcting erroneous opinions, dissipating delusions, in exciting new habits of reflection, or in reviving old, and in relieving the pains of isolation where it does not communicate the pleasures of reason.

Worship. Religious service will in future be performed in the forenoon in the Institution, and in the afternoon in the Southern Counties' Asylum.

The Chaplain has already renewed his connection with his former flock, and has consecrated by public worship that structure which was at its foundation dedicated to God in prayer by a patient. It is interesting that this first act of worship was commenced by a patient, who volunteered to conduct the psalmody, and who has been nominated Precentor.

Distinction of Houses.

Opportunity has been afforded, by the removal of the paupers, to repaint and furnish many parts of the Crichton Institution, which will be more closely assimilated in aspect and arrangements to a vast boarding-house, where the amount of restriction is exactly adapted to the amount of peculiarity, and where accommodation is provided as much in accordance with the mental condition as the finances of the inmates. Mr Adamson, whose zeal for the interests of the Institution is indefatigable, has so framed the registers and accounts of the two Houses that a clear and correct exposition may be obtained of their respective population, receipt, and expenditure. It is proposed, in developing this plan, that an account should be opened to show the amount of labour executed by the paupers for the whole Establishment, and of the quantities of left stores which may be drawn for their support from the Crichton Institution. This will both indicate the mutual advantages established, and permit fair and exact deductions to be drawn as to the cost of maintenance and treatment of the insane poor. During the season that has closed much useful work has been accomplished by the gardeners and labourers, for, exclusive of the cultivation of vegetables and flowers, which is committed principally to them, and the dressing of the grounds, extensive excavations have been made, and are still making, around the Southern Counties' Asylum, to remove an enormous depth of soil resting upon the back and side walls, to form an airing-yard for the female patients, and a terrace in front of the Building, which will ultimately be converted into a noble esplanade, sloping down to the gardens and the Bowling Green, which is to be reserved for the use of the paupers.

Provision for Insane Poor.

It is believed that these arrangements will secure accommodation for the pauper lunatics in the South of Scotland. While no patient already in possession of these advantages will be discharged, care will be taken in future to exclude all applicants who do not belong to the district, who are not dependent upon parochial relief, or private charity, or poor relations. It is proposed that, for the latter class, a certain amount of accommodation should be reserved, both in order to

meet the wants of a numerous and respectable body, to encourage that spirit of independence which exists amongst the indigent but unpauperised masses, which may seek shelter and medical aid at the lowest rate, but recoils from recourse to charity; and to relieve the burden from the rate-payers. The Establishment will, by these means, be rendered almost entirely local, the inmates will be connected by habits, early associations, and dialect, and a compactness and unity given to the moral management as well as to the economic arrangements. The plebeian insane are more easily guided and governed than those of cultivated mind, artificial habits, and elevated rank. For the same reasons they are more curable. To them the officers of the Establishment stand in the relation of superior beings, their authority is acknowleged, their advice, reproof, encouragement, are received as the suggestions of wisdom and experience, their sympathy soothes and consoles, for its sincerity is undoubted, and the remedial measures suggested are adopted with unquestioning faith and gratitude. Perhaps derangement is a less complicated and intractable affection when attacking the limited elements, the plain and unsophisticated tendencies of the uneducated understanding; certain it is, that when it is necessary to encounter the subtleties of philosophy, the resources of a well-trained, richly-stored intellect, and the pride, or reserve, or suspicion, engendered by position or success in life, in conjunction with the delusions of disease, the attempt to control and cure demands inexhaustible patience and tact, and is infinitely more difficult and unsuccessful. Accustomed to obey, called upon for constant sacrifices of inclination, and convenience, and comfort, and prone to rely upon others for advice and assistance, and to adopt their thoughts and opinions, the members of the working classes lose their individuality in a community like this, are readily influenced and moved in masses, frequently yield up a delusion as they yield up an opinion; and where this does not follow, they are taught and trained by the discipline established around, and acquire a propriety of demeanour which may be fairly claimed as the result of external circumstances rather than of health. In consequence of this, regularity and quiet should prevail in Asylums for the Insane Poor, as well as a greater proportional amount of physical comfort and moral influence than can be obtained elsewhere. The prospect of a certain amount of success will inspire an ambition to give to these favourable conditions and circumstances due efficiency, and to create a rival to the

reputation for usefulness and efficiency which has been accorded to the Crichton Institution.

Conclusion.

This is not the place to enumerate the difficulties or perplexities with which the proceedings of a year are beset, nor to dilate upon the gratification experienced when these are brought to a close without any signal misfortune, marked dereliction of duty, or loss of public confidence. But to those who appreciate the responsibilities imposed by the care of the insane, the high standard which all men so entrusted should propose to themselves, and the limitations and obstacles which external circumstances oppose to success, it will not occasion surprise that this gratification should often be mingled with uncertainty and regret. It is always doubtful how far Art effectually ministers in the removal of disease; it is doubtful whether Art should interfere at all in the restorative processes established by nature; it is suspected that modern improvements, or attempts to improve, do not produce commensurate results; nothing is certain but that love has taken the place of barbarity, that the insane are treated as fellow-men, and not as outcasts, and that, if the various forms of insanity have increased in virulence and frequency, the efforts to meet and overcome the evil have been proportionally multiplied. If these views be adopted as duties as well as facts; if the sufferer be regarded in the two-fold aspect—

> "An heir of glory, a frail child of dust,
> Helpless immortal, insect infinite—
> A worm, a god,"

it is certain that the purposes of such an Institution as this will be fairly developed, and that the benefits conferred, although they may, and will, fall short of what humanity requires, will infinitely transcend what either the exertions of individual or public charity, or even the kindness and affection of friends could bestow.

W. A. F. BROWNE.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	1	1	2
... 20 and 30, ...	6	3	9
... 30 and 40, ...	6	5	11
... 40 and 50, ...	7	6	13
... 50 and 60, ...	4	4	8
... 60 and 70, ...		3	3
... 70 and 80, ...			
... 80 and 90, ...		1	1

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	24	16	4	1
Females, ...	23	10	1	3

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	4	5	9
Unmarried, ...	20	16	36
Widowed, ...		2	2

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Bookseller, ...	1		1
Carrier, ...	1		1
Clergymen, ...	3		3
Domestic Servants, ...		2	2
Farmer, ...	1		1
... Widow of, ...		1	1
Gentlemen, ...	5		5
Gentlewomen, ...		6	6
Housekeeper, ...		1	1
Labourer, ...	1		1
... Wives of, ...		4	4
... Daughters of,		3	3
Lawyers, ...	3		3
Lodgekeeper, ...		1	1
Merchants, ...	2		2
... Wife of, ...		1	1
Milliners, ...		3	3
Officer in Army, ...	1		1
Officers in Navy, ...	2		2
Printer, Widow of, ...		1	1
Shoemaker, ...	1		1
Surgeon, ...	1		1
Teacher, ...	1		1
Watchmaker, ...	1		1

V.—TABLE OF FORMS OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Imbecility, ...			
Fatuity, ...	1	1	2
Mania, with Delusion, ...	2	2	4
Mania, ...	2	2	4
Affections of Sentiments.			
Melancholia, ...	1	6	7
Monomania of Fear, ...		1	1
... Pride, ...	1	4	5
... Superstition,			
... Suspicion,			
... Vanity, ...	10	4	14
Affections of Propensities.			
Dipsomania, ...	4	1	5
Monomania, Furious, ...	3	2	5

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

Causes.	Males.	Females.	Total.
Asthma, ...		1	1
Blow on the Head, ...	2		2
Constitutional Change, ...		2	2
Dissipation, ...	7		7
Family Disagreements, ...		1	1
Fever, ...	1		1
Hysteria, ...		1	1
Imperfect Education, ...	1		1
Misfortunes, ...		2	2
Old Age, ...		1	1
Opium Eating, ...	1	1	2
Pride, ...	2	2	4
Religious Impressions, ...	1	2	3
Scrofula, ...	1	1	2
Tumour in the Brain, ...	1		1
Unknown, ...	4	8	12
Vanity, ...	3	1	4

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity traced in	2	4	6
Hereditary tendency to Nervous Disease traced in ...	6	3	9
No hereditary tendency traced in	16	16	32

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	10	11	21
More than 1	5	6	11
... 2	6	3	9
... 3		1	1
... 4	1	2	3
... 10	2		2
... 20			
... 30			

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	12	6		6
Females, ...	15	7		1

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	2		2
Have meditated do.,	3	4	7
Intentions not manifested, or unknown, ...	19	19	38

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	11	5	16
Well educated, ...	8	1	9
Can read and write, ...	5	8	13
Cannot read or write, ...		3	3
Unknown, ...		6	6

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Hydrothorax, ...		1	1
Intestines, Ulceration of,		1	1
Paralysis, Effects of, ...		1	1
Syphilis, ...	1		1

DUMFRIES—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

ELEVENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1850.

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LT.-COL. GRIERSON, Dumfries.
ADMIRAL JOHNSTON, Cowhill.

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The Right Hon. the EARL of GALLOWAY.
The Right Hon. the EARL of SELKIRK.
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The MINISTER of St. Michael's Church, Dumfries.

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for 1850-1. cet

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J. RAE, Night Attendant.

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T. AITKEN, Medical Assistant.
MISS ARMSTRONG, Matron.
AND. HENDERSON, House Steward and Superintendent.

R. ADAMSON, Esq., Treasurer. Rev. GEO. COWANS, Chaplain.

Patients remaining in the Institution, 11th November, 1849, -	166	
Ditto admitted from 11th Nov., 1849, to 11th Nov., 1850, -	73	
		239
Dismissed Recovered, - - - - - -	32	
Ditto Improved or during Treatment, - - - -	8	
Died, - - - - - - - -	11	
		51
		188

General Results.

The Eleventh Year of the operations of the Crichton Institution has passed without any marked vicissitude or calamity, and with results which must be as gratifying to philanthropists as to those personally interested. A greater number of patients has been submitted to treatment, and it is humbly believed that a greater amount of good has been effected, both in the restoration of reason and in the amelioration of the condition of those affected with the gravest forms of mental derangement, during the present than during any previous year. But although the population of the Establishment, the sphere for observation, and the opportunity for practical usefulness have been increased, there still exist accommodation and capability for a farther extension of the benefits now accessible. The accommodation has exceeded the demand. Every application for the admission of patients into the Southern Counties' Asylum has been granted, and the number is still incomplete. Could this be interpreted as an indication of the paucity or absence of suitable objects of such a charity, it might be a matter of general congratulation; but even if no such interpretation can be attached to the fact, it proves that the most clamant necessities of the district have been provided for, and fully justifies the Directors in the course adopted, in objecting to Legislative interference with local arrangements, in declaring that the buildings erected or contemplated would secure all the advantages that could be reasonably expected, and in sanctioning a gradual extension rather than a completion of the Establishment. Two separate Institutions now exist; distinct in all their internal arrangements, but subsisting under the same government, by mutual relations, and re-acting upon each other morally as well as fiscally and economically. Such an alliance assimilates an asylum to the world beyond its walls; it secures comforts and benefits, and even means of recovery, to classes which must, under other circumstances, be deprived of such advantages; and increases the curative enjoyments of the rich by the curative labour of the poor—while such a separation gives to rank and affluence their legitimate privileges, and apportions to each gradation homes and occupations in accordance

with their respective tastes, and occupations, and condition. Of one hundred and forty-one applications for admission, seventy-three patients—thirty-five males, and thirty-eight females—have been received. Nineteen of these were boarders; fifty-four inmates of the Southern Counties' Asylum. A large proportion of the applications proceeded from the affluent classes, which affords a proof that a considerable portion of the educated part of the community repose confidence in the judicious management of the Asylum—that the prejudice against the supposed publicity of such retreats is fading and falling before the conviction of their utility and the proof of their success. Great social changes must take place before the middle classes prefer the obvious advantages of a Sanatorium to the comforts, the kindly affections, and the privacy of their own home; but when these comforts become sources of misery, when these affections are outraged or disregarded, and that privacy violated; when experience demonstrates that mental diseases cannot be efficiently treated in a private residence, the only safe course left open is to resort to that discipline and discretion which meet these difficulties, and which can only be found in establishments constructed, furnished, and conducted with this specific object in view. This course is rarely adopted, however, until danger to life or property is threatened; until even affection be wearied and worn out, and until the disease has assumed its most formidable and intractable aspect. Sixteen cases only of the total number admitted were recent; all the others were relapses, chronic, or of long duration.

Physical Condition of Patients.

The inmates of an asylum appear aged. Many are actually old; and if the causes of the deaths which have occurred during the past year be examined, an illustration of this fact will be obtained. Of these, five occurred in females upwards of sixty. In one instance the patient had reached ninety-three. One only took place in youth; and as idiocy had succeeded epilepsy, and phthisis succeeded idiocy, it is justifiable to regard the sufferer as prematurely old. Insanity, however, is a disease of meridian life; when the intellect has attained its maximum activity, when passion is dominant, and the sorrows and successes of life are most frequent and formidable. The aspect of infirmity and decrepitude of the confined insane is partly the result of the accumulation of chronic cases; partly of the care-worn, vacant, vapid expression of the melancholic and imbecile; partly of that rapid decay which supervenes on incurable alienation; but it is

chiefly attributable to what is designated the complications of the disease. When paralysis or phthisis, or some of the various strumous affections which accompany insanity, are present, the countenance, and frame, and gait manifest, perhaps in a more marked manner than when the mind is healthy, the exhaustion and wreck within. It is an error to regard these adjunct and contemporaneous affections as casual and independent. They in reality constitute either the exciting cause of the mental disturbance, or they form one of a series of morbid conditions, of which insanity is another. To distinguish the mental phenomena from the paralytic attacks by which they are preceded or followed, is not now attempted; and it would be equally unjustifiable to separate the albuminaria, the uterine irritation, the scrofula, from the melancholia or stupidity with which they are associated, and to treat them as special and isolated. It may be announced as an incontrovertible proposition, that derangement never occurs in a healthy body. Idiots, whether congenital or epileptic, are examples of arrested development; their physical energies are imperfect, and they die early, and generally of consumption. Imbeciles appear to possess robust health when the impoverishment of their faculties is complete, when the morbid changes upon which this deprivation depends have ceased; but they likewise droop into premature senility, and die. In all other forms of insanity physical disease may be predicated, and will be found in intimate connection with that constitutional state upon which cerebral irritation depends. It may be latent, it may be undiscovered, for in many instances consumption, in its first stage, is the concomitant of alienation; or it may be masked and concealed by the excitement of the nervous system; but all evidence is in favour of its existence. It likewise occurs that while the morbid conditions of remote organs are transient, that of the brain and nervous system are permanent and irremediable. Of seventy-three cases of alienation admitted and examined with considerable attention, there are only *ten* in which no grand and glaring departure from physical health can be traced; and of these apparent exceptions, several had run a course of excitement and indulgence which is itself disease, or been placed in circumstances which depressed the vital energies below that point at which resistances to injurious influences terminates. Of those labouring under palpable maladies, two suffered from the general paralysis of the insane; four from paralysis in the form of hemiplegia, in all of whom the loss of power followed the

invasion of mental alienation. In one female, there appears to be spinal irritation, with hysterical syncope ; in another, a convulsive attack accompanied the development of insanity ; in a third, distinct chorea placed in strong relief mental weakness and waywardness. The patient is a member of a choreaic family, of whom one brother and four sisters, one of whom died insane, have been or are affected with gesticulations, or involuntary movements of different muscles, exemplifying the existence of double hereditary tendency to nervous disease in general, and to insanity in particular. In one case there is the combination of neuralgia and amaurosis with ambitious mania, which will probably terminate in general paralysis. Dipsomania and delirium tremens were associated in the same person. Two cases of simple cerebral congestion have been under observation, presenting that inequality of size and difference in the contractility of the pupil which so often indicate change in the structure of the brain ; while five cases of imbecility lead inevitably to the suspicion that scrofula or acute hydrocephalus has at one time existed. Disease of the heart exists in one female. Seven cases of well-marked struma are amongst the number. Of phthisis there have been two cases, both illustrating that absence of many of the pathognomic symptoms, of almost all but what is declared by auscultation, which has been observed in the insane. One case of acute disease of the stomach, and two of intestinal irritation, are noted. Dyspepsia has been observed in seven patients, but whether of co-ordinate origin, or a sequence of insanity ; whether merely scrofulous, or nervous, has not been determined. One case of inordinate appetite has presented itself, but has obtained little sympathy or credence from those around. Disease of the liver and spleen obtain in three cases, while anœmia has been remarked in five. All of these were females, and all were characterised by dejection and melancholia. Whenever violence occurs under such circumstances, as it frequently does, it resembles in aspect and nature, and must be treated as the delirium traumaticum, and the excitement which follows hœmorrhage. Plethora was observed in one case only. In three many anomalous symptoms were traced to uterine irritation ; to dysmenorrhœa in one ; to menorrhagia in one ; to leucorrhœa in one. Amenorrhœa was associated with melancholia in two ; the puerperal condition, with acute mania, in another. Anasarca, ovarian dropsy, gout, constitutional ulcers, and skin disease, have each appeared in one case. Old age,

and the alterations in the system which it entails, are connected with insanity in one case. This must not be confounded with the second childishness and mere oblivion of dotage. It presents specific aberration and delusions.

Moral Condition of Patients.

It is proposed that the moral condition of the individuals admitted should be considered in reference to the presence or absence of delusion as an element of disease. Coleridge has said that society would be broken up, that man would loathe his brother man, if the secrets of each heart were laid bare to public gaze. It is certain that every heart has something to conceal; a sorrow, a sin, or a folly. To affirm that there is some dark passage, some spot of soil and shame, some tyrannous passion or prejudice in the history of every life, may appear but another form of the truism, that to err is human. But it is not suspected that so many minds endowed with robust and splendid qualities cherish some wild and baseless belief, are haunted by superstitious fears, or are the unresisting victims of delusion. The confessionals of medical men, however, declare the fact, that the presence of signal and unequivocal eccentricity and hallucination is compatible with the exercise of sound judgment and brilliant fancy, with the faithful discharge of vast responsibilities, and with the external characteristics of perfect sanity. The calm, contemplative mathematician and satirist, Pascal, rested for years on the brink of an imaginary gulph: the adventurous warrior who hewed his way to the throne of Sweden was daunted and diverted from his stern purpose by an apparition in a red cloak. Extreme cases are recorded where men have been accompanied by a skeleton step by step of their course; where a gory head has crossed the gaze of the impassioned orator; where one horrible thought recurring periodically has haunted its victim to despair and death; but instances are constantly met with where individuals carry into ordinary intercourse and active life tendencies to destroy children, grotesque convictions that their frame is tenanted by unclean beasts, that they are infected by foul diseases, that their passions are acted upon by the will of others, and extravagant fancies that the future is opened up to them, that they enjoy communion with unseen beings, that they see, and hear, and deal with objects hidden from common observation. In such circumstances, the mind either detects the true nature of the impression, knows that it is diseased, refuses credence to the morbid suggestion, and struggles with and subdues the tendency; or, attributing these to errors of sense or

Delusions of Sound Minds.

external circumstances, it disregards their influence; or, separating them from its ordinary operations, it is partially affected, but acts independently of their presence; or, receiving them as realities, there remains the prudence to conceal, although there is wanting the wisdom to resist. To the latter condition may generally be traced those instances of eccentricity and peculiarity which seem to be without cause, and inconsistent with the tenor of the character upon which they are engrafted. The eccentric man is pitied or persecuted. He is excluded from society as a bore, or admitted as a butt. He is condemned as ill-educated, as regardless of the comforts of others, and indifferent to their censures. It would be censorious to adopt the opinion of Mackenzie, that "delusive ideas are the motives of the greatest part of mankind;" but it would be a humane and correct philosophy to trace their absurdities to diseases, to recognise in their extravagance and contravention of all established rules and customs the exhibition of a deep-seated delusion, which may fetter attention or obscure memory, while it leaves the judgment free and the affections warm and faithful. Newton forgot the brief portions of time which separated his meals in the calculation of "cycles in epicycles rolled;" and to the impoverished and enfeebled mind the contemplation of Napoleon's hat in the sun may be as engrossing a topic.

Delusions of Diseased Minds.

Hallucinations may be defined unreal impressions of the senses; illusions incorrect interpretations of real impressions of the senses. It is doubtful whether the distinction here drawn can be maintained. In both cases the essential characteristic of disease consists in receiving that as true which is manifestly false, and which a healthy mind would detect to be false. But, adopting delusion as a generic term, including both these modifications of unhealthy action, it is intended to review the cases admitted in reference to such a condition, to determine the proportion in which it may occur, and the influence exercised over the symptoms, termination, and complication of the general disease. The existence of delusion has been suggested as a test of sanity. Lord Brougham is disposed to adopt "the belief of things as realities which exist only in the imagination," as a definition of mental unsoundness. Facts do not warrant the assertion that in every case of mental derangement such a phenomenon might be discovered if inquiry were sufficiently prosecuted; but its prevalence is assuredly undervalued. There are many obstacles which impede such an investigation. Certain patients do not attach importance to such convictions, and do not

introduce them prominently in their communications with others; a larger number are successful in concealing what they know will be treated with contempt; and it is chiefly where delusions have become springs of action, have inspired wonder, fear, or ambition, that they are boldly avowed. The superstitious maniac confesses his vision in order to extort sympathy, or to attest the divinity of his mission; the proud maniac boasts of the pomp and pageantry by which he conceives himself to be surrounded; while the melancholic seeks relief from the animal that devours his heart, or the poison which is daily mingled with his food. Trusting to such sources of information, delusion has been observed in one-half the cases treated, and may be inferred to exist in a greater proportion. The senses of vision and hearing are supposed to be most frequently affected, or rather most frequently to supply materials which are misapplied. This results from no greater liability of these senses to disease; but because by them is the mind, whether healthy or sound, chiefly placed in relation to external objects, and on them is it dependent for its most vivid and pleasurable impressions and the elements of its conceptions. In the ambitious mania of general paralysis, all the senses are involved and exalted. Every sensation appears exquisite and ecstatic; visions of beauty and riches, sounds of melody, fragrant odours, delicious sapors, and voluptuous feelings, reach the mind as proofs of its own high destiny and beatitude. In general mania, and in monomania, these senses certainly participate more than others in the suggestion of delusions; but while they occasionally convey a frightful apparition or a warning voice to the ear of the melancholic, taste and smell are observed to be more generally implicated, and by nauseous or fœtid smells to originate or confirm these suspicions of poison, disease, decay, or filth, which aggravate the misery of the sufferer. Touch and common sensation, although affected in all forms of alienation, are especially so in hypochondriasis and hysteria, and are the seat of the glass limbs, parasites, and inexplicable agonies which distinguish these diseases.

Delusions of Sight.

The delusions of sight resolve themselves into two classes. They are either recollections of past objects or events, faithful reproductions of former impressions, or they are creations of fancy, conceptions embodying what has been seen, or heard, or imagined, into one composite whole. This distinction may correspond to the practical and imaginative minds in active life. That mighty mass who dwell amongst,

and confine their thoughts to matters of fact, may furnish the sight-seers; that smaller section who crave romance, who look upon the stern realities around through a dream, who indulge in castle-building, may, under the pressure of disease, endow their distempered ideas with new attributes, and render each vision a history and a picture. As illustrations of these observations, there may be adduced one lady who sees her brother and various other relatives where they cannot be, knows them by their figure, by the colour of their garments, their mode of walking, and the precise circumstances upon which recognition would depend. She does not dread them as spirits, or shadows, or harbingers of evil; she does not shun them as intruders; she is not even interested in them. She sees them as real personages. A second sees in the officials that husband to whom she is anxious to be restored, and bestows upon them caresses which establish the sincerity of her deception. In contrast to these is an imaginative visionary, who crowds her darkened chamber with fantastic shapes and golden palaces, with emblazoned chariots drawn by troops of horses, and with combinations of gems, and colours, and magnificence which infinitely transcend her own experience, and even the splendours of eastern fable, but of all of which she is, or is to be, the possessor or the heroine. It is probable that superficial modes of education, social tendencies and usages, the ambitious tone of modern opinion, directly tend to the production of delusions, or to that frame of mind which is their natural or congenial soil and channel. Wherever the speculative predominates over the practical; wherever there is an intense but sickly craving for the new, the ideal, the œsthetical, unguided by culture or self-control; wherever there is the dreaming contemplative mood, which prefers its own romantic reveries to duties and principles, which impels the mind to castle-building even when engaged in serious or servile occupations, there exists a susceptibility to fantastic views, and hopes, and expectations, there is begun a process preparatory to actual delusion. A very narrow isthmus separates the habitual indulgence in the extravagant aspirations and visionary opinions of an ill-regulated mind, and the belief in their truth and reality, and their adoption as grounds of action. It is said that celebrated players have experienced difficulty in emancipating themselves from their impersonation, in coming out of their part; and the mind that has for years cherished a wild fancy which it wished to be true, may ultimately find difficulty in doubting its truth. Other circum-

stances affect or modify the nature of the delusion. 1. It may be determined by the cause of the disease. A cheerful, affectionate peasant was so affected by the death of her father that reason gave way; but amid great excitement and extravagance she anxiously demanded the body of her lost parent, seeking it and sometimes discovering it, but still persevering in the search, and shuddering at the resemblance to a coffin which her fancy traced in every object. 2. It may be determined by the *form* of the malady of which it is the indication. An artisan, labouring under general paralysis, imagines that beneath the Common Green of Glasgow there exist, and that he sees, three subterranean cities of enormous extent, gorgeous architecture, teeming with inhabitants, busied in traffic, and enriched, if not paved, with gold. With the self-satisfied and aggrandising spirit of his malady, he claims these mighty marts as the property of the sept of which he is a descendant. 3. Delusions appear to flow naturally, if not reasonably, as corrolaries from primary errors of the same character. An imperfectly educated female entertains the notion that she became possessed of broad lands and lofty titles by the gift of a lover. She further conceives that, from an impulse of gratitude, she bestowed these upon her guardian; and now, while she sees the murder or misery of former friends, bewails the poverty which must follow her rash generosity. 4. The original disposition may influence and colour the delusions resulting from disease. A lady who spent her youth and mature age in training her conscience to torment her, in refined self-accusations, was compelled to see through the medium of disease, as her own acts, the conflagration of villages, the extinction of their inhabitants, and to be distracted between pity and remorse.

Delusion of sight are met with in the blind. They believe that the sense is restored, and what they imagine, they see. Two patients, in whom amaurosis was superadded to insanity, have been under treatment; one of whom conceived that he could obtain glimpses of the beautiful world from which he had been shut out.

Delusions of Hearing.

Four cases of delusions of the sense of hearing have presented themselves. An educated female conceives that she receives intimations of royal dignity acquired by marriage; a naval officer hears repeated discharges of artillery, which he admits may come from some immeasurable distance, but which nevertheless are real, disturb his sleep, and suggest thoughts of strife and blood; a gentleman who

announces himself at one time as Robert Bruce, and at another as William Rufus, boasting that he has preserved the arrow head by which he, the monarch, was killed, is engaged for hours in listening to whispered conversations of which he is the object, and sometimes the calumniated object. The diseased mind thus at the same time carries on a colloquy, acts as controversialist, supports both parts in the dialogue, propounds the injurious allusions, believes that the proposition is from without and from another person, and is enraged by its own accusations. When a suggestion was made that the ears should be syringed, in order to remove the suspected cause of some of these phenomena, it was gravely objected by the patient that he would then hear better what he did not desire to hear at all. The fourth affords an example of the periodical recurrence of a delusion. Oracles were uncertain, and therefore more mysterious; and warning voices and sounds have generally been heard when solitude and silence and darkness aggravated the mental condition most in accordance with such visitations. Apparitions have appeared at certain hours and in certain circumstances only. A man of stern resolve could predict the moment at which he would become the sport and slave of an over-mastering hallucination. The poet Cowper, a prey to distempered fancies of many kinds, received oral communications, but only in the morning, and at the moment he awoke, which shaped themselves into intelligible sentences and opinions connected with his predominating thought. The patient now under consideration, at the same hour every morning, in sunlight and among her fellow patients, imagines that she hears abusive epithets and vituperations applied to her; these seem to proceed from the lips of a companion, excite indignation and violence, and are followed by perfect tranquillity and comparative sanity, and a total forgetfulness of the paroxysm, its cause, and consequence. So constant and habitual were these exacerbations, that her friends were accustomed to exhibit a narcotic in order to check the tendency by sleep or stupidity. The same phenomenon likewise exists in a lady whose sight, as well as hearing, is affected. Nightly is she surrounded by troops of soldiers. Her visions are generally dispelled by the return of day. The regular return of these delusions may be referred to the periodicity known to exist in nervous diseases. The expectation, confident belief or dread of the patient, may contribute to this routine. Observation would lead to the conclusion that the will, under certain diseased conditions, may conjure up the excitement which precedes, and the orgasm which

Periodical Delusions.

accompanies, hysteria; and the appearance of suggestive objects at particular times, the process of digestion, even position, may all be concerned in recalling these transient delusions.

Delusions of Hearing and Sight.

The intimate connexion subsisting between sight and hearing continues in disease. They err together. If a pythoness rise before the eyes, her oracular responses reach the ear. A gentleman, uniting the pretensions of a millionaire and a messiah, received audible communications from all parts of the empire, incessantly poured out his blood, and saw it flowing for his fellow-men. A young man lay for days watching the gradual fall of an enormous mass of masonry which hung suspended over his bed, and listening to the denunciations of an offended father. A terrified melancholic saw the walls tottering which were to crush her—heard the waves rising and rushing which were to engulph her—was alternately in a room filled with feathers and with water, from which she could not escape. Her perceptions of size were likewise erroneous. Like Saussure, she doubted whether she could squeeze herself through a door of ordinary dimensions; and, like him, died of paralysis. A political intriguer not only hears a demagogue deliver an oration from an upper gallery, but sees him, and detects the colour of his waistcoat. When superstition forms either the basis of the character or of the disease, the apparitions are spiritual or satanic. A gentleman imagines that he is visited by the Devil, that he converses with him, defies him, defeats him. A gentle and educated lady is nightly surrounded by myriads of soldiers, serpents, and ministers of evil, who transport her through the air, and assail her with impious proposals.

Delusions of Smell.

Original imperfections of the sense of smell are more frequent than errors in its exercise. Wordsworth, bound to Nature by so many ties, never experienced the sensation but once, when in the vicinity of a bed of Jelly-flowers. It may be morbid or exalted in its action, when the functions of the nervous system are unimpaired. Men have regarded with loathing the exhalations of their own bodies. Towards the close of life, in disease unconnected with insanity, the odour of flowers, or unknown but exquisite perfumes, are sometimes perceived, while the ear is soothed by music. In the insane, the deviations from health consist in similar manifestations. The smell of the dead, or of decay, are ever present; or the fragrance of gardens, and viands, and wines, mingle with the moral euthanasia of the ambitious maniac. One case occurred in which an impression of filth and loathsomeness was

communicated by everything around; when the food which was desired and devoured brought with it suggestions of corruption, and pestilence, and poison; and when every object was redolent of nauseous and noxious effluvia. Associated with this there was a conviction of diminished size, of the reduction of the ordinary proportions of the frame to microscopic minuteness. These proved to be prognostics of paralysis.

Delusions of Taste.

When taste is implicated in general mental disorder, the error generally suggests the suspicion of the introduction of poison, medicine, or deleterious substances into the food. Two cases have occurred during the past year in which the delusion was of a different description. Both patients declared that the articles given as diet were not merely unpalatable, but different in qualities from what they appeared to be. Both doubted that the pretended soup and meat were real substantial matter; both affirmed their flavour to be peculiar, and one was so persuaded of the deception practised as to believe that his companions, who were robust, luxuriated in real repasts during his absence. In one of these persons there are found fragments of extinct philosophies, interwoven with delusions. Like the Berkleyan, the patient holds that she has no evidence of the existence of any external object; that her past life, and thoughts, and opinions, are fables and fancies; and, like the Budhist, she reiterates that she has been absorbed into nothingness—that God is nothing.

Delusions of Touch.

Morbid tactile impressions assume every form of ordinary sensation. A spot, a limb, the whole frame tingles, trembles, burns. Insects seem to creep over or under the surface; foul and irritating substances seem applied to the skin; pincers seem to tear the flesh; animals seem to gnaw the bone; and the resemblance of the sensation to the natural effects of such processes suggests the reality of the fancied cause. To such errors, and the efforts to remove the offensive object, may frequently be attributed the wounds and ulcers so often seen on the insane; even self-mutilation may be an act of purification, as well as of retribution. Such accidents may follow the loss of sensation in a part, or the insensibility to pain, which powerful emotion confers; but positive suffering is more generally endured in order to escape from mere uneasiness, to conceal what inspires disgust or disgrace. Four cases of injury to the surface have recently come under observation. In two, unacknowleged delusions are suspected; in the third, pain was courted as punishment; but in the fourth, while

irritation may have induced the act, it was persevered in from that thirst for blood which is sometimes, though rarely, a symptom of mania. A Hindoo, habituated to subsist on vegetables, and manifesting no other indications of fury or unnatural propensity, when thus affected, seized a child, fixed the teeth in the throat, and ceased to drink only on the death of his victim. The individual alluded to formerly manifested his rage by cries of "Blood, the royal blood of peacocks." He has now established sores in various parts of his body; he has gradually removed a portion of each ear; and would, if not interfered with, have lived upon himself. With the errors of the sense of touch, and those propagated from or referred to the surface, must be associated those sensations arising in the deep-seated viscera, which are generally the result of local disease, but directly originate in the perception of impressions, which are in a state of health rarely recognisable. These delusions are designated by the German psychologists Phantasms of Cœnæsthesis. They are fertile sources of the vagaries of the hypochondriac. In various degrees of intensity they merely direct the attention or the fears to a particular spot, or to the functions of a particular organ; or they impress the consciousness with painful, or unnatural, or grotesque sensations; or they convey such impressions as to suggest absurd and false conceptions as to the form, or position, or nature of the part which has engrossed attention. It is known that by mental concentration the sensibility of a part may be heightened, and it is probable that in diseased conditions of the body this process acquires a wider range and greater power. In one of the patients thus affected, there is a multiplication of disagreeable experiences. She is sensitive, susceptible in every organ; she delineates her structure anatomically; and defines her diseases as if they met the eye. In a second, the boundary of exalted sensibility has been overstepped; absolute error has been adopted as a truth, and a virtuous girl believes herself to be pregnant. The next advance leads to what is not only untrue, but impossible: A good-humoured artisan, who is sometimes able to perceive the ludicrous aspect of his own thoughts, firmly and permanently believes that confined in his stomach are Professor Wilson, Punch, and a third party less known to fame. He adduces his increased size as a proof of the allegation; he points out the position of the captives; he allows his audience to hear their voices; he pro-

poses that he should be eviscerated in order to prove his accuracy, and to effectuate his recovery.

Delusive Convictions.

Closely connected with these delusions are what may be designated insane convictions. They do not obviously depend upon any proof derived from the external senses; they influence the conduct in manifest and acknowledged contradiction to surrounding circumstances. A man believes that he is Julius Cæsar, but he does not see the imperial purple in his rags; he reposes complacently upon internal evidence; he has, and seeks no other proof of his power and sovereignty than his own conviction. Another may be assured that he lived a thousand years ago, recollects his physician at that time engaged in practice at Memphis, and describes the city of the Shepherd Kings in brilliant colours. If the word-picture be excepted, this delusion has no other foundation than an error of intellect and memory, than the identification of some instance of longevity with his own history, and cannot owe its peculiar features to the feelings of eternal youth, or the recognition of a former acquaintance which his internal sense or vision might suggest. The only argument or pretence advanced for the credibility of such delusions, is internal assurance; but nevertheless they may, without the knowledge of the patient, have derived their origin, or obtained confirmation, from the misinterpretation or exaggeration of the phenomena of the external world. They are impossible rather than absurd; they are inconsistent with the position and powers of the individual rather than with the established course of nature. From such errors, when they do not bear their own refutation, have sprung up the prophets of false faiths, the impostors in science, the self-blinded enthusiasts, to whom singularity is fame. Ten patients may be placed in this class. One of these, of natural ability and liberal acquirements, directed his mind to religion, found in it grounds for separation from every form and fellowship of Christianity, created a creed for himself, and lived in imitation of the primitive ascetics, but on his own principles and sanction. He is now miserable because alone, a unit separated from the mighty whole of human kind, a moral atom cast off from the Providence of God. Another is an apotheosis of Byron and Shakespeare. His innate energies are satisfactory evidence to him, and he abandons his humble occupation of a fish-vender to improvise epics and epigrams. A third proclaims that the plague rages throughout the land, and that he is

either morally or physically the cause. A fourth imagines himself the victim of a false accusation, and declines to contribute his share to the active energies of a community which is not worthy of him. Two conceive that they have a right to property which they endeavoured to appropriate, and only escaped the charge of dishonesty in the absurdity of the claim. One announces, morosely, his possession of a large fortune, and intends to eschew all future toil and exertion; a second pants for freedom, in order to revel in imaginary riches. Two have been deprived of their souls at a particular spot, and suspect that they have been assimilated or been transmuted to the mould of the grave-yard. The last is assured that she proved the barrier to a marriage, and is consequently absolved from all contracts with life, or duty, or the world.

Hereditary Delusions.

If it be borne in mind that mental qualities and mental diseases are transmitted, that the blaze of imagination, as well as the darkness of despair, have characterised succeeding generations, it may be expected that peculiar modes of thinking will be inherited; but it is less obvious by what law individual delusions should be propagated with the general tendencies from sire to son. Oxford, the regicide, believed that he was St. Paul; so did his grandfather. There are examples among the cases described of cognate delusions. Two brothers, who became insane at the same time, differ in all other respects, but agree in the conviction that they have become rich; and two sisters, within the space of a month, refused to take food on the ground that it was impregnated with arsenic.

Melancholia.

Melancholia has affected three males, and five females. The designation is used here in its limited sense, as implying depression and despondency; if used in a general sense, as contra-distinguished from mania, the proportion would be much more numerous. One of these presented a rare variety of mental disease. Violent gesticulations are the natural language of passion. Convulsive and ecstatic states are frequently connected with intense emotion. In an especial manner are these muscular efforts the expression of misdirected devotional feeling, and of fanaticism. Sometimes they plunge the pietist in voluptuous orgasm, agitate him with wild throes and contortions, and force him to leaps and gyrations which, under the influence of music, or during the paroxysm of religious exercise, assume the form of a grotesque dance. Dark seasons have occurred in the history of the human mind, where whole nations were agitated by a gallopade.

Chorcamania.

The universality of such extravagancies render it difficult to conceive that the melancholic and enthusiastic were alone affected; but in such temperaments must have originated the manifestation, which would afterwards be propagated by imitation. These furious saltations have been consecrated by the names of saints and martyrs. It is suspected that the same impulse which sent the chivalry of Europe to redeem the Holy Sepulchre, cast the serfs and peasants before the shrines of St. Vitus. Even now several sects have prescribed dances as the most appropriate mode of approach to Deity, or the mode in which that religious fervour is excited which fits them for such approach. It is not necessary to determine whether these exhibitions are the fruits of disease or of devotion; it is enough to establish that particular forms of strong emotion are frequently associated with, or expressed by, extraordinary movements. The case under consideration was ushered in by a hysteric paroxysm, presented the features of religious melancholia, and terminated in an incontrolable desire to climb heights, and especially to reach the roofs of houses. The patient assigned no motive for her acts; she obeyed the one impulse to ascend. Even subsequent to confinement she has endeavoured to reach lofty points.

Suicide.

Three of the melancholics were suicides; and all wished for death while they dreaded it. Two of these have resorted to modes of destruction of such a nature as to baffle ordinary precaution and vigilance, and to show that the cunning and ingenuity of despair emulate the suggestions of reflection. A lady was placed for safety in a gallery where the gas was inaccessible, the furniture strong and unwieldy, and the fire-place protected by a guard. During the temporary absence of the attendant, the cap, or its lappets, were inserted between the bars of the screen, brought into contact with the coals, replaced on the head, and allowed to ignite the whole dress. The gown was woollen, and did not burn rapidly, but all portions readily combustible were consumed; the scalp, ears, hands, and other parts of the body were severely injured; but the sufferer gloried in her achievement, expressed no pain, nor contrition, nor fear; but was as calm and ecstatic as martyrs who have courted a similar fate. She recovered to reprobate her saviours as the obstacles to her triumph. Another person, who is constantly under the eye of the attendant, who sleeps at her side, and in the centre of a well-occupied dormitory, who has no obvious instruments nor opportunities to accomplish her purposes, yet discovers substitutes, and, so far as she can, employs them.

At midnight she silently and stealthily tears her night-dress, endeavours to choke herself by stuffing the shreds into her throat, and subsequently swallows them in large quantities. These expedients have been resorted to repeatedly. It is believed that a third stratagem was meditated by a patient who had been prescribed, and was aware that she had been prescribed, the Ext. Cannabis Indic., a narcotic poison, and who declined to take the medicine at the hour directed, but was anxious to carry it to bed, and there, it is suspected, to hoard the successive doses until a quantity sufficient to produce death had been accumulated. This dexterous plan is not original. It has been previously practised elsewhere by a melancholic; but not, as in this case, defeated. The impulse to destroy life, like other sanguinary impulses, is so powerful, so often aided by deliberation, so fertile in resources, that although it may be eradicated by treatment, and modified by vigilance, it cannot be invariably baffled while an article of dress is left, or the necessaries of life provided. It affects minds in the full possession of those powers which render its accomplishment inevitable, and which are best adapted to elude suspicion, to deceive affection, and to counteract the provisions and specific arrangements in an asylum. In the Report of last year the frequency of this form of disease was recorded as portending the occurrence of an epidemic. It is worthy of remark, that while this conclusion seemed to be justified by the experience of the Institution, a confirmation of its accuracy has been afforded among the sane population of the adjoining town. In the course of four months, seven determined attempts to accomplish self-destruction, being in the proportion of 1 to 2000. With one exception, poison was resorted to, and laudanum was the choice of all. It is easy to conceive that an appeal to ambition or cupidity should be generally responded to, because the desire for elevation and riches is natural, general, and pleasurable; it is equally conceivable that such a desire should be extravagantly and unreasonably inflamed and cherished by the prospect of immediate and unlimited gratification. But it is difficult to comprehend how painful emotions should be propagated, or at all events become general, how vague anticipations or apprehensions should find believers, and how, when such irrational or unhealthy opinions or hopes are prevalent, there should exist a general disposition and aptitude in the mind to receive and act upon them. Have the suggestions and vagaries of unsound mind a tendency to reproduce themselves, and are they received by the credulous

and imbecile in the same way that the exhalations of decaying vegetable matter are generally diffused, are absorbed by and prey upon the weak and debilitated in constitution? It is certain that suicide as a practice dependant on imitation, or as an epidemic dependant on unanimity of feeling, has been general; that in 1793, when a universal panic prevailed in Versailles, a town containing about 30,000 inhabitants, where the French Revolution may be said to have sprung up, and upon which it repeatedly rolled back from the capital, not less than 1300 self-murders occurred; and secondly, it is certain that particular modes of destruction may become prevalent. Seven soldiers of the Hotel des Invalides hanged themselves from the same lamp post in rapid succession; and when one man precipitates himself from a tower or a monument, three or four imitators follow.

Abstinence.

Abstinence is most frequently the concomitant and consequence of melancholia. It is a mean of extinguishing life. To those who dread suffering and struggles, it holds out the hope of a slow and painless death. To others the fear of death suggests the same course. They prefer inanition to arsenic. They defeat, and glory in defeating, the machinations and malice of enemies, and by self-inflicted misery and suffering. Of the patients admitted, eleven have taken food reluctantly, and in insufficient quantity, have refused all nourishment, or have been fed. Seven were females; four males. In six of these this resolution could be distinctly traced to melancholia; in one to disease of the stomach; and in the others to delusion. Of the latter, one was commanded by the Admiralty to starve; a second could not swallow from repletion; a third seemed to doubt the reality of the viands presented; and a fourth was prevented by the peculiar structure of the abdomen. A very instructive example of this symptom of mental obliquity was alluded to in last Report, and is still under treatment. This lady conceives that the ordinary diet of the Establishment consists of human remains, pounded and prepared in a huge instrument which she calls a murder-machine, which daily immolates victims, and yields hideous repasts to those who remain. She obstinately declines to participate in this cannibalism, and has not swallowed food since the 13th October, 1849. At first she was fed with great difficulty, and in defiance of the most strenuous and determined opposition, by means of the naso-œsophageal tube; but latterly her resistance has been less violent, although her purpose is as inflexible. She must be carried to the spot where her meals are administered, but having

thus demonstrated her consistency, she sometimes assists in holding the dish which contains the food about to be introduced forcibly into her stomach. By an enlargement and modification of the ordinary stomach pump, semisolid food has long been given, and with the exception of those steps in the process of digestion which depend on mastication, the requirements of nature are closely imitated. The result has been most satisfactory. When artificial support became indispensable, the patient was emaciated, debilitated, and haggard. She is now blooming and robust. As the case is singular, if not unique, a list of the articles of diet is quoted, and the quantities given at different times. On the 6th March she was adequately supported by the following allowance :—Brown soup, 12 oz. ; bread, 4 oz. ; milk, 14 oz. ; arrow-root, 2 oz. ; eggs, 2 ; cod liver oil, 1 oz. On the 9th Oct., her diet consisted of bread or rice, 1 lb. ; mince meat, 16 oz. ; soup, 20 oz. ; tea, 12 oz. ; milk, 3 oz. ; ale, 6 oz. ; cod liver oil, 1 oz. At various times the articles have been varied in the following manner :—1. Arrow-root with eggs and milk ; 2. Hare soup and grated meat ; 3. Kidney soup with grated meat ; 4. Grated cheese with soups ; 5. Minced meat, soups, and bread ; 6. Rice and milk ; 7. Pea soup and bread ; 8. Tea, and bread soaked ; 9. Coffee, and bread soaked ; 10. Sago, eggs, and milk ; 11. Brown soup and bread ; 12. Calves' foot jelly and bread ; 13. Brown soup and grated carrots, or beet-root ; ale or lemonade being given as drink with these. In this catalogue will be found cod liver oil. It was added partly from the apprehension that the patient might become phthisical, partly in the expectation that it might perform the same services in the cachectic state which imperfect nourishment creates, and which precedes phthisis, which it does when the disease is established.

Mania.

When it is stated that twelve persons labouring under mania have been admitted, they must not be confounded with the furious and ferocious beings which formerly peopled asylums, which may have owed much of their violence to injudicious treatment, but which now live chiefly in the pages of poetry and romance. Of the number, four only exhibited fury or irritability at all, and these exacerbations were either periodical or occasional. They are classed together, because the disease seemed to involve all the mental powers, was attended with increased though morbid activity, restlessness, sleeplessness, and excitement. The mind is overthrown, not enfeebled ; it is crowded, distracted by images careering in chaotic confusion through all its

conditions ; it can neither arrest, nor regulate, nor reflect upon its own acts and operations. But while this inability is beyond the power of the will, there is often a vague consciousness of the unsoundness and extravagance of its dictates, and an effort to regain self-control. This constitutes the corner stone on which the process of restoration must be founded. One of these patients who has sustained several attacks of aberration, who is aware of the approach of premonitory symptoms, retires voluntarily to an asylum, in order to obtain protection, quiet, and suitable treatment. He often applies for the necessary certificates in person, and has occasionally been refused these documents upon the ground that his application demonstrated wisdom rather than folly. When thus disappointed he immediately perpetrates some signal extravagance in order to accomplish his object, and simulates a degree of insanity under which he does not labour, that his real condition may be correctly estimated and properly cared for.

Monomania. In two patients monomania has assumed the form of pride ; in three of vanity ; in three of suspicion ; and in one of superstition.

Moral Insanity. Crime and insanity often meet and mingle. Many of the horrible tragedies which disturb society may be the result of such a combination. They may be the natural manifestations of disease engendered by, or associated with, dissolute habits, brutal appetites, and violent passions. Observation has proved that a large proportion of criminals are of imbecile, contracted, and depraved intellect ; that they are subject to delusions ; and it is equally established that the insane are less regulated by conscience and religion, less restrained by law, and custom, and opinion, than those unaffected by disease. But there is a class of persons who cannot, in the ordinary sense, be regarded either as insane or culpable, but who are unquestionably of unsound mind, who, with moderate intelligence and cultivation, and in favourable circumstances, commit acts which outrage decorum and virtue, which are inconsistent with the knowledge and position of the perpetrator, which are subversive of the best interests of the individual and the community, and which, although voluntary, deliberate, and avowed, evidently flow from perverted affections and debased propensities ; and which, temporarily at least, obscure if they do not suspend the influence of the judgment, moral sense, and selfish considerations. The frenzy or feebleness of the common phases of insanity are readily recognised ; but it is difficult to trace in the recklessness of the spendthrift, in the excesses of the voluptuary, or the calousness and cruelty

of the debauchee, the fruits of disease, to admit as moral insanity what appears to be moral turpitude. That derangement does affect the sentiments is shown when the whole mind is involved in general mania, and the dictates of conscience are as absurd as those of reason; but while history abounds in illustrations of this form of disease, it has only recently been suggested that the emotions and passions might be subject to special disease, might be affected independently of the intellect, and while all the other faculties remained apparently active and unimpaired. The conclusion was forced upon observers by the occurrence of cases totally irreconcileable with any known species of insanity, of children nurtured with care, and circumspection, and prudence, growing up, in defiance of all tender and virtuous influences, ruffians and desperadoes; of men of polished manners and refined tastes delivering themselves up to the indulgences of furies or felons, of causeless and inexplicable atrocities, of loathsome and revolting practices. It is probable that in every case of this kind actual disease will be found superadded to original defect; that a change of character, or temper, or taste, originating perhaps in bodily infirmity or degeneration, will be discovered in conjunction with original peculiarities of mental constitution; that while the capacity of the mind was enlarged, its self-control was neglected; that while the perception of right and wrong was present, the feeling of moral obligation was defective. Moral insanity may be impulsive. The morbid tendency may arise suddenly, strongly, irresistibly, and precipitate the actor into a course diametrically opposed to his previous conduct and character; or, it may be the conclusion and completion of a series of irregularities. A passion may be nursed and nourished until it obtains dominion over every other power; or, thirdly, tendencies in themselves diseased and hideous, long subdued by reason or religion, or disguised by prudence, are developed by the decay and deterioration of better principles, by external temptations; or, fourthly, the moral sense is weakened or warped, in the same manner as the will or the imagination, by cerebral disease. To this last category are many of these examples of ostentatious depravity, or grotesque vices, to be referred, which occur after middle age. The amount of disease may be so slight as to have produced little impression upon the vigour of the constitution, as to have escaped the attention of the sufferer, as to have occurred from a blow or a fall, or in the congestion of fever or in delirium tremens, or from those changes which luxury or habitual excite-

ment or age seem calculated to produce; but still, it may be capable of modifying the disposition, and affecting every law and association of the mind. How far such elements should be allowed to enter into legal investigation may be doubtful; but in all medical inquiries as to sudden or otherwise inexplicable changes of temper or tendency, the fact should never be forgotten that they are symptoms of the structural alterations in apoplexy and congestion. To such an origin will it be incumbent to attribute a case recently admitted, where, with great natural shrewdness, general information, and gentlemanly manners, where no delusion nor incongruity of thought can be detected, there exists an inveterate desire to torment and irritate those around, to enjoy the dissension and disputes which ensue, and to violate every rule of decency and delicacy by obscenities of look, word, and action, when these objects can be accomplished without detection. These qualities render the presence of such a person in society or in a family a nuisance and a poison. Viewed alone they must be stigmatised as vile and vicious; viewed in relation to the coexisting powers and habits, they are inexplicable; but viewed as a part of the physical history of the individual, as consequent on a period of violent excitement, an attempt to destroy life, and an attack of melancholia, they take their place as indications of conditions affecting the whole system, and among phenomena over which the will possesses imperfect control.

Imbecility. In seven patients the mind has been weakened. The faculties remain, but they are undeveloped, and incapable of development or application. Five of the cases are in the first stage of imbecility. The individuals are of limited capacity and frivolous habits; but, under the guidance of others, they can engage in many mechanical acts, and attain an amount of usefulness which, undirected, would neither be sought nor desired. In an asylum they are moved by the impulses of more energetic minds, or by the influence of discipline; in the world they are neglected or forgotten. One of the number passes a large portion of his time at large and in active employment, and seclusion becomes necessary only when his powers are inferior to the exigencies in which he is placed.

Classification. Classification must ever fall short of theory and the indications afforded by disease. When the furious have been isolated, and the curable, the imbecile, the patients with one delusion, and the patients with many, have been grouped together, it will be found that the

system is still destitute of harmony and usefulness. Concord and common pursuits are disturbed by a single offender; advice and remonstrance are counteracted by insidious and evil suggestions; errors are perpetuated, suspicions insinuated, and propensities stimulated by the very association of the morbid principles which it is proposed to eradicate. A safer and sounder principle of classification would be the temper and tendencies of those placed together. If the stage of the disorder be the basis of arrangement, a most heterogeneous and inductile mass is brought together; minds of every degree of culture and corruption, of every form of perversity and peculiarity, filled with incompatible and irreconcilable qualities, absolute antipathies, and contagious habits, which are assimilated only by the progress towards health and the period of probation. If the form of the malady be adopted as the ground of segregation, the violent and irascible maniac will be the centre of a scene of strife and agitation; the melancholic will be surrounded by an atmosphere of gloom and despondency, created by the sorrows and sympathies of his fellow sufferers; and the listless imbecile must fail to be prompted to activity, or brought within the salutary influence of a higher order of faculties than his own, if ranked with narrow and impaired intellects. It is absolutely necessary to place the violent in solitude; to secure privacy to the sick, the infirm, the loathsome; but the next step ought to be to form communities, which may be actuated by a unity of object, which may contain healthy elements, and the members of which may mutually agree, amuse, enliven, and react upon each other. There is in the Crichton Institution a series of galleries, which in one respect represent the gradations of intelligence and education. In one are associated individuals of limited capacity, who disregard intercourse, but delight in bodily exercise. They are bound together by this common purpose, and derive amelioration and guidance from companions of higher power. Another contains restless and intractable natures, amalgamated and softened by grave and gentle dispositions, in which there is still sufficient reason to detect the errors of others, although it may be inadequate and unwilling to acknowledge its own. Discontented and desponding minds are found in a third, mingled with those which are constitutionally happy and joyous, which suggest and diffuse cheerfulness, and which extract solace and encouragement from everything, even from their infirmity and its consequences. A fourth community is established in consideration of the capability of

the members to adapt themselves to surrounding circumstances, to appreciate the benefits of refinement, and to exercise self-control and sympathy. As these groups approach the standard of health, they resemble the ordinary divisions of society, in their defects as well as in their excellencies. Friendships are formed, jealousies are engendered. The strong and stern will sway the feeble and vacilating. The weak seek shelter and support from the strong. The amenities of pure and humane hearts prevail in one section. The mentally blind is seen to lead, and assist, and read, and cheer the physically blind. Gambling consumes the hours of one party; extemporaneous concerts connect another; the laws of honour expel one individual from a confraternity for calumnies which he will not retract; the passion for practical joking persecutes the credulous with imaginary debts, fabulous correspondence, and fictitious foes. It has happened during the past year that a patient has been quizzed out of a delusion.

Transference from one of these galleries to another is employed as an instrument of discipline. It is made to act upon the humble and despairing as an exaltation, a work of confidence, a sign of confirmed convalescence; on the proud or insubordinate as a loss of caste, an exile, or a probation. The change of associations, the influence of companions, the character of the guardian, all operate in counteracting delusions and impatience, or in giving a new impulse to the thoughts or hopes.

Desire for Liberty in Insane.

The intense longing for freedom expressed by the insane is often factitious: a feature of their malady, or the consequence of those errors and extravagancies which render isolation a boon. There are inmates of this, perhaps of every asylum, who have become attached to their home or its inhabitants, or obtain sufficient gratification to their capabilities in the performance of the duties assigned them, or know or love no world beyond its boundaries, or associate its proceedings with their own interest or destiny, or have attained the lofty philosophy of confessing that they are placed under the management of others because they were incompetent to guide themselves. But, in general, liberty is desired for its own sake, for the privileges and enjoyments which it may secure, and with a fervour which seems to be imparted by the mental excitement which prevails. The love of place, and the desire for home, is a passion and a disease in some races of men; as absence suggests these incontrolable feelings in the free, seclusion and restraint create similar desires in the insane. They are

found associated with a perfect appreciation of the difficulties which oppose their gratification; with affectionate feelings towards the guardians who defeat all clandestine attempts to accomplish their wish, and with an honourable contempt for all indirect illegitimate means of emancipation; they arise amid all the enjoyments and indulgencies which are devised to dissipate the monotony of confinement, and where confinement is rather a protracted course of discipline than a penalty or a privation. A gentle, placid imbecile, who was brought to the Institution half naked, and in most inclement weather, who had wandered through the fields for nine months previously in a state of nudity, who had inhabited a straw shed, and whose limbs were wounded and lacerated by exposure, still sighs for his native valley, and what he calls his Home. A maniac, who affirms that all is nothingness, that her previous life was a mere imposture and sham, that her husband and children were mere phantasms, anxiously wishes to escape, to get away. Many are impelled to demand their departure by their responsibilities as landlords or public servants, by the real or imaginary interests or aggrandisement of their property; an approaching marriage claims the presence of one; and his elevation to a crown or a coronet furnishes sufficient grounds for the importunities of a third. Such applications are easily dealt with and rejected; but when the mind has partially regained its energy, when a plausible plea may be urged, and real suffering, and sorrow, and hardship, are sustained under prolonged probation, it becomes a difficult and delicate task to convince that these feelings are the results of imperfect health, that security and sanity may be found within the walls of an asylum, danger and injury beyond. This occurs most frequently in cases of dipsomania. While the ravages of sensuality remain, while the recollection of recent degradation and suffering, or the fear of new errors are vivid, the patient is a voluntary captive. But when his consciousness proclaims the renovation of all his powers, rational views of his former condition, and firm and fervent purposes of self-control and self-denial, the omnipotence of a morbid instinct is rarely admitted. Yet it is certain that wherever permanent recovery has been effected, in such cases seclusion has been protracted for years, that the consolidation of the mental health is in exact proportion to the duration of the abstinence, the introduction and influence of new habits and pursuits.

Occupation.

It is the duty of others to point out that with the purely intellectual education of the higher classes it would be prudent to combine a

practical, physical training in some of these arts or handicrafts which it must add to their usefulness to understand, and to their health to practise. The absence of such an adjunct is felt, and lamented by all who have to deal with mental disease. An amateur turner may be met with, but there are no amateur joiners, gardeners, labourers; and the routine of promenades, bowls, &c., affords but an imperfect substitute for the animation, the interest, the glow of health, and the natural sleep, which are the rewards as well as the consequences of useful exertion. The fate of females is more fortunate; many of their amusements are occupations, and in an asylum the result is, that while lassitude and idleness characterise one sex, bustle, and business, and activity prevail among the other. These employments may at other times appear frivolous and futile, but like the training of spiders and rats by captives, they assume an importance and dignity when they become the great objects of life, or the antidotes to sorrow or conscience. They may be rendered direct appeals to the feelings, tests of sanity and serenity, charitable and grateful offerings, and links by which the heart is bound to home and kindred. From such sources and sentiments have many of the following productions emanated :—

LIST OF WORK, NOVEMBER 11, 1850.

CRICHTON INSTITUTION.

95 Day-Shirts.	5 Sofa Covers.
9 Night-Shirts.	5 Box Covers.
17 Chemises.	1 Crochet Table Cover.
23 Night-Gowns.	5 Crochet Small Mats.
15 Petticoats.	3 Knitted Mats.
5 Pairs Drawers.	4 Knitted Comforters.
4 Night-Caps.	6 Pairs Knitted Mitts.
20 Gowns.	2 Prudence Caps.
11 Aprons.	2 Knitted Pincushion Covers.
57 Pairs of Stockings Knitted.	1 Pair Knitted Curtains.
86 Pocket Handkerchiefs Hemmed.	3 Berlin Bags.
	1 Rug.
72 Towels Hemmed.	2 Pieces of Wool Work.
49 Window Blinds Hemmed.	*Made for Dorcas Society.*
12 Counterpanes Hemmed.	24 Chemises.
34 Sets of Curtains.	19 Shirts.

SOUTHERN COUNTIES' ASYLUM.

22 Suits Men's Clothes.	2 Pillows Made.
20 Pairs Drawers.	97 Bolster Cases.
34 Flannel Jackets.	75 Pairs Sheets.
75 Shirts.	215 Pairs Blankets Marked and Overcast.
30 Pairs Braces.	
35 Stocks Made.	98 Bed Covers Made.
4 Padded Dresses.	12 Bath Towels Made.
64 Pocket Handkerchiefs.	1 Screen Made.
72 Pairs Socks Knitted.	13 Baskets Made.

LIST OF WORK CONTINUED.

38 Gowns Made.	49 Pairs Shoes Soled and Heeled.
42 Aprons Made.	43 Pairs Slippers do.
33 Shifts Made.	10 Pairs Muffetees Knitted.
24 Night-Gowns.	8 Prudence Caps do.
12 Flannel Shifts.	2 Pincushions Knitted.
17 Petticoats Made.	2 Tidies Knitted.
4 Padded do.	4 Flower Mats do.
48 Day-Caps Made.	4 Pairs Boots do.
24 Night-Caps do.	2 Birds Nests Knitted
29 Habit-Shirts do.	8 Crochet Mats.
13 Pairs Stockings Knitted.	4 Doylies do.
18 Bonnets Cleaned and Trimmed.	5 Book Marks.
11 Straw Mattresses.	1 Pair Match Boxes.
12 Cocoa-nut Fibre Mattresses	4 Crochet Collars.
4 Ottomans Made.	4 Neck Ties do.
6 Quilted Coverlets Made.	5 Fancy Bags.
51 Bolsters Made.	2 Pairs Slippers worked.

Moral Influences.

As the organisation, and consequently the mental condition, of healthy men are affected by every impression which they receive, every event may be converted into a moral and remedial agent. The discriminate use of ordinary circumstances and trifles in depressing, elevating, tranquilising, rousing, persuading, or governing the insane, constitutes the whole art of moral treatment. To afford a glimpse of one class of influences which are constantly directed to correct the torpor and hebetude, to dissipate gloom and to revive the affections, a page is extracted from a journal kept for the purpose of recording the aggregate means resorted to :—

August 1, 1850.—Inmates of Southern Counties' Asylum directed to break down monopoly of Bowling Green by boarders. Excursion to Lochmaben, Mid-East Gallery. Party in Matron's Parlour.

Aug. 2.—E. V. attended mass, and every Friday morning. Mr H. supplied with Paris Pharmacologia. Mr S. supplied with Calmet's Phantom World. Mr Y. submits a farce called "The Wager" to criticism. J. K. submits a monody on the death of Sir R. Peel. Mr T. visited by father and uncle. Mr S. visited by mother. Party (24) to Cook's Circus.

Aug. 3.—Mrs B. visited by husband. Excursion to Lochmaben, High-West Gallery.

Aug. 5.—Mrs B. visited by Mr B.

Aug. 7.—Excursion to Amisfield, High-South Gallery.

Aug. 8.—Mr H. supplied with Prichard on Insanity.

Aug. 9.—Mrs H. visited by son, after a separation of 41 years. Billiard party in the evening.

Aug. 10.—Excursion to Cumlongan, High-East Gallery. Mr H. visited by Mr W. Mr G. visited by sister.

Aug. 11.—Scottish and English service.

Aug. 12.—Mr S. supplied with Blackwood's Magazine and Quarterly Review. M. K. visited by brother. Soiree in Drawing-Room.

Aug. 13.—Excursion to Amisfield, High-East Gallery. Mr G. spent afternoon in Terregles grounds. The graves of friends trimmed and tended in St. Mary's Church-Yard by patients, &c.

Aug. 14.—Mr C. visited by sister. A former patient visited Asylum.

Aug. 15.—Mr C. visited by sister. Excursion to Cumlongan, children and insane together. Billiard party in the evening. Patients again at St. Mary's Grave-Yard. M. superseded F. as amanuensis.

Aug. 16.—Party to Carlaverock. Mr L. visited by sister.

Aug. 17.—Presents of grouse to M. D., E. V. Excursion to Friars' Carse, High-West Gallery. Mr C. visited by sister. Mr Y. declines liberation until a suitable situation be procured.

Aug. 18.—Scottish service.

Aug. 19.—Berlin wool work for chair presented to ——— by a patient.

Aug. 20.—Excursion to Cumlongan, High-South Gallery.

Aug. 21.—Billiard party, under observation of Medical Superintendent. Mrs G. receives ginger, Mrs G. figs, as Placebos. Party to Carlaverock. Visits of friends to W. M., J. C., Mrs B. Visit of Mrs M., a former patient.

Aug. 22.—Memoirs of Dr Chalmers supplied to Mr S. A violin supplied to Mr C. Mr Y. presents a song of his own composition to Mrs B. Excursion to Cumlongan, Mid-West Gallery. Presents of grouse to patients. Grouse supper.

Aug. 23.—Gift of purse sent by Miss W. to brother. Thirty patients to see Anderson, Wizard of the North.

Aug. 24.—Nineteen patients to visit Wizard of the North. Visit of A. L. to friends at a distance. Practice sacred music.

Aug. 25.—Mr L. visited by friends. Scottish and English service.

Aug. 26.—Visits of friends to Mr J., Mr R., and L. S.

Aug. 27.—Billiards in the evening.

Aug. 28.—Excursion to Friars' Carse, High-East Gallery. Mr M. visited by brother. E. V. visited by friends. Gifts to patients.

Aug. 29.—Excursion to Lochmaben, Mid-East Gallery. Visits of friends to Mr M., Mr B., and Miss A. Practice sacred music.

Aug. 30.—Visits of friends to Miss A., Mr M., &c. Presents of fruit and grouse to patients.

Aug. 31.—Excursion to Lochmaben, Low-West Gallery. Mr T. visited by father. Book, Necromancy, to Mr A.

Where so many appeals are made to the higher and cultivated powers, where it is the object to create a new and normal activity, it is to be expected that composition will be resorted to as a pursuit as well as a pastime. The current report that the Medical Superintendent receives literary efforts as a test of sanity, as well as a proof of talent, and that composition is enjoined as a remedy, confirms such a predilection. One writer has produced five dramas of considerable ability, one of which has been rehearsed, but its fate is still undecided. These pieces possessed a double meaning. They were portraitures of manners and invocations of mirth, but they were also satires upon the author's own career. In one gallery, songs are written by a patient, set to music by another, and sung in concert by both. In an adjoining gallery, a gentleman, who may be styled the Poet Laureate of the Institution, pours forth lyrics and epics in such profusion and beauty, as to suggest the suspicion that they are the treasures of memory rather than the offspring of imagination. A rivalry has arisen between the versifiers of the two Establishments. The motives are perhaps pride and jealousy, but the results are industry, cultivation of taste, and devotion to elevating and tranquilising thoughts, as well as to topics far removed from excitement or its causes. The composition of the biographies of those who have attained literary or political eminence in virtue of morbid mental excitement, or in despite of it, whose character combined the two elements of genius and madness, or who were ultimately the dupes of fancy or the instructors of mankind, still proceeds. Already Tasso, Chatterton, Cruden, and Robert Hall have found fitting chroniclers; but so long a list of mad kings and philosophers remains as to damp the ardour of our historians. The insane are thus made to draw portraits of themselves. Such exercises demand research, reflection, deliberate judgment; they tax and test the intellect, and, if multiplied, like the Spartan antidote to inebriety, they may eradicate an error from one mind by exposing it in another. Plans of portions of the surrounding country have been executed as the joint production of a surveyor and a draftsman. These exhibit the

Studies.

topographical and some of the scientific features of the spot. It is at all times sound policy to render the insane useful, or impress them with the conviction that they are so—such a belief is a powerful auxiliary and incentive to the robust intellect. To the insane it is a solace, as well as a sign of confidence. A large minority readily consent to conduce by their own exertions to their own comforts; a smaller number is prompted by vanity to display their powers and accomplishments; another section perceive the gracefulness, and covet the distinction, of conferring a gratification, a favour, an obligation. All these motives converge to the single point of independent and useful exertion. Instigated by such views, wardrobes have been replenished, fauteiuls have been covered, ornaments have been devised, portfolios have been filled with drawings, music has been copied. The majority of such efforts are made while the mind is partially or temporarily sound; but even abortive attempts, those which display the vagaries of derangement in connection with the exercise of healthy powers, have not been discouraged. They occupy where they do not elevate or invigorate; they supply a full and unvarnished picture of the disposition and views, and they have sometimes convinced the author of the absurdity and untenableness of the propositions he was engaged in advocating. The autobiography of a scholar, although it contains a grave demonstration that the tables of the Mosaic Law form the bed of the river Annan, is commended, as its composition prevents acrimonious disputes as to property, precedency, and privations. A musician is allowed all facilities for cultivating his art, although he alternates the performance of genuine melody with endeavours, by means of contortions and grimaces, to extract from a pane of glass a note of music which he has discovered is embedded in its substance. A naval officer, who served gallantly in China, has devoted many an hour to the production of an account of the expedition; but under his hands it has assumed the form of a crusade against Lilliput, or a flight to Laputa. A man of education divides his time between drawing and the construction of maps. His works are esteemed clever, but they are faithful indices of his mind. His sketches may artistically be bold and graphic, but they represent remote or mediæval historical scenes in which he was an actor, which must be sought for in some apochryphal Froissart. His geographical knowledge is unquestioned, although his maps show canals twenty miles in width, excavated under his orders, traversing the centre of America. A

sceptic, who carries his cold creed into every transaction, and doubts and disbelieves the most self-evident proposition, has, consistently, written a treatise of great length and pretension to prove that insanity cannot be cured; that the thoughts of the insane are dreams; that religion is founded upon dreams, prodigies and prophecies, and therefore upon fallacies.

Amusements.

It is still a custom that some form of recreation should be provided once every week. It is of vast importance to vary these experiments as much as possible; but when external resources fail, as they often do, evening parties are assembled in the Drawing Room, where music, games, and simple refreshment break in upon the monotony of seclusion, revive conventional restraints, while they suggest those social feelings and sympathies which isolation is calculated to impair or destroy. To give to such meetings a meaning and an object, they are held upon the birth-days of meritorious inmates, or upon national festivals, in both instances associating the present with the past, and personal gratification with the interests, anniversaries, and recollections common to all men. Theatrical representations have been revived with considerable success, and with unequivocal pleasure to the audience. Five patients have joined in these attempts; and as the experiment proceeds, aspirants for histrionic fame are found to multiply. The popularity of an amusement, and the enjoyment afforded, are not sufficient guarantees for its utility; but there are in the direct addresses to the intellect, the attention demanded, the ludicrous thoughts excited, ample illustrations of the modes in which the drama may act, and act beneficially, upon even darkened and diseased minds. Although there is constant access to billiards, chess, cards, bowls is still the popular game. It combines so many of the pleasures of country life with the gentle stimulus of personal dexterity, that the attractions presented to loungers and lookers-on, as well as to the players, explain this partiality; but a prolonged and keenly-contested struggle for the championship has enhanced this interest, and appealed to more powerful feelings than the love of exercise or of sport. It has been observed that the players naturally fall into aristocratic, literary, and plebeian groups. When the rank, or peculiarities, or prejudices of an individual oppose obstacles to physical labour, such an amusement is a valuable, although not an adequate substitute.

For many years the means of heating the Crichton Institution were defective. When well served, the stoves warmed sufficient quantity

of air, but from the construction of the flues the greater portion rushed to the upper galleries, producing there an oppressive and enervating state of the atmosphere, while those on the basement were left cold, or but slightly affected. Differences so great as ten or twenty degrees have been observed between these parts of the same wing of the building. By the simple contrivance of introducing dampers into the main flues, by which the ascent of the air is regulated, and its entrance into the lower galleries directed, suggested by Mr D. Thomson, the chief joiner, this evil has been to a great degree corrected, and a much more equable temperature diffused throughout the whole house. The effects upon the health and comfort, and even upon the moral condition of the inmates, must be beneficial; and one immediate result of the regularity and equability of supply has been that fires have been dispensed with in all the public rooms up to this date.

Southern Counties' Asylum—Results.

The Southern Counties' Asylum is now in full activity, and there is ground for satisfaction that at so early a period its progress has been orderly, harmonious, and successful; neither presenting the bustle and confusion of untried arrangements, nor the difficulties of a premature commencement. It started at once as the part of a system, rather than as an experiment. Much of its prosperity and usefulness is owing to the experience and management of the Resident Officers. The sanguine expectations originally formed that such an enterprise would not add to the burdens of the Crichton Institution have already been realized, for on comparing the accounts of the exchange of unconsumed food, &c., for labour, it appears that there is a small balance in favour of the Southern Counties' Asylum. The impression conveyed by the interior is that of extreme simplicity, cheerfulness, and cleanliness. The external aspect now presents sward, and slopes, and shrubberies, where recently there was a mass of rubbish and debris. This transformation is mainly the work of the male patients, who have been allowed to ornament the great enterprise which was commenced by their arduous labour. They are now engaged in excavating the deep ground immediately behind the south wing, in order to form an airing-yard for such of their own community as are idle, perverse, or contemplative, and who decline or would abuse the regulated freedom which is granted to all to whom it is a boon or a benefit. Much of the neatness of the internal arrangements is accomplished by the prevention of all filthy or slovenly practices, by the training of the patients to better habits than either their disease

or original disposition would suggest; and by that unsleeping care and attention, and incessant ablution, which no architectural arrangements can supersede. The subterranean railway has, however, contributed to this end, by serving as a channel for the conveyance of all articles to and from the galleries, and for the immediate removal of many of the sources of the vitiation of the atmosphere. The provisions for ventilation appear on the whole efficient; but although a high temperature can at times be produced, there are certainly anomalies or irregularities as to its distribution, which future experience may correct. Although the artificial climate thus obtained be most grateful to the healthy and actively employed, the inmates, and especially those who are sombre, sedentary, and depressed, greedily covet the blaze of the evening fire, and would prefer it at all times. This preference may originate in the association of home, and happiness, and cheerfulness, connected, especially in northern and domestic races, with the fire-side circle. To each gallery has been attached a name and a purpose; in each are placed inmates who may be united by some common interest or sympathy, and who may be benefited by the diversity and antagonism of disposition with which they are brought into collision; and each will ultimately assist in solving some problem as to the social economy, the furniture, the arrangements best adapted for the object in view, as well as to the progress, curability, or duration of mental disease. For example, in one gallery the beds are formed of sheep's wool; in another, of cotton wool; in a third, of silk wool; in a fourth, of coir. The durability of these materials, their conduciveness to the health, comfort, and cleanliness, will be tested, and information obtained, which may apply to the sane rich, as well as the insane poor. To indicate the attention bestowed on this important, although uninviting subject; to show the mode in which the investigation is begun, a Table is introduced, which serves at once as an inventory and as a vidimus of the requirements for one section of the community:—

Heating and Ventilation.

Furniture of Galleries.

Furniture.	*Material used.*	*Quantity used.*	*Price.*	*Cost.*	*Total Cost.*
Bedstead.	Iron.			35s.	£1 15 0
Beds.	Tick. Cotton. Twine. Carriage. Work.	3 yds. 15 lbs.	10½d. per yd. 3½d. per lb.	2s. 7½d. 4s. 4½d. 1d. 5d. 6d.	0 8 0
Mattress.	Packsheet. Tick. Straw. Twine. Work.	4⅓ yds. 1 ft. 8 in. 2½ st.	5d. per yd. 10½d. per yd. 3d. per st.	1s. 9½d. 6d. 7½d. 2d. 3d.	0 3 4
Bolster.	Tick. Feathers.	1¼ yd. 2½ lbs.	6d. per yd. 9d. per lb.	7½d. 1s. 10½d.	0 2 6
Bolster-slip.	Twilled Cotton.	1¼ yd.	5⅓d. per yd.	6½d.	0 0 6½
Blankets.	Woollen.	3 pairs.	7s. 6d. per pr.	22s. 6d.	1 2 6
Coverlet.	Woollen.	1	3s. 2d.	3s. 2d.	0 3 2
Sheets.	Cotton.	6 yds.	8½d.	4s. 3d.	0 4 3
Table-cloths.		2—3¼ yds.	5s. 6d. each.		0 11 0
Towels.		12	4d. each.		0 4 0
Tables.		1	30s.		1 10 0
Seats.			50s.		2 10 0
Large Broom			3s. 6d.		0 3 6
Small do.			1s.		0 1 0
Mop.			2s.		0 2 0
Set Shoe Brushes.		3	4s. 6d.		0 4 6
Set Black-lead do.		3	2s. 6d.		0 2 6
Shovel.		1	1s. 6d.		0 1 6
Poker.		1	1s.		0 1 0
Coal Skuttle.		1	3s. 6d.		0 3 6
Candlestick.		1	1s.		0 1 0
Mirror.		1	1s. 6d.		0 1 6
Clothes brush Hair brush.		1	1s.		0 1 0
Small Comb.		1	3d.		0 0 3
Dressing do.		1	6d.		0 0 6
Knives and Forks, German Silver		1 each.	3s. 4d.		0 3 4
Spoons.		1 each.	4d.		0 0 4
Tin Basin.		1	1s. 6d.		0 1 6
Pail.		1	2s. 6d.		0 2 6
Dishes for Porridge.			5d.		0 0 5
Do. for Broth			4d.		0 0 4

While it is conceived expedient to enter upon these economic details, it is more gratifying to regard them in their moral aspect. An asylum has, or ought to have, a higher and holier aspect than a workhouse. It should be a home as well as an hospital; its arrangements

should be adapted to attract and reconcile, to render captivity consistent with contentment; its labour should be the test of health rather than of honesty and integrity, a part of treatment rather than the price of maintenance. A medical officer has resided in the house for the last six months. The presence of an educated superintendent is an element in curative discipline. He is not merely a dispenser of advice and medicine, he is a moral governor, who identifies himself with the happiness as well as the health of those around; a referee in all disputes and difficulties; a depository of all secrets and sorrows; a source of pleasure, as well as of power and direction, and who gives a tone to every proceeding. The Common Work-room, in which the industrious female patients assemble, should be viewed as a school. It is spacious, cheerful, well-ventilated; example, imitation, encouragement, emulation, authority, all supply motives to industry; and it is hoped that the sound of the piano may shortly lend that stimulus to energy, which the laborious in every land, and under all circumstances, derive from music. The workwomen are removed from their apartments, and a surplus of fresh and uncontaminated air is allowed to accumulate before their return to rest or meals. They are separated from restless and lethargic companions, and meet in reunion the members of other groups, unfamiliar minds with untasted stores of information or gossip; they pursue their tasks in concert, under superintendence; discipline operates in directing their useful efforts as well as in checking extravagance; and habits of quiet, and composure, and self-possession are superinduced, even where higher aims may be unsuccessful. This influence spreads beyond the precincts of the room. Admission becomes an object of ambition; exclusion is dreaded and deprecated, and many who would reject all proposals for moral training, anxiously seize upon them when presented as marks of distinction and confidence, and means of enjoyment. Every female patient, except seven, has joined in these public employments, which are adapted to the capacity or inclination of each, which vary from stocking-knitting to crochet, and which are occasionally specially selected to improve, admonish, and correct. The destructive are compelled to repair the damage which they have committed; the affectionate are allowed to frame gifts for distant friends; and to the vain a new cap may prove an encouragement or a reward.

Common Work-room.

A singing class has been formed, and meets in this apartment under the auspices of the medical officer. The direct object is to improve

Singing Class.

the psalmody; and this has been accomplished by teaching music scientifically, by reviving neglected acquisitions, and by frequent practice. The indirect results are much more numerous. Of thirty-seven patients who have been admitted, many have been taught to act in concert, and the regulation of the will, even when exercised over the voice, is wholesome and remedial; the day of labour has been closed by a few hours of calm enjoyment; ideas of the perfect and the beautiful have been presented; early, and pure, and pious associations have been recalled and revived in relation to natural qualities of which the possessor may be innocently proud, to duties which elevate, and to a destiny of which a clear and unclouded mind is known to all to be a condition. The curative effects of music may have been exaggerated, or may be confined to Italy, where its pursuit mingles so generally with the thoughts and feelings of all; but it is certain that where it fails to relieve disease, it communicates happy, and therefore healthy impressions; that where melancholy is not removed, temporary cheerfulness is induced; the sufferer is for a space solaced and sane, and an impulse imparted to feelings which produce a total revolution in the mental condition.

Library.

The library, formed contemporaneously with the Establishment, now contains 300 volumes. Of these, 25 are works on Biography; 22 on History and Travels; 28 on Religious and Moral Subjects; 21 are Collections of Anecdotes; 38 are Novels and Romances. All are contributions from those who in various stations and circumstances have approved of the attempt, and who have wished to give liberty to thought while so many gratifications must necessarily be denied. It is pleasing that among the donors, associated with the names of Lady Drumlanrig, Mrs Hope Johnstone, &c., who must view the misery to which they minister from afar; there are those of attendants, who have for years been in constant contact with the insane, and who have perceived the instrumentality of reading in dispelling moroseness as well as monotony; and of patients who personally know the privilege and advantage of intellectual exercise, of seeking refuge from their own thoughts in those of others, and of re-invigorating the judgement by a second education.

Indifference to Provisions for Insane Poor.

Notwithstanding the provisions thus afforded for the insane poor, notwithstanding the popular clamour which recently prevailed, as to the deficiency of accommodation, it must be broadly stated that there is a reluctance, an indifference, upon the part of parochial authorities

to take advantage of the arrangements made to meet their supposed wants. The Establishment is prepared to receive at least one hundred and sixty patients; a staff of officers adequate to superintend this number is resident, and yet, after the lapse of a year since the opening the actual population is only eighty-eight. But were this received as the number of patients belonging to the Counties with which the Asylum is especially connected, a very erroneous idea would be conveyed of the indifference displayed to what is, in many senses, a local charity. Of these eighty-eight, however, it appears that eight are natives of England, or of distant parts of Scotland, who were admitted previous to the formation of a distinct Establishment for paupers, and from whom it would be cruel to withdraw that shelter to which they may be said to have acquired a prescriptive right; of the remaining seventy-eight, so large a proportion as twenty are maintained by their own friends, or from private sources, leaving fifty-eight as the total number chargeable upon parish funds in the district. When it is known that in 1831 there were resident in that district three hundred and thirty-three lunatics, and that of these one hundred and forty-three were in whole or in part supported by charity, it will become obvious that without making any allowance for an increase in the numbers from the increase in the population, or the greater frequency of mental disease, that less than a third are placed in the home prepared for them. It is a short-sighted policy to economise the means of restoring reason. If a third, or a thirtieth, of the insane poor be cured, or rendered capable, by seclusion and treatment, of again engaging in active occupation, a positive gain is secured to the country, a parish is relieved of a permanent burden, a family saved from destitution and ruin. The misconception of this principle leads to systematic evasion of the responsibility of placing the insane under proper management; fills asylums with the incurable, the helpless, and the violent; defeats the great purpose for which they were instituted; and baulks them of that degree of usefulness to which, under fair and favourable circumstances, they might legitimately aspire. They are converted into receptacles for individuals whom society dreads or dislikes, and can no longer tolerate. This increase of recent cases is desired and desirable for other reasons: first, because the moral machinery necessary for a larger community is prepared and in operation; secondly, because, with certain qualifications, it is easier and more advantageous, and cheaper, to regulate large bodies of the

insane than small; and thirdly, because an asylum is not merely the best, but the only suitable home for the unhealthy minds which deteriorate the tone, if they do not disturb the peace, of society. It may be expedient to consider whether the benefits and opportunities thus neglected should not be extended to counties which are clamorous for the admission of their insane poor, and are disposed to appreciate highly the suitable accommodation, the ample and efficient superintendence, and the low rate of board.

Changes in Staff.

Various changes have occurred in the corps of officers. Death and resignation, and other causes, have greatly diminished that body, under the auspices of which the Institution was opened. But although the separation of those so intimately connected with so important an event may be attended with personal regret, the interests of a public establishment are sometimes advanced by new arrangements, and by the engagement of fresh and ardent minds, in the development of well-digested plans, and in the re-organisation of the subordinate details of a vast system. The most important alteration has been the appointment of a Matron. The principles followed in the selection were that the candidate should have received a liberal education; that her disposition should be kind and conciliating; and that those qualities should already have been developed, applied, and tested by familiar acquaintance with the insane. The choice fell upon a pupil of the best school in England, the Hanwell Asylum. There is good reason to hope that the object in view has been attained—that an efficient coadjutor has been secured, fully conversant with the amenities, as well as the responsibilities of her situation, anxious to effect every improvement which may conduce to the happiness of the patients and to the general harmony of the community. It is obvious that upon the cordial co-operation, as well as upon the individual qualifications, of those engaged in the care of the insane much of the success of such labour must depend. Their minds should be healthy and happy; candour and confidence should characterise their intercourse; they should be actuated by one common principle, one common aim, for it is fruitless to endeavour to inspire others with qualities which we do not possess. So much self-sacrifice and self-devotion are required from them, that mutual support is absolutely necessary. They must share the responsibility, and they should share the labour and anxiety. They are by their duties separated from the world and many of its ties and enjoyments. They should live with the insane, and for the

insane. And in proportion to the helplessness and hopelessness of their charge, and to their own limited powers of aid, should their superintendence be constant, their association intimate, their sympathy strong and inexhaustible. In ancient times, the care of the insane was a holy office. To deal with the mysterious ruin of the immortal spirit was reserved to the priests of God. Time and revolutions in the views of the nature of the affliction have swept away the awe and superstition which surrounded the afflicted, have assigned them other curators; but no change can desecrate the sympathy, solicitude, the brotherly love, which it is the duty and privilege of every one who ministers to the wants and miseries of the insane, in whatever grade or position, to bestow; no change can occur but what will develope the means and opportunities of healing the wounded heart and binding up the broken spirit, of carrying out the designs, even what may now appear the dreams of benevolence, and of thus assimilating these efforts on new but irrefragable grounds to their original character and dignity. Conclusion.

W. A. F. BROWNE.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	1	1	2
... 20 and 30, ...	6	4	10
... 30 and 40, ...	11	7	18
... 40 and 50, ...	6	7	13
... 50 and 60, ...	5	2	7
... 60 and 70, ...	3	6	9
... 70 and 80, ...	1	1	2
Unknown, ...	2	12	14

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	35	14	5	3
Females, ...	38	18	3	8

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	12	11	23
Unmarried, ...	23	25	48
Widowed, ...		2	2

IV.—TABLE OF PROFESSIONS OF PATIENTS.

Professions.	Males.	Females.	Total.
Baker, ...	1		1
Blacksmith, ...	1		1
Brewer, ...	1		1
Clergyman, Wife of, ...		1	1
Cooper, ...	1		1
Domestic Servants, ...		14	14
Farmers, ...	2		2
... Wives of, ...		3	3
Gardener, Wife of, ...		1	1
Gentlewomen, ...		6	6
Governess, ...		1	1
Housekeeper, ...		1	1
Joiner, ...	1		1
Labourers, ...	11		11
... Wives of, ...		4	4
Lawyer, ...	1		1
Merchants, ...	4		4
Milliners, ...		3	3
Officer in Army, ...	1		1
... Navy, ...	1		1
Painter, ...	1		1
... Wife of, ...		1	1
Proprietors, ...	2		2
Schoolmasters, ...	2		2
Sexton, ...	1		1
Shipmaster, Wife of, ...		1	1
Shoemaker, ...	1		1
Surgeon, ...	1		1
Tailor, ...	1		1
Upholsterer, ...	1		1
Weaver, Wife of, ...		1	1

V.—TABLE OF FORMS OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Imbecility, ...	4	3	7
Fatuity, ...			
Mania, with Delusion, ...	17	19	36
Mania, ...	6	6	12
Affections of Sentiments.			
Melancholia, ...	3	5	8
Monomania of Fear, ...			
... Pride, ...	1	1	2
... Superstition,		1	1
... Suspicion,	3		3
... Vanity, ...		3	3
Affections of Propensities.			
Moral Insanity, ...	1		1

VI.—TABLE OF CAUSES OF DISEASE OF PATIENTS.

	Males.	Females.	Total.
Ambition, ...	2		2
Anœmia, ...		1	1
Anxiety	2	2	4
Disappointment, ...	1	2	3
Dyspepsia, ...		1	1
Chorea, ...	1		1
Constipation, ...		1	1
Excitement, Mental, ...	1		1
... Religious, ...	1	6	7
Family Disagreements, ...	1		1
Fear, ...		1	1
Grief, ...		2	2
Heart, Disease of, ...		1	1
Hysteria, ...		1	1
Intemperance, ...	3		3
Irritation, Cerebral and Spinal,	1		1
... Uterine, ...		1	1
Parturition, ...		1	1
Pervigilium, ...		1	1
Podagra, ...		1	1
Scrofula, ...	3	4	7
Sensual Indulgence, ...	3	1	4
Shame, ...	1	1	2
Vanity, ...		1	1
Unknown, ...	15	9	24

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity,	13	13	26
Hereditary tendency to Nervous Disease, ...	3	2	5
Hereditary tendency to Scrofula,	2	2	4
Hereditary tendency to Gout,	1	1	2
No hereditary tendency traced in	16	20	36

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	16	17	33
More than 1	5	4	9
... 2	5	4	9
... 3	1		1
... 4	4	3	7
... 10	2	2	4
... 20	1		1
... 30			

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	19	6	2	4
Females, ...	15	13	3	1

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	4	6	10
Have meditated do.,	0	4	4
Intentions not manifested, or unknown, ...	31	28	59

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	7	7	14
Well educated, ...	8	1	9
Can read and write, ...	16	22	38
Cannot read or write, ...			
Unknown, ...	4	8	12

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, ...		1	1
Bronchitis, ...		1	1
Diarrhœa, Chronic, ...		1	1
Ileus, ...		1	1
Paralysis, ...		4	4
Phthisis, ...	3		3

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TWELFTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1851.

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ADMIRAL JOHNSTON, Cowhill.

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AND. HENDERSON, House Steward and Superintendent.

R. ADAMSON, Esq., Treasurer. Rev. G. COWANS, Chaplain.

Patients in Institution, 11th November, 1850, - - -	188		
Ditto Admitted since, - - - - -	69		
		—	257
Discharged as Recovered, - - - - -	31		
Ditto Improved or during Treatment, - - -	7		
Died, - - - - - - - - -	13		
		—	51
			296

It is difficult, at the close of a year, to compress into a few pages the various events, the anxieties, the success or failure, which have marked its passage. Results which have demanded long-protracted deliberation and elaborate preparation are recorded in a sentence; and the influence of such a report as this, is merely a general impression of interest or disappointment. It is satisfactory that upon the present occasion, and for the twelfth time, the impression to be conveyed is that of unqualified gratification; as it has again become a duty to announce continued activity and usefulness, and such an amount of success and public confidence as may serve at once as a test and a reward of these exertions. Success may be estimated in various ways. It may mean the number of patients admitted, or the number discharged; the pecuniary prosperity, or the freedom from disease; but although these are reasonable grounds for congratulation, the success here intimated is the general amount of mental health and happiness secured to all residing in the Institution, and especially to those whose calamities must render them permanent inhabitants. The first and grand object should be to restore intelligence; but almost equal to this in importance is the development of sources of calm and contentment, where restoration cannot be effected. It is impossible to obtain the confidence of every breast; it is impossible to relieve or mitigate every form of misery; it is impossible to convince the man who pants for liberty that confinement is necessary; it is impossible to satisfy even the sane that restriction and discipline are expedient; it must ever be impossible to do this; but it is practicable to render captivity compatible with much enjoyment; to soothe, and guard, and guide all natures to a certain extent, and to become necessary to the comfort of the most repulsive and intractable, even though the privilege of friendship be denied; it is practicable to create a new and artificial modification of society adapted to the altered dispositions and circumstances of the insane, which is a substitute, and the proper substitute, for the objects, and duties, and exertions of the healthy mind. This has, to a certain extent, been accomplished.

General Results.

Of one hundred and twenty-three applications for admission, sixty- Applications.

eight sought vacancies in the Crichton Institution; fifty-five in the Southern Counties' Asylum. Every pauper sent was received. The number of entrants belonging to indigent families from the surrounding district was comparatively small, and altogether disproportioned to the population, to the cases occurring in the affluent classes, and to the insane at one time actually reported resident with friends or intrusted to guardians. The fact that not more than thirty-six patients have been submitted to treatment from the adjoining counties, and that three of this number were not supported by parochial funds, suggests either that insanity is here a rare disease, or a very curable one; or that the maintenance of such individuals is conducted with little reference to real economy; or that the means of amelioration supplied are regarded rather as an arrangement for the safe custody of the dangerous, than as a home for the aged and infirm in mind, an hospital for the sick and sorrowful in heart, and a school for the reformation of what is evil or incompatible with the peace of society and the interests of others. If the baths, the ample, brilliantly lighted galleries and dormitories and work-rooms, the rigid cleanliness and comfort, the resources for instruction and enjoyment alone, were contrasted, not with the sordid and squalid abodes of the neglected imbecile and incurable maniac, but with the dwellings and resources of the healthy and employed poor, the opinion of medical men that the act of removal of the insane to such a scene is in itself conducive to restoration would not appear utopian or unphilosophical. It is proposed to render these advantages known and accessible to all parts of the kingdom where no suitable Asylums exists, and where the presence of lunatics among the healthy members of the community may be regarded as an evil or a misfortune.

Deaths.

Thirteen deaths, or about five per cent. on the total number of cases treated, are recorded. The proportion is small, smaller than can be hoped in subsequent years. The relation is likewise modified by a consideration of the circumstances under which death occurred, and of the diseases under which the patients succumbed. One died forty-eight hours, two a few weeks, three a few months, subsequent to admission; two laboured under consumption; three under general paralysis; two under epilepsy; one under cancer; one under erysipelatous gangrene; one under caries of the ribs; one under anasarca; and one under chronic bronchitis. It is probable that there is a fixed rate of mortality in every disease; but, as yet, that fluctuating relation only can

be dealt with which is dependent upon the accidents of climate, diet, treatment; and while it would be unfair to measure the precise success of any particular system by such an element, it would be equally unfair to exclude it from an estimate of the difficulties presented to the realisation of the plans and expectations of the benevolent; or of the nature of the labours imposed in the attempt to secure even a part of these; or of the good actually accomplished. Patients are often sent to Asylums to die, to be cared for after the sympathies of others have been exhausted; after insanity has become a lesser evil than the accidents which it has entailed. It is perfectly fair that this should be done, were there Asylums for the incurable; were there Asylums for insanity complicated with other diseases. At present the table of deaths affords evidence not of the results of the treatment of mental affections, but of the diseases which occur during the treatment of mental affections. During the past winter a patient was admitted who could scarcely stand. He was affected with epilepsy and consumption; another, who never left her bed in consequence of cancer; a third, eighty years of age, who was sinking under the combined effects of debility, diarrhœa, and cerebral irritation. The confession that into the anxious consideration which was bestowed upon these unfortunate beings the cure of insanity never entered, may illustrate the proposition now advanced. Two of the fatal cases of consumption might be designated latent. Many of the rational signs, as expectoration, were absent; and from the taciturnity or mutism of the one, and the sullenness of the other, the examination of the chest was rendered comparatively abortive. In many cases, the insane, when labouring under complications, deprecate, and defy, and defeat exploration. They are not alive to the ravages of disease; their mind dwells upon other signs and other sufferings; they suspect the motive of all interference, and they obstinately oppose the remedial measures recommended. They likewise display an actual tolerance of pain. One of these patients walked about until within a few hours of his death. Superadded to the strong conviction of improvement and ultimate recovery, which characterise this disease, there is in the majority of cases among the insane a disbelief of the existence of disease at all. This is perhaps merely a modification and expansion of the inexpugnable hope of the sane. Loss of appetite, or a cough, may be admitted; but these symptoms are regarded as accidental, as produced by the enquirer, or by secret conspiracies. The sufferers are too good, too divine, too beauti-

ful to labour under loathsome disease; they are immortal; art has induced the disease, nature will remove it. But this state is met with also in general paralysis; and is not confined even to that disease, for so argued eight of the individuals whose deaths are recorded.

When death does occur, a new series of cares arise. It is prudent and humane that such events should not be communicated to the inmates. That which is at all times awful, becomes appalling to those who cannot escape from the immediate impressions and associations, when it happens in the very spot where the living, who look on, must meet the same fate. Each removal is a picture and premonition of those that must succeed; and a premonition which each survivor is disposed to apply. The body is accordingly invariably removed during the night, while the patients are asleep, and placed in a separate building; all traces of the deceased are obliterated, and, except for particular purposes, the name is never mentioned. Funerals, even where there is a religious service, take place early in the morning, do not arrest the ordinary movement of the day, nor obtrude painful and profitless impressions upon the community. So completely have these expedients succeeded, that many patients remain in doubt whether former companions have returned to their friends and home, or have yielded up their spirit to Him who gave it.

Condition of Patients.

It is proposed to classify the sixty-nine patients admitted according to some prominent feature of their malady, or that quality which, if not most obnoxious to observation, especially demands the supervision of the officers of an Asylum. The deportment of the confined and unconfined insane is very different. The general aspect of even large bodies of the insane is that of tranquillity and serenity. The whole aim of discipline is to remove salient points of character, and to bring out and place in harmonious and healthy relations all that remains of reason, and virtue, and subordination, and imitation. It tranquillizes the violent and irritable; it rouses the lethargic; it forces into concealment all that is extravagant; it encourages and educates all that is, or appears to be, sane and sensible. Many men are sane only when in seclusion. To their guardians they are calm and composed, presenting little or no absurdity or inconsistency; beyond such authority, disease will resume its influence. It is necessary to describe the discordant and intractable materials of which this apparently homogeneous mass is composed.

Idiots.

While patients of limited capacity are most easily restored to their

original condition, as if the simplicity of the mental mechanism facilitated its reconstruction, it is found that the most rudimentary intelligence may be developed into increased activity and energy, which fall short of maturity, but infinitely transcend the ordinary condition of idiotcy. This training proceeds upon principles long recognised and acted upon in the management of the insane. First, it is known that the whole mind may be invigorated by attention to physical health; secondly, that certain faculties are educable, and may be strengthened by education in the most embryo understanding; and thirdly, that imitation may often be made to supply the place and influence of judgment and a sense of propriety. Schools for idiots form a new and pleasing feature of our social arrangements. It is probable that such Institutions will fail to raise the pupils to a level with healthy and robust minds; it would be extravagant to expect that from the child who can neither hear, nor speak, nor walk, a perfect adult should grow up; but if they enlarge the means of happiness; if they engraft habits, even automatic habits of cleanliness and correct demeanour upon imperfect powers; if they educe a single sense from its captivity; a great and unexpected triumph has been obtained over difficulties which not only baffled but discouraged all former philanthropists. From the imitative character of idiots, it is conceived that Asylums are not the most safe or suitable homes which might be provided. In the absence of sound discrimination and proper models, they copy the extravagance and degradation of their companions, and give expression to their few and feeble desires through the manifestations of insanity. Five patients of this class have been admitted, with capacities varying from the most complete state of privation, in which the external senses are alone developed, to the exercise of memory and of certain emotions. In one, no articulate sound is ever heard; he rejoices at the presence of sheep, and imitates their cry; in a second, language is employed in the reiteration of a few phrases expressive of his only desire, to return home; in a third, whose vocabulary is equally barren, whose predominating feeling is fear, manhood has been reached without a knowledge of property, or a care to possess it; a fourth is almost silent, or utters a monotonous sound intended as melody, but has been educated, and is susceptible of improvement; a fifth is a good workman, but displays few wishes beyond the vegetative life to which his imbecility has condemned him. All these individuals have arrived at maturity; and although still intellectually children, have passed that

stage in which training or culture are especially applicable. Two have, however, received great benefit from moral training. All present indications of scrofula, or arrested development, and appropriate remedies have been adopted; but where there is a hereditary taint to combat, as well as an actual disease, where perversion by injudicious management or by the invasion of alienation, were superadded to privation, success of a very limited kind can alone be expected. The difficulties of the undertaking have suggested the hope that in the ultimate completion of this Establishment a school for idiots and the juvenile cretins of Scotland may be included.

Imbeciles. The enfeeblement of mental power may be the result of original conformation, disease, or the changes incident to old age. However different the cause, imperfect capacity is the characteristic. The understanding exists, but it is weak, contracted, ill-regulated; emotions are manifested, but they are faint and transitory; the will is feeble, the memory unretentive, the manners, purposes, pursuits frivolous. Of such materials, in a great measure, does the stationary population of Establishments for the insane consist. Among them are generally met the most useful and most eccentric members of such communities. Their unimpared physical powers render them valuable workmen, expert walkers, bowlers, dancers; and even their grotesque habits endear them to their associates. Of nine cases of this description admitted, one laughs so merrily and loud, as to prove suggestive of mirth; one holds his left hand over his head; one is so respectful as to address every one as My Lord, and to deal in all the euphonous expressions which his fancy supplies; one adorns his limbs with coloured rags, and exhibits his learning by frequent quotations from the Latin declensions; one smiles benignantly, but is disinclined to speak, or walk, or move; another is redundant in insignificant inquiries, infantile observations, and so politely acquiescent that he scarcely demurs when recommended to prolong his seclusion; a third could not recognise the approaches of disease or death, and trusted so implicitly in the powers of medicine as to forget that he was prostrated by debility; a fourth passed her life in penury, in order to hoard an allowance from the parish, lost her treasure, and died ignorant of her misfortunes, clutching a piece of money offered to bribe her to take medicine; a fifth exhibits the remains of an amiable disposition and liberal education, but derives her chief gratification from sitting in the oriental fashion.

Maniacs. Eleven patients affected with mania, with the temporary overthrow

or disorder of all the mental powers, have been under treatment. Popular opinion associates this affection with violence, vehemence, and ferocity. These are manifestations of excited passions, and constitute symptoms of many cases of mania as they do of other species of aberration, but they are not necessarily present. The vociferations which sometimes accompany madness, express fear rather than fury. Pre-occupation protects the maniac from the sense of pain or provocation. In two cases only have pugnacious or sanguinary dispositions been observed. In place of virulent denunciations and mortal defiance, the mental disturbance, the rapid and troubled tide of thought were indicated in four cases by snatches of song, declamation, and dancing. In others, incoherent loquacity, incessant restlessness and agitation, were the prominent indications; and in two instances only, and for short periods, was seclusion resorted to as a means of repression and correction. In this class are invariably the greatest number of recoveries effected, partly because the dread inspired by the malady renders early seclusion indispensable, partly because the disease depends generally upon obvious and physical changes, which are amenable to treatment, and partly because it is paroxysmal. Seven of the eleven cases have been discharged.

Monomaniacs.

It is somewhat painful and perilous to enquire what are the exact boundaries of insanity; what minds are exempt from morbid action. There are so many defects which cannot be repaired, so many peculiarities which cannot be eradicated, so many impulses which resist control, attached even to great and vigorous minds, but which are obviously irreconcilable with the definition of perfect health. Mental disease may be confined within narrow limits, and be as transitory as an ordinary process of thought, and yet be not the less essentially allied to the permanent forms of insanity. A case has recently occurred in which a man exhibits no impairment except the oblivion of nouns substantive, and of these he recollects all the letters but the initial. Wordsworth contemplated suicide for a moment; and the younger Coleridge seems to have ceased to be himself when, and only when, indulging his day dream of Jug-force. To partial, in contradistinction to general impairment or perversion is the term monomania applied. It comprehends ungovernable tendencies to particular acts, as well as solitary delusions. So slight and special are these imperfections occasionally, that did not their influence extend to the whole mind, and affect the interests of others, no evil could be apprehended from

their existence, nor would their existence be discovered. Of the nine individuals affected with this modification of alienation, six were males, and three females; one betrays no other evidence of unsoundness than the firm conviction that he possesses a time-piece which utters articulate sounds. This very harmless eccentricity assumes a very different aspect when the words become oracular, reveal lordly station and extensive heritages to the patient, and suggest the assertion of his rights. A second is engaged in a bloodless crusade against what he deems a false and corrupted faith, and might be permitted to fulfil his supposed mission had it not suggested that invasion of the Royal presence and palaces, which has recently raged as an epidemic in weak and distempered fancies. A sagacious and self-educated artisan is paralysed by a belief in Mesmerism. A presumptuous and preposterous attachment in another, induced the persecution of its object. Extravagant jealousy converts a friend into a fury, and unsteadiness of purpose impairs the stability of natural affections and filial duties. In all these examples, and in two patients whose cultivated minds are ruled by the insatiable craving for stimulants, the actual amount of deviation from sound reason is originally trivial; but it enfeebles the judgment, perverts the affections, and so acts upon the will as to diminish, if it do not destroy responsibility. The prophylactic of this, above all other species of insanity, is judicious training, self-control, and religious principle. The conscience is in one sense the best physician.

Melancholics. In its first stages, melancholia is rarely submitted to observation or treatment. It may originate in a mere want of confidence in ourselves or others. The sentiment that there is nothing to hope in, to trust to, to live for, eludes detection, or mingles with the general current of human feeling embittering happiness and impairing usefulness. This diseased condition, hidden but powerful, may be suspected of having added gloom and asceticism to creeds, and tinged the pursuits and modified the manners of whole communities. When to feelings of causeless sorrow, or exaggerated despondency, there are added delusions, suggestions of objects and grounds for despair, which the reason rejects but fails to dissipate, the disease assumes that form presented in Establishments for the insane. Ten melancholics have been admitted, and such errors existed in all. In five, the deviations from reason were gross and grotesque. Two patients became dejected, because they had been expelled from the garden of Eden; one was

plunged in anxiety and distress because he had been robbed, ruined, and estranged from his family; another wept for hours that he was the victim of a conspiracy, but is now a violent assailant of his persecutors. A lady never tells her grief, but sits mute, motionless, and despairing, awaiting her detested nuptials with a man whom she does not know. In the other cases, the morbid change consisted in the intense exaltation of natural emotions. Three had lost the favour and grace of God; another had forfeited the favour of a mother; and another grieved because she felt herself unequal to her household and other cares, and unable to do anything but grieve. They had received no supernatural warnings, no oracular intimations, save those of a diseased conscience. In their opinion it was their duty, as well as their fate, to mourn. These affections are manifestly connected with imperfect assimilation and nutrition. To give the melancholic blood, and strength, and power, is to effect a cure.

Six suicides have been added to the number already under treatment. Of these three were males, and three females. Suicidal mania may, for practical purposes, be divided into too kinds. Where the act is impulsive, and where it is the result of deliberate and unimpassioned design. In a paroxysm of incontrolable fury or fear, the maniac leaps into a river; or cherishes the intention for years, prepares the means, and at length, at the most suitable time, carries his purpose into effect. The former tendency ceases with the excitement which it has produced, or by which it has been produced; the latter is a permanent form of unsoundness, and defies not only the means of cure and amelioration, but often baffles the caution and ingenuity of guardians by greater cunning, and more refined and inexhaustible ingenuity. Sometimes the disposition is concealed under insidious cheerfulness, and the most specious protestations of resignation and repentance; sometimes it is ostentatiously proclaimed. There is at present a patient in the Institution seated between two nurses, whose special and sole duty it is to prevent self-destruction and mutilation. This woman confesses her determination to die; assigns her reasons, defends them, converses calmly and coherently, and while speaking, while held by her custodiers, she casts herself upon the floor; she endeavours to gain a height, in order to precipitate herself; she has tried strangulation, suffocation, venesection. She is placed during the night beside an intrepid patient, who knows her design; she is at the same time watched by an attendant; powerful hypnotics are exhibited

Suicides.

to secure sleep; anodynes during the day are given to allay irritation and to suggest agreeable sensations and thoughts; while blistering is resorted to in order to produce powerful impressions externally, to which the attention may be directed. The difficulties and anxieties created by such an exigency are infinitely exceeded when gentleness of manners and religious dispositions disarm vigilance and even suspicion, and means are devised so novel as to outstrip the calculations and precautions even of the vigilant. A gentleman, who presented many of the symptoms of hypocondriacal melancholia, entertained doubts of his own salvation, jealousy of the motives and sincerity of those formerly trusted, and fears that he suffered from a horrible disease, while walking with a party in the garden, quietly picked up a twig used in training a flower, introduced it into the mouth, and severely wounded the soft parts of the throat, so severely as to lead him to the belief that his life was endangered. The injury was not mortal, but the consequences of the excitement and contemporaneous bodily condition were most disastrous. The sincerity and intensity of such designs are illustrated by the variety of devices by which death may be inflicted that have been resorted to, and by the dexterity displayed in turning all former knowledge and experience upon the single and absorbing object. The example of Seneca has been imitated by two females; and attempts to cut or penetrate the jugular and brachial veins have been made with pins, needles, spicula of bone found in the soup, pieces of glass, the nails and fingers. Compression on the vessels in the neck has been tried. Laurel leaves have been plucked and swallowed as the only accessible substitute for prussic acid. Upon two occasions a patient cast herself under the feet of horses, and violently assailed those who dragged her from impending destruction. Suicides are disliked by the insane, and stigmatised by them as the only individuals really affected with mental disease. The same blind and irrational spirit which in former times denied them a grave, now ostracise them even in an Asylum. Suicide, although undoubtedly a symptom of derangement, is more frequently the act of the partially insane than of the moping fool or raving maniac. It often emanates from delusion; a voice from Heaven commands; it is a sacrifice; but it may be the natural sequence of remorse, of false views of real acts, of religious cowardice or religious despair. The suicidal and homicidal tendencies are dominant in the same mind. A father kills his whole kindred and then himself. If they are both regarded as

criminal, the explanation is obvious; if they are identified with disease, it would appear that the same delusion, fear or foreboding, suggests both acts, and that the self destruction of the murderer is not from penitence or change of purpose. A suicidal mother, in the Asylum, describes vividly the feelings of horror under which she lived surrounded by her children, whom she was constantly tempted to sacrifice as the first of a series of acts of retribution necessitated by crimes forgotten by man, but not forgiven by God.

Homicides.

Two patients have been refused admission, upon the ground that they were prisoners. It is probable that the application was made in consequence of the disinclination of the governors of Asylums in England to associate those convicted of crime with those supposed to be merely labouring under disease. In this country such cases are now generally consigned to a part of the Penitentiary at Perth. Urgent remonstrances have been made against the practice of mingling these classes; and in order to meet the difficulty which must arise should such views be acted upon, it has been proposed to construct a Central Asylum for the unfortunate individuals thus repudiated and rejected from the only retreats hitherto open to them. It may be demanded who are criminal lunatics? and can a lunatic be culpable? Three classes of patients may be comprehended under this designation. 1. Those who while at liberty, and unsuspected of insanity, violate the law, whose offence is the indication of their disease. 2. Those who violate the law in a state of sanity, and become afterwards deranged. 3. Those who, being insane, and who are recognised and secluded as lunatics, violate the law. The crimes which have generally conferred such a designation are indecency, theft, incendiarism, and murder. Numerous as these classes are, they do not comprehend the many modifications of moral insanity, of morbid appetites, of degraded and horrible tendencies and practices which should equally confer the name, and which are equally loathsome to the virtuous and pure. If the term were limited to lunatics *convicted* by trial of crime, either previously or subsequently to the supposed incursion of insanity, greater precision would be given to the inquiry. In the legal conviction would then consist the distinction between this and other classes of the insane. Without such restriction, it must be somewhat difficult to establish a difference between a homicidal maniac who destroyed a fellow man merely because he had an opportunity to do so while free and unsuspected, and the homicidal maniac who is actuated by

a similar intention, but is confined and prevented from gratifying his revenge or cupidity, or from obeying an insensate impulse; between the man who has burned a cathedral, and the man who would immolate a whole people on his own funeral pile; between he whose malady is the result of a long course of vice, and he whose vices flow from his derangement; between the epileptic who has destroyed his father, and the drunkard who has destroyed himself; between he who is accused, and he who accuses himself. Among the persons added to the community during the past year is a person who confesses that he forced his entrance to a court of justice by means of a drawn sword; another who boasts that immediately on his liberation he will sacrifice to his lust of vengeance or power one cotton lord and a family of weavers; a lady, who paints herself in the darkest and most hideous colours; another female, who admits herself to be a thief in fact, and an infanticide in intention; and a philosopher, who holds massacre to be the right of the strong. These self-accusations are in whole or in part hallucinations. Their absurdity, grotesqueness, and inconsistency with the original disposition of the individual, is a principal proof of their fabulousness, and protect from legal consequence, but at the same time do not separate the condition of mind under which they arise and are perpetuated by any broad line from that which may precede, attend, or follow the actual commission of the atrocities imagined. In a very small number of the insane there will be met examples of all these forms of unsoundness, where the irresponsibility is obvious and admitted, where the ferocity or vindictiveness or brutism from which all men recoil, are the symptoms of alienation, and where the chief practical inference suggested is the necessity and value of enlightened and rigid classification. If this principle were applied to the convicted criminal lunatic, to patients whose delinquencies preceded the declaration of their insanity; if they were separated and segragated, much of the clamant evil would be mitigated, the necessity for centralising and associating together all forms of moral disease and deformity obviated; the contaminating influence attributed to the presence of such patients in General Asylums would be prevented; the disgrace, avoidance, persecution, to which they are subjected, and the minor annoyances of their mistaken ideas of impunity would be avoided, while their highest and best interests could be fully and fairly considered. There will still, however, remain the fatal objection, that what ought in

reality to be an hospital for disease, must become in name and discipline a prison for the safe custody of a few. Besides the patients enumerated, two have been admitted who meditated assassination, and whose intentions are established upon better evidence than their own confessions, as it has been seen that there sometimes exists an ostentation of criminal tendencies, a morbid disposition to self accusation. A father had devoted his children, a lady her friend, to death. Such catastrophes appear utterly incompatible even with the morbid qualities of the projectors. These persons are courteous, complacent, compassionate. There was equally a contrast between the magnitude of the act and the inadequacy of the motive. In truth, however, the insane do not measure offences and provocations by a common standard; sometimes no motives can be discovered, and impulses which are checked and controled during the healthy exercise of reason acquire a tyrannous predominance when the controling power is destroyed. The tendency to shed blood, even that of man, appears in childhood. How far the bodily state should be recognised as a palliation, as it assuredly is an explanation of such atrocities, has not been determined. Pellagra disposes to a particular mode of suicide; the puerperal state appears to determine infanticide; and it is probable that physical changes, remote from the nervous system, but acting upon it, may be connected with those tragedies where no mental aberration can be clearly traced. The frequent perpetration of such deeds on awakening from the first sleep, on recovering from illness, or from the effects of intoxication, would indicate cerebral congestion to be one of these states.

The appetite to confess crimes appears in those reputed sane. Various individuals have, within a short period, avowed themselves the perpetrators of murders where little or no evidence exists of their participation in the deed, and where the motive to disclose is as inexplicable as the motive to commit the outrage. When such confessions are volunteered by the insane, they generally involve circumstances of such unparalleled enormity as to attach doubt and suspicion to the whole narrative. They have destroyed the living in order to devour the dead; they have defrauded, and their victims are the poor; they have murdered millions, or hundreds of unoffending men. There is however, in other cases so great a verisimilitude in the statement as to remove scepticism, or to suggest the alternative suppositions that

the offence is real, but committed by another person; or that the offence is imaginary, but that the design and attending circumstances are real prefigurations of the mind. A female, recently in the Asylum, acknowledged that she had been guilty of infanticide; but she at the same time entertained the delusion that she was about to become the mother of a child whose existence must be concealed. Her guilt was anticipative. To believe erroneously in our own guilt is as natural an expression of alienation as to believe erroneously in the guilt of others.

Panic-struck.

Fear is in itself a form of derangement. During periods of great political or social convulsion, communities are panic-struck, and their madness consists in the exaggeration of natural and legitimate apprehensions. To dread everything; to fear when there is no danger, no object of terror; to succumb under imaginary foes or machinations, and to fly from visions or voices and supernatural beings presented to the external senses; to fear so that no feeling exists but horror, that no object is perceived but that which excites the feeling; to stand cold, pallid, mute, cataleptic, or trembling, are some of the features of the condition most frequently found in Asylums. Three cases displaying such characteristics have been admitted. In one, rheumatism preceded the attack; and it is worthy of remark that rheumatic diseases of the heart, besides being accompanied by the sense of apprehension, are fertile causes of mental affections, and especially of panophobia; in another case, early excess seems to have emasculated the whole mind; and in a third, natural and justifiable fear passed into wild and irresistible terror. Such patients cling to others for protection, or they shun their fellow men; they creep into corners, or they dread solitude and darkness; they are restless, sleepless, agonised by every sound, or they drown and express their sufferings by noise; they seek consolation, but dread to repose confidence; in accordance with the nature of their anxiety and its association with suspicion and superstition. Such manifestations are combated by the liberal use of nutritious diet, and stimulants and tonics, the employment of the Indian Hemp, which is reputed to impart pleasing trains of thought; by society, by light during the night, and by all means which emancipate the mind from its own dominion. A patient of this class sleeps profoundly during the day, but on the return of night, and perhaps of habitual delusions, he watches and wanders through his room. He cannot have a companion, as he becomes an object of fear and dislike. An-

other patient procures sleep and rest when calmed and assured by the presence of others.

Night-watchers.

In a well-ventilated and heated building, and in an establishment where occupation and amusement are enjoined as remedial, where the conditions of health are observed, the sleep of inmates is generally profound, and the night passes without noise; but there is always a certain proportion of night watchers and night walkers who require special superintendence, and who create disturbance. These are chiefly found among the recent cases, the timid and the vision seers. Three have been lately admitted, and there are many resident. A deaf patient spent weeks in vociferations, but conceived that he spoke in a whisper. By throwing light into the apartment of another, whose anxious eye met that of the night attendant on every visit, rest seemed restored. A third, so constantly leaves his bed, that thick gowns have been adopted, so that he may be protected from some of the evil consequences of this habit. The motive of one in singing aloud is to quell the voices of less melodious competitors; that of another, to give practice to her own musical powers. In the hourly record of the night attendant, which now extends over a period of ten years, the same names recur almost at the same times, and associated with the same acts of disturbance. A. sings; B. whistles; C. prays; D. swears; E. is surrounded by bright spectres; F. is in pursuit of an otter. These observations show that there is a class of vigilants from long established habit, or from morbid activity, or from the presence of that intermediate state between profound sleep and complete wakefulness, which gives a reality to dreams, and associates instinctive or habitual acts with the vague impressions received in dreams.

Hypochondriacs.

The feeling of cautiousness, which when directed to external objects, sees foes and friends, when arrested by internal sensations produces the proteiform delusions comprehended under hypochondriasis and hysteria. The imagination is haunted with dread of instant or impending death; foul and fatal diseases are embodied and believed to exist; pain is traced in every fibre; the processes of decay and disorganization become matters of experience. Three self-tormentors of this kind have been placed in the Institution. All concentrate their attention upon their internal structure. They are tortured by pain, they are prostrated by debility, they are consumed by cancer or dysentery. In one, there is present the curious combination of the tendency to deceive himself, and the tendency and power to deceive

others. He is at once a valetudinarian and a malingerer. The robust man droops under the pressure of a consumption which incapacitates him for labour, even for hope and cheerfulness. Yet he has been an inmate of hospitals for simulated diseases, and has successfully defied the suspicions of able physicians. He has attempted to prove himself fatuous in law; but exercises all his ingenuity to demonstrate his sanity since he succeeded.

Fasters.

It has been observed that certain habits and peculiarities contracted during alienation, and springing from it, do not decline and disappear on the restoration of reason, but continue associated with a degree of sanity and perspicacity which must point out their absurdity. It is suspected that in the incurable insane such eccentricities survive the error in which they originated. This is true even in regard to abstinence. A patient who formerly fasted in order to destroy life, now fasts in order to preserve it, and to avoid the poison supposed to be mingled with the food. In the unique case, however, which has been adverted to in former reports, abstinence is persevered in with a consistency worthy of better motives. This lady has not swallowed food for two years and one month, because she will not voluntarily be a cannibal, nor be nourished on the foul and abominable compounds served as food. Her obduracy is inflexible; her belief mistaken; yet she offers no resistance, sometimes tests the validity of her objections by placing a morsel upon her lips, holds the basin, and opens her mouth to receive the feeding tube. She is robust and rosy; and notwithstanding her disgusting diet, may be sometimes heard singing cheerfully. Four fasters have been admitted. One of these abstained from the general feeling of timidity; a second, from fear of medicine; a third, from fear that the food would not enter the stomach; and the fourth, in order to destroy life slowly. In all, compulsory administration of food was necessary; in all, life was preserved; in all, the use of the feeding-chair was in a short time triumphant. But in the management of these cases various circumstances have occurred, explicable could the present mental condition of the individual be exactly ascertained, but inexplicable on the data possessed. In one patient, the habit of abstinence is paroxysmal. It returns every fortnight, and continues forty-eight hours. In another, sparing meals are taken at noon and night; but breakfast is invariably refused. A lady can swallow aliment which she abhors while standing or walking, and in sudden gulps, but in no other way. One woman, who disre-

gards, who even courts, the infliction of pain, terminates her fast whenever she becomes aware of the proximity of the feeding-chair; and a lad, who had subsisted for weeks upon crumbs of oat-cake among those whom he knew and loved, took food voluntarily, after one administration in this machine, from those whom he did not know, and had no obvious cause to love.

Optimists.

The optimist is, in a majority of cases, the victim of general paralysis. Of seven cases of this kind admitted, three were affected with the disease, and in two is its incursion apprehended. This mental condition, whether associated with impaired muscular power or not, most frequently affects males. It falls most heavily upon the affluent and educated classes. The germ of the malady may be in the original character of the sex; or it may be developed by education, by the struggle for pre-eminence or power; or by the social tendencies of the present age. It is certain that so rare was the occurrence of this evil formerly, and so frequent is it now, that there is ground for bemoaning the discovery of a new form of human suffering, the addition of another to the long list of incurable diseases. In all cases of the paralysis of the insane, from the stage in which the tongue trembles and fails to enunciate particular words, or syllables of words, or when the partial and temporary inability of one group of muscles to discharge their office appears, there exists the monomania of ambition, the fancied possession of strength or moral influence, or riches or beauty, and an insatiable desire for the acquisition of wealth; but it appears that this delusion may exist independently of palsy, and of every other disease of the nervous system. While both classes boast of glory and greatness, that they can move the moral world without a lever, there is this marked distinction, the paralytic spends an euthanasia for years in the self-satisfied possession of his inestimable powers and privileges in the dispensation of gifts and empires in rendering all men as immortal as himself; the proud monomaniac sees and feels that his claims are disputed and disallowed, that he must defend and make good his pretensions, that his object must be gained by a struggle. It would be an error, however, to conclude that perfect and undisturbed felicity is the lot of either. The paralytic is cheered by the attainment of ten-fold more than all the desires and projects which his former life could have realised; his bodily and mental pain are concealed from him by the intense conviction of undiminished or augmented vigour and energy; but he sometimes feels that even his position does not

abrogate pain or danger. Of the three individuals treated, one dwelt chiefly upon the swiftness of his yacht, which passed, or could pass, from the Mull of Galloway to the Cape of Good Hope in one afternoon, and of the unrivalled elegance of his plate; but he dreaded the approach of robbers. The second, whose shouts seemed to his own fancy exquisite music, and who dispensed millions derived directly from a divine source, started with fear on the slightest movement of those around. The third, ordered carriages to convey his friends to adjoining palaces, and gave cheques for thousands; but eagerly solicited the loan of a sixpence. These facts show that although the real misfortunes and relations of life are obliterated, the engrossing delusion which becomes the chief principle of conduct is acted upon by instincts common to healthy and diseased minds. In cases where no indications of paralysis have been observed, the amount of self-confidence, the exclusion of all real sources of distress or depression, or humility, are equally characteristic. One patient of this class, who imagines that he enjoys an immunity from the effects of poison, and could swallow a pound of opium without injury, mingles philosophy with his enjoyment; he is well, happy, hopeful; if his coat be shabby, it is warm; if his eye be inflamed, it will get better. Another, whose whole gait and deportment express his intense conviction of his poetic powers, finds consolation in the history of genius under difficulties, in the fate of Wordsworth, and in the idea that his own mission is to create the taste which will appreciate his productions; another squares the circle, sings his own songs, set to music of his own composition, played on instruments of his own construction, and, conceiving that he can do all things perfectly, finds relief and consolation in the pursuit of the many things that he can do well. A fourth, fled from the sneers of friends into the intimate sense of his own stupendous powers of oratory and composition. Doubt in such cases is the commencement of convalescence. To treat them it is necessary to reverse the worn-out caution against reasoning with the insane. If argument can reach the judgment; if ridicule can lessen morbid vanity even by the infliction of pain; if the exposure of unfounded claims and false assertions can impress clear views, conscientious principles, it is legitimate and safe to employ such agents. In the mathematician, the mere act of confinement, of being associated with the insane, of finding the rough legal refutation of his lofty aspirations resorted to, appeared remedial. The fervid eloquence of the orator waned and was extinguished under re-

peated demonstrations that it was attributable to precocity, and to premature and unwise cultivation of certain faculties to the neglect of others; and the poet has become more humble and intelligent by being treated precisely in the same way as other patients, and by an obstinate prescription of porridge, in place of that ambrosial and aristocratic fare which he demanded.

Moral Influences.

The character of the moral management is activity without excitement, progress, the combination of self-government, with appeals to the intellect and sentiments. There is always something to expect, to prepare for; some anticipation, or some retrospect. Patients are participators in every arrangement. They are identified with the recreations, as well as the labours of the community. They are led to understand that each progressive step is not merely for them, but by them. They are their own gardeners, labourers, players, musicians, precentors, librarians, and, under certain restrictions, their own police. Each day has its appropriate relaxation, as well as its duties; but monotony, which engenders torpidity rather than tranquillity, even the monotony of continued recreation, is obviated by useful pursuits and physical exertion. To carry out such views to their legitimate extent, special enjoyments have been suggested to each individual; while public assemblies have been encouraged as a sphere of trial, as well as a source of pleasure. Self-command, and silence, and calmness, as well as excitement, may be propagated by imitation and example, and by the presence of numbers. The association of the Matrons with their charges has been promoted by evening meetings for reading, or music, or conversation; while the general public reunions have been multiplied. Sub-matrons have been thrice selected from the patients: they delighted in the badge of office, and proved worthy of their trust. The library is now intrusted to a patient, whose mind seems specially constituted for such an avocation. He has prepared and newly arranged the catalogue, which is to be printed at the Institution press. In these attempts to specialise amusement as an instrument of amelioration, it has repeatedly happened that at the same time one officer was presiding over a crochet party; another was engaged in instructing a music class; and a third superintending the rehearsal of a drama. The theatrical performances afford numerous illustrations of the same principle. Dramatic representation is in itself calculated to interest and elevate many classes of the insane. It may not teach, although, when pro-

Special Enjoyments.

Theatre.

perly conducted, it be capable of teaching high moral lessons; but it is an acted history or romance; it places human life in a pleasing or ludicrous point of view; the spectacle, the music, the mirth, address different phases and tones of mind; the healing of even fictitious sorrows may impress the melancholic; the exposure of eccentricities may lead the monomaniac to self-examination, and early associations and new impressions may be communicated to all. The theatre is at least one of the few points at which the insane can be brought for a brief season safely, and agreeably, and salutarily into contact with their fellow-men. To secure some of these advantages, a box in the Dumfries theatre was taken for the season; and upwards of two hundred visits paid without accident, and with great gratification. But these results are of less importance when compared with those attributable to the domestic amusements of the same kind. The great body of inmates must be spectators; but they are at the same time the acquaintances, critics, rivals of the actors; they have suggested improvements; they have assisted in making the dresses or decorations; they have been useful. To trace from the stage the quiet but animated interest of one hundred and twenty spectators, the irrepressible laughter of the desponding, the attention of the weak and wayward, the relaxed smile of the irascible and violent—affords ample proof that all these states of mind are inconsistent with disease and misery, and that for the time at least the dominion of extravagance is subverted. To the actors the benefits are different, but numerous. Their previous study is a species of mental culture. All who have participated have left, or will leave, the Institution in a state of health, except two; and even their misfortunes have been mitigated by their exertions. Preparation rivets the attention; it trains, but does not over-tax the memory; it suggests a humble but laudable ambition; while impersonation demands self-control, the subjugation of all personal attributes, a forgetfulness of self, and necessarily of the peculiarities and passions of self, and the assumption and representation of new qualities. So complete is the transformation, even in healthy minds, that a celebrated tragedian often experienced difficulty "in coming out" of her parts. But if no more recondite object be fulfilled, continuous occupation is secured. Eleven farces and vaudevilles have been produced, some of them more than once, during the year; six patients have performed in conjunction with officers and attendants; and there exists every prospect of augmented zeal and success. If

those individuals who have co-operated in these efforts derive satisfaction from the consciousness of success, and from the merited applause of those they strove to please, it is most justifiable; but they may claim a still higher position, in having ministered directly to many a sorrowful heart, in having dispelled gloom, and irritability, and suspicion; in having emulated the most difficult office of the Physician; in being not only associated with pleasing thoughts and happy memories, but instrumental in the resuscitation of reason and the revival of hope.

Dances on the green have alternated with drawing-room reunions; bowls have succeeded billiards; excursions have given place to dramatic representations; and the theatre is appropriated as a lecture-room whenever expositors can be obtained, or there occur opportunities for the exhibition of natural phenomena, or the wonders which the human hand or voice can perform. To the small proportion of inmates that are prevented by pride, peculiarity, or infirmity from attending such meetings, music, cards, solitaire boards, summer-ice, &c., are accessible; and gymnastics and other amusements have been brought within their reach in the front court, in order that no delusion or peculiarity may be punished by the deprivation of an innocent gratification, unless that deprivation be calculated to produce a salutary moral impression. It is unquestionably a discouraging indication when the insane are too happy, or so contented as to have no object beyond their present internal life, the suggestions of their own consciousness; but it is a proof of health when they can extract satisfaction from external impressions, when they can enjoy, and in the same manner, what the healthy can enjoy. Fêtes on the departure of patients, on birth-day anniversaries, the interchange of courtesies, and gifts, and peace-offerings, are to be classed rather with awards to healthy affection than amusements; and the presentation of a chair to the Physician, or a screen to the Matron, is more worthy of record as an oblation of natural gratitude than as a work of art. The nature of these expedients, as well as the manner in which they succeed each other, will be best illustrated by an extract from the Monthly Chronicle, published in the "New Moon." Dances, &c.

Jan. 3.—Singing Class, Southern Counties' Asylum.

Jan. 6.—Rehearsal in Theatre.

Jan. 7.—Soiree, Crichton Institution.

Jan. 8.—Rehearsal—Choral Singing.

Jan. 10.—Billiard Parties—Rehearsal.

Jan. 13.—Rehearsal.

Jan. 14.—Representation of "Done on Both Sides."

Jan. 15.—Holiday Tea to Female workers, Southern Counties' Asylum—Choral Practice.

Jan. 16.—Visits to Museum—Billiard Parties.

Jan. 20.—Soiree, Crichton Institution—Holiday Tea, workers Southern Counties' Asylum.

Jan. 21.—Visits to Museum.

Jan. 22.—Choral Singing.

Jan. 24.—Billiard Parties.

Jan. 27.—Party to Lecture on Geology.

Jan. 28.—Visits to Museum.

Jan. 30.—Singing Class, Southern Counties' Asylum.

Jan. 31.—Lecture by Rev. A. Shepherd.

Fund for Amusements.

So important has this department become, and so instrumental in the diffusion of hilarity and cheerfulness among those who have been habituated to frequent relaxation, who made enjoyment a pursuit, who have few internal resources, and whose future life must be spent in seclusion, that it is proposed to set apart a small sum of money annually, in order to increase these means, and to give them greater efficiency and attraction. Hitherto the recreations have been chiefly gratuitous, the voluntary contributions of officers and inmates, or purchased by the profits of the periodical. The Theatre has been constructed and conducted, and the Library and Museum have been greatly enlarged, from this source. In adherence to the principle that the patients should be, so far as possible, the architects of their own happiness, it is suggested that the allowance craved should consist of the interest of a small fund in the hands of the Treasurer, accumulated from the proceeds of work done by Boarders, and from the Bazaar. In one sense, the money is their own property, and it appears but just that it should be applied to their benefit. The value of remedial agents must not be gathered from their price; and however insignificant these matters may appear in a pecuniary point of view, they are of great moral moment.

Literary Pursuits.

The number of cultivated minds which still retain former predilections, though shorn of former power, may be learned from the solicitude displayed in adding to the collection of books, in multiplying literary pursuits, and in extending the range of intellectual impres-

sions. The occupation of the inmates of one gallery may be described as indicative of the high culture of many of those under treatment, the varied tastes and tendencies to be gratified, and the demands daily made for means to prosecute studies or to relieve monotony:—One gentleman is engrossed in the composition of a work, which is unfortunately an extension of Hume's sceptical opinions; another passes from etymological and ethnological researches, which embrace several languages, to the illustration of astronomy by diagrams, models, and drawings; a third divides his time between the guitar and the easel; a fourth reads romances, and teaches boxing and single stick; a fifth paints in chalk; a sixth in oil; one is an omnivorous and indefatigable reader, and complains that access to two extensive libraries is insufficient to satisfy his appetite; the inclination of one disposes to poetical composition, of another to the perusal of history, of a third to the study of Arabic; and one only is a trifler, who is compelled, by the rules agreed upon among his associates, to engage in reading when conversation is prohibited. In other parts of the house similar scenes occur; and individuals will be encountered translating Hebrew, Greek, Latin, French, Italian. Anacrean has been rendered into English verse anew, and the author seeks a Mecænas. An attempt is made to repair the defects of an unfinished education, and of an unbridled temper, by subjection to teachers. A governess recalls her early acquisitions in the tuition of the young, and the reclamation of the weak-minded. The fruits of such activity are masses of manuscript, besides those which appear in the "New Moon," portfolios of drawings, paintings, and music, and the circulation of hundreds of volumes. Ten individuals compose verses of considerable beauty and elegance; and the prose writers are much more numerous. One gentleman has converted the walls of his parlour into a picture gallery. He is the artist; and whatever may be the merit of his productions, they are intended to represent to his memory a tour in Switzerland, of which he retains vivid recollections; and perhaps they suffice to do this. The room of another is crowded with maps of countries which he has visited in imagination; plans of campaigns and combats, of which he is the champion and hero. Autobiographies of years of seclusion have been written; volumes on the model of the century of inventions; and one patient engaged eagerly in framing a commentary upon a translation of Grotius, the work of another; a self-taught miniature painter has sprung

up, and proposes to cultivate, when at liberty, a talent that may fairly be claimed as the result of captivity; a member of a learned profession proves in a very plausible, if not very demonstrative manner, that the American reaping-machine, the Exhibition itself, are audacious plagiarisms from forgotten discoverers. A lady condemns Keble, and has composed a volume of hymns, in order to establish her right of criticism; another regards Campbell with a hero-worship, and addresses her idol in strains intended to imitate his own. Such emulation and admiration may not be worthy of unqualified approval, but they are the faults of vigorous minds; they may consist of a morbid feeling ingrafted upon an original disposition, but the act of composition, from whatever motive it may proceed, is beneficial and invigorating. It could only be by the sudden withdrawal of this liberty of thought, and of these intellectual luxuries, that their full efficacy could be tested in establishing tranquillity, and in suggesting a deportment which closely resembles, if it do not entirely realise, that of sanity and serenity.

Libraries.

Five hundred and sixty-nine volumes, and four hundred and fifty pamphlets, have been added to the libraries by the liberality of the numerous friends who cherish an interest in these labours. The vestibules in which these collections are placed, are favourite resorts of readers. Many derive gratification from index-hunting; others from the personal selection sometimes allowed; others from indulgence in the appetite known to students of dipping into books which they do not read. When a collection is formed from donations, it is impossible to accumulate with reference to the specific object of treatment; but a large proportion of the works presented consist of biography, history, voyages, and travels, and offer an ample field even to those who are compelled to make reading a business. It has not been ascertained that a single volume has been injured maliciously or wilfully, although occasionally there appear upon their pages indelible records of the opinions of those by whom they have been perused. Vicious trains of thought, specific delusions, have been communicated by indiscriminate reading, and therefore a strict superintendence is exercised over the selection made; but were such scrutiny urged into details, it is quite obvious that the expurgation would commence with newspaper literature, and prohibit numberless valuable works. In fact, the Book of Revelation would be shut, and the Book of Nature must be hid, for words of hope and works

of beauty have equally given rise to wild fancies and perverted sentiments in the distempered mind. In general, the speculations of others, however crude or inchoate, are better than those of the lunatic; and if innocent of positive contamination, they enter the mind unaccompanied by suspicion or distrust, and render disease less terrible, if not more curable.

Lectures.

I. To Officers.

A prolonged course of lectures on the history and treatment of the different forms of mental disease, has been delivered by the Medical Superintendent. There may and do exist grave objections to the conversion of Asylums, especially if they contain Boarders, into a clinical school. A broad distinction obtains, or should be established, between the study of the changes going on in the body for the purposes of science and humanity, and the exposure of the infirmities of the mind. It is true that although in both cases physical phenomena should be the objects of investigation, no step can be taken in the study of psychology in the wards of an Asylum without laying bare follies, failings, crimes, which it is the interest of many to conceal; without inflicting pain experimentally; without pronouncing upon moral culpability as well as upon mental sanity; and without comprehending a vast circle of facts and circumstances which may include the histories, and affairs, and sympathies of individuals, and whole families, which should be protected from the disturbance and dissection of even scientific research. These difficulties have, in some measure, been overcome by judicious restrictions and regulations as to the admission of students, the mode in which the inquiry is prosecuted; but still the prejudices, the sensitiveness, even the affectionate solicitude and the selfish feelings of those interested, as well as, in many cases, the reluctance of patients themselves, will offer obstacles which must be respected, and which can only be counteracted by the diffusion of correct views of the nature of insanity and of its treatment, or by a more just estimate of our social relations, or by the more practical remedy of erecting hospitals for the special purpose of affording opportunities for the observation of this class of diseases, and for teaching the application of the principles of philosophy and medicine in the modes of treatment now employed. This series of instructions was not open to such objections. Is was delivered exclusively to the medical members of the Establishment, and was intended rather to multiply the means of amelioration accessible, than to extend the education of the auditors. There is contemplated another course of instruction. It has

II. To Attendants.

ever been felt as an anomaly that the guardians of the insane, those to whom they are almost entirely confided, upon whom devolves the execution of the greatest part of moral treatment, should belong, in edu-education and manners, to the class of ordinary domestics. It has been acknowledged as an injustice that the coarse and uncultivated should be selected for the delicate and difficult task of guardianship of their superiors, even upon the most refined and elevated members of society, and then punished for faults which obviously spring from ignorance and vulgarity. Few attempts have as yet been made to rectify these errors by direct training; but it has been conceived that clear and succinct explanations of the nature of derangement, the modes of management recommended by humanity and sanctioned by experience, and the duties incumbent upon them, might prove useful to this body, and more acceptable than the guidance afforded by minute regulations and a severe penal code. They often possess much practical sense and kindness; their errors are more frequently the result of incorrect views, than of vicious principles; in seasons of sickness and difficulty their exertions are unwearied, and many valuable qualities of prudence, discrimination, vigilance, and self-denial have been so often developed in individuals, that there is reason to hope that judicious care and education might raise all to a position more in accordance with the responsibility imposed, and more calculated to effect the objects of their exertions.

III. To Patients.

Not only have lectures been, and may be made an instrument in enlarging the experience and increasing the usefulness of those intrusted with the practical management of the inmates; but they have been made to act directly upon the wayward tempers, the disordered fancies of the patients; they have formed an important department in moral treatment and intellectual training. Besides brief courses delivered by the Rev. A. Shepherd, Dr Barker, Mr Cuthbertson, upon Education, Botany, and Chemistry, a full course, amounting to forty-eight, was given by Dr Gilchrist on the general and microscopical anatomy and physiology of plants. It is believed that this is the first time that oral instruction in science has been systematically employed as a remedial agent in this country. It has been most successfully tried in one Asylum, in the United States. In a former report, where an humble attempt of the same kind is recorded, the utility of such an instrument in arresting the attention, in supplanting vague delusions by definite impressions, was insisted upon, and sincere regrets were expressed that the available resources were so few and so feeble.

The unpretending, but most efficient, labours of Dr Gilchrist appear to have realised these views. They were confined to the educated and convalescent, and to those who manifested an interest in the beauties of external nature. They were at once dogmatic and conversational; they were illustrated by diagrams, by specimens from the garden and museum; they embraced the history as well as the structure, the uses as well as the forms of the vegetable world; and addressed the sentiments as well as the observing powers and memory. It would be presumptuous to conjecture what, or how much benefit was accomplished during these exercises; but it is legitimate to affirm that they were calculated to give the mind an objective direction, to divert it from self-analysis, self-reproach, and self exaltation, to subjects suggestive of early and pleasing associations, unexciting reflexions, and, it may be, of that order, and system, and symmetry, of which it has been partially deprived. Two lectures on astronomy were contributed by a patient. They were characterised by enthusiasm, ingenuity, and acumen; which, like grains of gold mingled with sand, are so often discovered associated with the wreck of noble faculties and worthless acquisitions.

Botanic Garden.

The airing-yards have long since been formed into flower grounds. Two of these have latterly been appropriated as a Botanic Garden. The ornamental shrubs have not been displaced, but the plots contain, or are destined to receive, as many specimens as can be collected of native plants, according to the natural arrangement. Each compartment will be allotted, so far as possible, to a particular group or family. It is a law of our constitution that order and harmony are agreeable, independently of the nature or qualities of the objects placed in relation to each other. Sleep is often courted by the repetition of measured sounds; an emperor sought tranquillity and escape from his own thoughts by observing the regular succession of long rows of pillars in his desolate home; and system, worked out in visible objects, assists the methodising of mental operations. Coupled with such advantages, these spots will offer the attractions of the gradual increase of plants of new aspect and attributes; of familiarity with uncultivated flowers; of comparison of different forms; they will bring the beauties of the mountains and woods into the very dwelling of the recluse; and they will facilitate all future efforts to teach the science which they are intended to illustrate.

Manual Occupations.

While employment in the grounds, and exposure to pure air, light,

and the agreeable impressions of gentle labour among beautiful or useful objects, is regarded as more conducive to mental serenity than any other pursuit, there are individuals who so greatly prefer their original art or trade, who are so much better qualified to exercise it than to engage in other avocations, and who exhibit nearer approximations to health when so occupied than when constrained to unfamiliar tasks, that a work-room has been provided, where four shoemakers, three joiners, and two tailors are busily employed, and are found to be useful assistants in the Establishment, as may be gathered from the Tables subjoined :—

JOINER AND SHOEMAKERS' WORK,

From 1st March to 11th November, 1851.

13	Bed Bottoms covered with canvas.
17	Ditto repaired.
6	Paving Chisels shafted.
3	Mortise ditto.
4	Gouges ditto.
1	Axe ditto.
12	Brushes ditto.
1	Hand Mell made.
2	Shelves with Brackets made, and fitted up in Medical Officer's Room.
12	Table Feet squared up.
25	Boxes of different kinds.
14	Brush Shafts made.
3	Rake Shafts made.
1	Tool Chest made.
	A Small Board fitted on Patient's Carriage.
6	Wheelbarrows repaired.
2	Book-stands made.
1	Large Book-case made ready for fitting up.
54	Poles cleaned and sharpened.
8	Shafts made for Hoes and Rakes.
8	Boxes made for Cross Gallery Windows, and painted.
6	Bed-room Screens made, and painted.
1	Knife-box made, and painted.
1	Double Screen made for Laundry.
4	Pairs Men's Boots made.
61	Pairs of Men's Working Shoes do.
42	Pairs House Slippers do.
136	Pairs Shoes Repaired.
42	Pairs Men's Slippers Bound.
16	Pairs Women's Shoes Made.
26	Pairs Shoes Repaired.
16	Pairs Shoes Bound.
4	Pairs Boots Bound.

Another room has been set apart to a turning lathe and carpenter's bench; and here it is proposed to institute a training industrial school for boarders, who may find in regulated muscular action, directed to purposes of utility and ingenuity, a defence against monotony and idleness, and an alternation with promenades and billiards.

When practicable, gardening, trenching, and excavating, are preferred to such occupations. It is judicious that such exertions should be directed to some purpose of use or ornament, and that the labourers should be able to appreciate this. A number are at present busied in constructing and trimming a second Bowling Green, intended for the inmates of the Southern Counties' Asylum. This is sufficient exemplification of the popularity of the game of bowls among the patients, and of the approbation extended by the medical superintendent towards the moderate exercise, gentle emulation, and rural impressions which it affords. But if economical resources fail, enterprises must be created. Smooth must be converted into undulated surfaces; mounds must be heaped up; pits must be dug. The vast mass of rubbish accumulated at the southern extremity of the ground is the work of the inmates, and is now transformed into a regular shape, and will speedily be covered with sward, and planted. At present a group of patients is engaged in extending the kitchen garden; to other sections the superintendence of the walks and shrubberies is committed. The limited farming operations devolve upon another; and it is worthy of consideration whether the fields immediately behind the Southern Counties' Asylum might not profitably be made to assume the aspect of a park, and be pastured by sheep, under the management of our more trust-worthy inmates.

The following synopsis gives but an imperfect view of the occupations of the female inmates who, according to their rank and taste, engage in work for themselves, distribute the products of their industry among friends, or lend assistance in the kitchen, the laundry, the galleries, where, although their services are most valuable, the results do not admit of reduction to a tabular form:—

LIST OF ARTICLES MADE

FROM NOVEMBER 1850 TO NOVEMBER 1851.

CRICHTON INSTITUTION.

79	Day Shirts.	262	Handkerchiefs Hemmed.
15	Night do.	32	Pairs of Stockings Knitted.
118	Chemises.	19	Mats do.
10	Flannel do.	16	Yards of Edging do.
36	Night-Gowns.	1	Tidy do.
73	Night-Caps.	1	Ball do.
238	Day do.	2	Polkas do.
25	Aprons.	8	Pairs of Cuffs do.
67	Habit Shirts.	4	Caps do.
44	Petticoats.	4	Pairs of Garters do.
11	Pairs of Drawers.	4	Rugs Fringed.
28	Dresses.	18	Pairs of Blankets Overcast and Marked.
2	Velvet Polkas.		

12 Sofa Covers.	1 Crochet Mat.
3 Collars.	1 Do. Purse.
9 Pairs Muslin Cuffs.	3 Pairs Cuffs do.
8 Pincushion Covers.	21 Doyleys do.
18 Slip Bodies.	6 Yards Edging do.
5 Table Covers.	1 Bag Worked
17 Pillow Cases.	2 Pairs of Slippers Worked.
12 Bolster Cases.	3 Pieces of Wool-Work.
10 Quilted Bed Covers.	30 Yards of Muslin Insertion.
3 Children's Frocks.	3 Pairs of Match Boxes Embroidered.
30 Bonnets Trimmed.	3 Book Marks.
298 Towels Hemmed.	2 Penwipers.
17 Bed Furnitures do.	3 Sea Grass Mattresses.
12 Window Curtains do.	11 Straw do.
9 Bed Covers do.	1 Hair do.
8 Table Cloths do.	

SOUTHERN COUNTIES' ASYLUM.

52 Suits of Men's Clothes.	28 Habitshirts.
1 Great Coat.	58 Pairs Stockings Knitted.
61 Pairs Drawers.	5 Towels Hemmed.
51 Flannel Jackets.	10 Bed Covers Quilted.
2 Quilted Do.	10 Sheets Quilted.
51 Shirts.	12 Bolster Cases.
76 Pairs Socks Knitted.	15 Cotton Mattresses
64 Stocks.	18 Straw do.
21 Pairs Braces.	6 Chair Cushions.
36 Men's Night-Caps.	4 Ottomans.
5 Men's Night-Caps, Knitted.	1 Geological Bag.
42 Pocket Handkerchiefs Hemmed.	1 Violin Do.
25 Dresses.	2 Pairs Gloves Knitted.
3 Padded do.	2 Pairs Garters do.
32 Petticoats	2 Canvas Dresses Altered.
2 Padded do.	3 Do. Repaired
28 Night-Gowns.	1 Pair Cuffs.
2 Flannel Night Dresses.	3 Neck Ties.
44 Night-Caps.	3 Purses.
58 Day-Caps.	2 Book Marks.
49 Shifts.	12 Mats Knitted.
31 Flannel do.	2 Window Curtains Knitted.
5 Quilted do.	2 Crochet Bread Cloths.
53 Aprons.	1 Do. Cheese do.
5 Bonnets.	2 Pincushion Covers Knitted.
	2 Do. Crochet Covers.

Nor do these Tables indicate all that is actually accomplished. Half-worn clothes are repaired and refitted, and transmitted to the Clothing Societies, and to various clergymen for distribution among the poor; so that charity is made to spring out of misfortune, and is, in a new sense, twice blessed, as influencing the mental condition of those who give, as well as the comfort of those who receive. In the same generous and industrious spirit, it has been proposed to clothe the Ragged School.

Worship. The advantages attached to such impressions do not exclude those influences which raise man above present evil, and place him in relation with the Source of all Good. Worship is regularly performed

according to the forms of the Established Churches. Members of other communions visit their churches in Dumfries, accompanied by officers, or are visited by their own clergymen. The timidity which formerly excluded the insane from such ordinances, or concealed their presence by a veil, has passed away; the error that they were incapable of comprehending or joining in worship has been demonstrated; and in these assemblies children and maniacs are seen to bend the spirit and the knee side by side; in them it is impossible to distinguish the insane from the sane, the guardian from his charge; and all ideas are banished from the mind of a spectator except those of universal brotherhood, and that peace which passeth understanding. It may be that there is a sense of supplication where there is no power of precise and articulate prayer; and it may be that independently of, and even in opposition to, external manifestations, there is an "inner life hidden with God;" but it is certain that reverence and attention prevail; that the tranquillity is greater than under other circumstances; that the acknowledged effects are contentment and calm. The Bishop of Glasgow has twice preached in the Asylum; and to the patients generally, as well as to the members of his own flock, the event was pregnant with many interesting and impressive associations.

Death of Officer.

A most faithful member of the corps of officers has been removed by death. Such an event is, under any circumstances, and at all times, a misfortune to such an Establishment. But in this instance there was not only the loss of excellent abilities, matured by experience and long domestication with the insane; indefatigable zeal and incorruptible integrity; that traditionary knowledge of the histories and habits, and peculiarities of individuals which is almost equal to scientific skill; but there was likewise lost that interest in, and attachment to, those confided to her charge, which gives to the office of Matron the affections and influence, as well as the dignity of a parent. If the generous wishes, the kindly offices, and the prayers of those to whom she had so humanely ministered could avail, her death-bed must have been soothed, and cheered, and supported, as far as human sympathies could do so. A successor has been appointed of experience and great energy of character.

State of Staff.

It is not invidious to affirm that never at any former time has the staff been more zealous or efficient. They have identified themselves with

the interests and prosperity of the Institution; they have formed attachments to the individuals committed to their charge; they have centred and confined their happiness within the sphere of their duties; and, which is of greater moment, they have seen and felt the sacredness of wielding the destinies of the human mind, and, however humble their means, and however imperfect their success may be, of endeavouring to lead it back to purity and perspicacity. There is a sincere desire for mutual assistance, confidence, and co-operation. The result has been a combined, uniform, harmonious devotion of the efforts of each to a common end. There has been unanimity of feeling as well as unity of purpose; and to this may, in part, be attributed the activity and energy which have distinguished the past year; for distrust paralyzes individuals as much as it disturbs combined action, and it is in vain to attempt the regulation of a community composed of unhappy and unhealthy minds, by the instrumentality of those who are themselves soured, suspicious, and unamiable, and who are, to this extent, unhealthy. The same results may emanate from a variety of moral causes. An Asylum may be regulated by awe, by love, by rigid discipline, by judicious management. There is a calm and dignified will, which bends all purposes to its own rule and standard; there is a generous persuasive friendliness, which captivates; there is a warm, devoted, arduous performance of the minutest acts of charity and kindness; and there is a bold, cheerful dominion, which governs in despite of opposition and obstacles. It is believed that all these influences have been at work, and that by their operation in their respective provinces the present satisfactory state of the Institution has been produced. And if it be recollected that there is no suspension of these offices and ministrations; that there is no holiday from the vagaries, and caprices, and sufferings of the insane, nor from the supervision and anxiety which these exact; that every new case creates new cares; that to provide amusements and relaxation, the toil of all around is multiplied; that the seclusion of the guardians is nearly as complete as that of their charges; it must be matter of satisfaction that individuals have been found capable of such self-denial, and of discharging such complicated and arduous duties, who interpret aright the God-like act of giving a hand to the lunatic and raising him up, and whose chief reward consists in seeing him seated, clothed, and in his right mind. This topic has been introduced less as a just tribute to

worth, than as an exposition of the principles upon which the Establishment should be conducted, and upon which it is attempted to give full scope and efficacy to the intentions of its founder.

W. A. F. BROWNE.

TABLES.

I.—AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	1	3	4
... 20 and 30, ...	9	4	13
... 30 and 40, ...	13	7	20
... 40 and 50, ...	8	7	15
... 50 and 60, ...	2	7	9
... 60 and 70, ...	5	2	7
... 70 and 80, ...			
... 80 and 90, ...		1	1

II.—SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	38	12	4	7
Females, ...	31	19	3	6

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	12	7	19
Unmarried, ...	25	20	45
Widowed, ...	1	4	5

IV.—EMPLOYMENTS OF PATIENTS.

Professions.	Males.	Females.	Total.
Blacksmith, Wife of, ...		1	1
Clergyman, ...	1		1
Clogger, ...	1		1
Farmer, ...	1		1
... Wife of, ...		1	1
Forester, ...	1		1
Gentlemen, ...	4		4
Gentlewomen, ...		11	11
Hawker, ...	1		1
Labourers, ...	7		7
... Wives of, ...		2	2
... Widow of, ...		1	1
Lawyer, ...	1		1
Merchants, ...	2		2
... Widows of, ...		2	2
Milliners, ...		2	2
Officers in Army, ...	2		2
... Navy, ...	1		1
Proprietor, Wife of, ...		1	1
Painter, ...	1		1
Pedlar, ...	1		1
Physicians, ...	2		2
Printer, ...	1		1
Saddler, ...	1		1
Sailor, ...	1		1
Servants, Domestic, ...		7	7
Shoemakers, ...	3		3
Surgeon, ...	1		1
Tea-dealer, ...	1		1
Weavers, ...	2	2	4
... Wife of, ...		1	1
Unknown, ...	1		1

V.—FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...	1	2	3
Imbecility, ...	1	1	2
Fatuity, ...	5	1	6
Mania with Delusion, ...	2	4	6
Mania, ...	4	7	11
Affections of Sentiments.			
Melancholia, ...	9	11	20
Monomania of Fear, ...	2	1	3
... Pride, ...	7		7
... Superstition,	3		3
... Suspicion,	1	2	3
... Vanity, ...		1	1
Affections of Propensities.			
Dipsomania, ...	2		2
Homicidal Mania, ...	1	1	2

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Anæmia, ...		1	1
Blow on Head, ...	3	1	4
Carcinoma Uteri, ...		1	1
Congenital Non-development,	2	1	3
Convulsion, ...		1	1
Disappointment in Love,	1	2	3
Disease, Mucus Memb. Intest.		1	1
.. Stomach, ...		1	1
... Uterus, ...		3	3
Disease of Prostate Gland,	1		1
Dyspepsia, ...		1	1
Epilepsy, ...	2		2
Fever, ...	1		1
Grief, ...		1	1
Hypochondriasis, ...	1		1
Intemperance, ...	5		5
Labour, Excess in, ...	2		2
Masturbation, ...	2		2
Pecuniary Losses, ...	1	1	2
Puerperal State, ...		3	3
Podagra, ...	1		1
Scarlatina, ...	1		1
Scrofula, ...		2	2
Study, Excess in, ...	2		2
Vanity, ...	1		1
Unknown, ...	12	11	23

VII.—INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity.	11	9	18
Hereditary tendency to Nervous Disease, ...	6	4	10
Hereditary tendency to Scrofula	2	1	3
Hereditary tendency to Gout,	1		1
No Hereditary tendency traced in	18	17	35

VIII.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	21	18	39
More than 1	5	4	9
... 2	3	3	6
... 3	1	1	2
... 4	5	4	9
... 10	1	1	2
... 20	1		1
... 30	1		1

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	23	8	5	2
Females, ...	16	10	1	4

X.—SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	2	6	8
Have meditated Suicide,	8	6	14
Intentions not manifested or unknown, ...	28	19	47

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	10	3	13
Well educated, ...	6	8	14
Can read and write, ...	20	17	37
Cannot read or write, ...	2	3	5

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Anasarca, ...		1	1
Bronchitis, Chronic, ...		1	1
Cancer, ...		1	1
Caries, ...	1		1
Epilepsy, ...	2		2
Erysipelatous Gangrene,	1		1
Paralysis, General, ...	3		3
Phthisis, ...	1	1	2
Diarrhœa, ...		1	1

DUMFRIES : PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

THIRTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

11TH NOVEMBER, 1852.

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Lieut. Col. Grierson, Dumfries,
Admiral Johnston, Cowhill.

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For. 1852-3. ref

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And. Henderson, Superintendent.

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Patients in Institution, 11th Nov., 51,.....206
——— admitted since,.....135
——341

Discharged as Recovered,.. 50
——— Improved, or During Treatment, } 13

Died,..... 25
——88
——253

In a provincial and rural Asylum there are wanting many of those forms and characteristics of mental disease which at once, engage, test, and reward the efficacy of medicine. So far as the inhabitants are derived from remote districts or other countries, they consist of chronic and confirmed cases, for which a home is sought rather than an hospital. So far as they belong to the surrounding country, the cases may be recent and clamant; but the urgency involves rather the exhausted resources or sympathy of friends, or the development of bodily disease, than the preliminary symptoms of aberration. But there are absent, in great measure, the affections resulting from intemperance, the puerperal condition, the consequences of fever, and from the other footprints of the degeneracy of great cities: which afford so favourable a field for the ministration of art, and so frequently swell its successes. If the triumphs of treatment be denied or sparingly attainable; the triumphs of humanity, of receiving and relieving the most desperate cases; of engrafting upon the incurable habits and hopes and pursuits, which render a lifetime of captivity fraught with peace and contentment; of surrounding all with the gratifications compatible with their infirmities, and the means calculated to develope, apply, and utilize the powers, which survive the general wreck of mind; are still within reach of the most humble labourer. When it is cursorily announced that one hundred and thirty-five new cases have come under our care, the prospect is encouraging; but when it is ascertained, that of these, one-fourth had resided for years in other Asylums, and that two-thirds were incurable, the picture assumes another aspect. Yet in dealing with such intractable materials, it is conceived that the results have been satisfac- factory: that there exist no grounds for confessing want of experience or energy, or solicitude, although there is occasion to lament the limitation of the means of amelioration; and that there is direct proof that the confidence of that large portion of society so deeply interested in the judicious management of the insane has rather increased than diminished.

General Results.

sions. Of two hundred and twenty-six applications for the admission of patients from all parts of the empire, it has been possible to receive one hundred and thirty-five only. Of this number thirty-seven belonged to the affluent; ninety-eight to the indigent clsases. It is obvious from these facts that the privileges and advantages secured to the inmates of the Southern Counties Asylum are now sufficiently appreciated; but it must be added that they are more coveted by distant porochial authorities than by those whose claims are still regarded as paramount. No case has been rejected. The restrictions enacted to exclude unsuitable patients have often been relaxed, for the dying, the incurably diseased and the criminal have been included in the list of entrants, and the ineligibility of the individual has been felt and acknowledged as a direct appeal to benevolence. Of three hundred and forty-one patients under treatment, fifty have been discharged as recovered, either by the recommendation of the medical officer, or in consequence of the views of their guardians; thirteen have been removed during treatment; and twenty-five have died.

Physical Condition of Patients. It was at one time a received opinion that alienation might co-exist, and did generally co-exist with perfect physical health; and the robust frames and instances of longevity to be met with in asylums were appealed to in confirmation of this view. It is true that the insane do arrive at mature age; it is true that subsequent to the first or acute stage assimilation is re-established, a certain amount of bodily vigour is restored, and the aspect of many of the confined insane indicates health and hilarity. But the theory is passing away, and would be directly refuted by a careful scrutiny of the condition of patients when placed under supervision, of the proportion of sick, the amount of mortality and the nature and type of the diseases by which they are affected. The insane require a larger quantity of food and stimulants than the sane; they are incapable of performing the same amount of labour when their mental condition permits of occupation, and they are now believed to be as subject to epidemics as other classes of the community in a similar position, which has been almost demonstrated by the frightful ravages of cholera in certain establishments. In a survey of the cases admitted during the past year, it is found that forty-four individuals laboured under maladies of the reproductive

organs; thirty under those of the organs of assimilation; eleven under those of the organs of circulation and respiration; and thirty-two under those of the nervous system. In seventeen it was difficult to detect specific disease; but of these several had been congenitally affected with mental deficiency, others were the offspring of insane patients, and others were of feeble organisation, anæmic and lymphatic, and might suffer from blood diseases which escaped observation. The affections thus grouped together were not insignificant ailments; diseases in the sense that the seeds of death are sown in the midst of life; but important departures from health, calculated to endanger life, to maintain great constitutional irritation, and to which in many cases might be referred the cerebral disturbance.

The mortality has been unprecedentedly great. This has proceeded partly from Epedemic Dysentery; but a review of the causes and circumstances of each death may indicate how much is superadded to the mere cure of mental disease in the management of an asylum; how multiplied and varied the calls upon medical science; how associated and modified and complicated the special phenomena of derangement are with grave diseases of the body. It is instructive that not one of the fatal issues could be traced to insanity. The derangement may have been a symptom or a consequence of the disorganising process; it may have hastened the result; counteracted the restorative means, spontaneous or suggested; but it did not directly produce death. To common observation there seemed to be an exception to this proposition. A female formerly addicted to intemperance, and subject to acute suicidal melancholy, passed several days in extreme agitation, bewailing her lost condition in moans and shrieks, suddenly sank and died, after a slight indication of rigidity of the muscles of the trunk, and apparently from the exhaustion of panic and penitence, but in all probability from inflammation and consequent softening of the cerebral matter. Of the seven fatal cases of dysentery, almost all occurred suddenly, were ushered in by syncope or debility, and attended with extreme prostration of strength, resisted every modification of treatment, and generally terminated in five or six days The symptoms strongly resembled the description of the disease when. devastating prisons, penitentiaries, or famine-stricken multitudes. The aspect was from the first cadaverous; the surface cold; the lips

Mortality.

and throat covered with ulcers; the circulation feeble: ordinary remedial agents were inoperative, and the intestinal issues were apparently at once destroyed by gangrene. The position and condition of the class of patients attacked closely resembled those of the classes affected in the general community. Their nervous system is subjected to depressing influences: their habits frequently simulate the squalor and degradation of poverty or crime, and they refuse to swallow the food necessary for support, or take it in such a manner as to render assimilation difficult. Not only does their mental state expose them to morbid influences; it leads them to suspect or reject, or baffle the measures by which bodily evils are in others mitigated or counteracted. Of the seven females who died, four of them were abstainers from food—one of them for a protracted period; three were of degraded tendencies, subjecting their skin and lungs to those foul exhalations in which the poisons of epidemics may yet be found to consist. Three had been dissolute, and all, except one, were at the time labouring under melancholia, which is supposed to be more intimately connected with unhealthy states of the abdominal viscera than other forms of mental disease. From forty to fifty inmates have been attacked with this disease in the course of the year: with few exceptions these have been females, have generally inhabited the same part of the building; have partaken of the same diet, and pursued the same avocations. A large proportion of the individuals affected belonged to the Southern Counties Asylum. Cases of Diarrhœa have likewise been frequent, and for a season all attacks of indisposition exhibited a tendency to present this symptom. A most searching inquiry was made by the officers, aided by the valuable suggestions of the consulting Physician, into the state of the drainage, diet, clothing, ventilation; but it must be confessed that the information obtained of the circumstances which originated, and still perpetuate this intractable malady, have been extremely imperfect. Of the remaining losses, three occurred from or during convulsive attacks; two from what may be designated instantaneous apoplexy; one from softening of the Brain; and one from the consequences of Paralysis. In such an enumeration the classification must, to a great extent, be arbitrary. The last or the most grave of a series of morbid changes may be ass'gned as the cause of death; or the initiatory

affection, as being the original departure from health, may be selected. In many instances death ensues long subsequent to the appearance and discovery of its cause, and under circumstances, arising from the existence of insanity, widely differing from what the designation imports. Thus in two cases of Phthisis which terminated fatally; which had existed for years, and was probably connected with the manifestation of the morbid mental phenomena; one of the patients succumbed from anasarca, and the other died in an instant from hœmorrhage, from the rupture of a vessel in the lungs. Of two dying from Bronchitis, one was exhausted by hœmorrhage; the other had been sedentary for years from spinal disease. In an aged man, who sank from pulmonary congestion, the issue was precipitated by disease of the heart, and the feelings of fear which that condition produced or aggravated. In many cases it would be justifiable to say that a patient was destroyed by a disease, because he was at the time affected with insanity. In another group the event may fairly be attributed to the occurrence of a number of diseases in the system simultaneously, or in such rapid succession as to prostrate by their united influence. One death appeared to follow hemiplegia, exhaustion, erysipelas, phlebitis, gangrene; one patient fell a victim to the suppression of the hœmorrhoidal discharge, and subsequent congestion of all the abdominal viscera; a third to anasarca, diarrhœa, syncope; two to affections of the cellular tissue, associated with general paralysis and convulsions. The mere disease or combination of morbid actions under which the body suffers at the time are generally less formidable than the antecedent or existing condition of the structure, than the preparation which the system has received from diet, climate, education, conduct, or previous disease.

Suicide.

To the causes of death common to all mankind are to be added those devised by the morbid ingenuity of the victim. It has been observed that exalted solicitude for the preservation of health, very frequently degenerates into a desire for death. The valetudinarian becomes his own destroyer. Either the concentrated introspection of the supposed process of decay; or the suffering created and augmented by the direction of the attention towards certain organs or sensations, or the fearful anticipation of prolonged agony, precipitate the catastrophe. It may be that both phenomena, the delusions and dreams of the hypo-

chondriac, the self analysis of internal sensations, and the disgust and intolerance of existence which succeed, are merely a series of symptoms originating in the unhealthy action of the instinct of the preservation of life. A patient, who for years stimulated his propensities and passions, until general sensibility was rendered exquisitely intense, and every impression became an object of attention, a source of pain; now dwells upon the errors which these exalted or modified sensations suggest; or seeks refuge from their pressure in annihilation. He leaped into the sea: has attempted to cast himself down a stair, and he now immerses his head in the water pail or water closet with the same object, and even in the presence of his guardians. Another wrung and maddened by her own illness and that of her child, administered laudanum to both. But there are other cases where uneasy sensations of a different origin and character dictate or involve acts of self destruction. Suicide is said to occur among the lower animals; and it may be expected to appear in man as an unreasoning instinct. It has been perpetrated in childhood, and at such early ages as to shut out ordinary motives and causes from consideration. A patient of imperfect growth, and in age and form and features a child, was recently admitted, who had twice attempted to cut her throat. As she immediately lost all recollection of the act or attempt, it is probable that the instigation was purely impulsive: but this impulse originated in painful impressions on the affections. A youth exhibiting choreaic symptoms, chiefly in rapid jerking movements, extravagant and unnatural positions, squinting and grinding of the teeth, seized an eye-glass, crunched, and swallowed forty-four grains of the broken fragments. This impulsive act was not fatal—not even injurious. A Surgeon long indicated either a peculiar condition of the cranium, or of its contents, or the dominion of delusions connected with such a condition, by affirming that his ideas escaped from his head in a tangible or palpable form. For a time he merely repressed the fugitive thoughts by brushing or beating his ears and hair. Latterly he has struck and buffeted and butted his head with his whole strength, against the hardest and sharpest object accessible. His life has been repeatedly endangered by concussion, wounds and contusions. These accidents occurred, although he wore a padded cap, although he was watched night and day, and for a long period held by attendants. He

now sleeps, and during the paroxysm rests on a bed, the bottom and lid of which are formed of netting, for the free admission of air, the sides being padded in such a manner as to baffle every attempt to injure.

The epidemic monomania of abstinence continues. Thirty-two individuals have been admitted who have refused food. These may be subdivided into two classes. Nineteen have refused all nourishment, and for so long a time as to render some means of compulsory support indispensable; while thirteen have merely manifested a disinclination to eat, have occasionally declined to do so, or have taken nourishment in such insufficient quantities as to impair health; or having swallowed their meals have ejected them by voluntary vomiting. Notwithstanding the number of such cases, the difficulties encountered in their management, and the fact that the refusal to eat often depends upon loss of appetite and diseases of the organs of digestion: no death has occurred, since the commencement of the Institution, from manition. This may, in part, be explained by a consideration of the early stage at which alimentation is resorted to. Persuasion and remonstrance may be depended upon too much and too long: false sympathy may usurp the place of genuine humanity, and the vital energies may have fled; the power to digest and assimilate may be extinguished before food is introduced into the stomach. If a patient abstains entirely from food for forty-eight hours, where no bodily condition demands or explains such a course, and upon pretexts which are clearly false or frivolous; after calm expostulation, the offer of different kinds of food, by different persons, mechanical means are adopted. What is compulsory alimentation? Formerly much time was lost in the use of animal baths, nutritious ennemata; strength expanded, and danger incurred in endeavouring to introduce food into the mouth, while the patient was held or laid on bed. Teeth have been removed in order to facilitate this process. Injuries were unavoidably inflicted; life, it is said, sacrificed, in the desperate struggles which originated in the blind anxiety to avoid force. The obdurate and diseased will is not subdued by the opening of the mouth. The food could still be expelled. Men have been allowed to sink and die, from reluctance to interfere with a caprice. It is true humanity to act independently of that will; to prevent all struggles by the complete subjugation of muscular

Abstinence.

Compulsory Alimentation.

power; to regulate the quantity of food administered, and to execute the process promptly, gently, and effectively. The choice is between death and a disagreeable measure. The abstainer is placed in an immoveable chair, with a back which can be declined to any angle with the body of the machine, which is stuffed throughout, a hollow being left for the reception of the head. The chest, abdomen, legs, and arms are retained in the same position and at rest by girth bandages. Food is offered. Insensibility may be induced by the exhibition of chloroform; but the moral effects of the operation are more fully obtained, when the patient is fully cognisant and observant of every step of the process, and especially of its certain and inevitable success. The head is steadied by an assistant: the teeth, if necessary, are separated by forceps, moved by a screw; a perforated piece of wood or ivory is passed between the blades of this instrument; the tube of the syringe is guided through the perforation along the tongue and into the stomach, and after a brief interval is allowed that irritation may subside, and that it may be fully determined that the instrument has been placed in the right passage; the meal, which from the size of the tube and of its orifice, may consist of rice, tapioca, bruised meat or pemmican, minced fruit, vegetables, is slowly and gradually forced in; wine, and medicine, however nauseous, may be added. Cod liver oil has been administered in this manner, where Phthisis was interwoven with insanity and a tendency to abstain, for years, and without the knowledge of the patient. After much experience, this mode is conceived to be preferable to the use of the naso-œsophageal apparatus, as more safe, less difficult, and capable of exhibiting more solid and substantial articles of diet. It never has failed. At first, and especially when the tube is urged into the cavity of the stomach, so as to touch its walls, a few attempts may prove abortive by the rejection of the fluid after it enters the organ; but such accidents are infrequent, and cease on subsequent trials. Although the first stage of digestion is by this arrangement superseded, assimilation goes on, and the individuals thus supported increase in weight and health. In a large proportion of cases resolution flies before the preparations; or a single demonstration is sufficient—not because it is attended with suffering, but because it is attended with success: or the process is found to be so unplessant and humiliating, and so unequivocal a proof of the inutility

of resistance, that the dread of poison is swept away, confidence in personal resources and courage rudely shaken; all theories, motives, plans frustrated, and the preservation of life consummated. But no faith is so strong, so sincere, so enduring as that of the monomaniac, and cases are met with, where life must be sustained for months and years, in opposition to the will of the individual. For the third time a lady must be alluded to, who now for thirty-seven months has been fed, enjoys good health, may be seen at the piano, and during summer among the flowers, the perfume of which she inhales with an intense gratification, apparently incompatible with the disgusting impressions conveyed to the same sense by all kinds of aliment. At one period five individuals required to be artificially supported. It would be erroneous to conclude that suicide was invariably the object of such a determination. In some instances it proceeds from the delusion that the bitterness of death has passed, or that the body is immutable and immortal, and independent of material support. The motive and true cause are generally so distinct, that it may be useful to contrast them in some of the cases now under review. In one patient who determined upon starvation because he had no stomach, the cause seemed to be an inflammatory condition of that organ; in another, who assigned a similar reason, purpura was present; in two cases, repugnance to food, because it was unsuitable or unclean, was associated with consumption; in another the fear of poison existed in a person affected with disease of the heart, and where food was refused as too expensive there had been an attack of coma. In many other individuals the disgust is dependent upon unhealthy conditions of the nerves of taste and smell. In illustration of this subject, the state of ninety-six patients were noted, when it appeared that thirty-four laboured under hallucination of some sense. Ten had delusions of vision alone; two of hearing alone; six of touch alone; seven acted under delusions of sight and hearing; one under those of sight, hearing, smell, taste and touch; one under delusions of sight, hearing, taste, and touch; one under those of sight, hearing, and touch; two under those of hearing and touch; and two under those of taste and touch. The most unmanageable have been those in which delusions of the senses of taste and smell have existed and corroborated the suspicion of poison. It does not follow, however, that the conviction of the presence of

Hallucinations of Senses.

impurities and offal, or poison, in the food, induces abstinence. A lady who entertains such a belief and enumerates the disgusting ingredients, has, for months past, partaken of the loathsome repast. Intimately connected with these affections are perversions of the instinct for food. There are insane gluttons, grass-eaters, garbage-eaters, ordure-eaters. It is believed that rumination is a common practice among the insane. Three inmates at present chew the cud; but no proof exists that this depravation of appetite arose subsequent to the display of mental disease. It may have been the first symptom of the irregular action of the nervous system, rather than the result of advanced disorder.

Disorders of Appetite.

It has been observed that the complexion of the delusions of the insane is borrowed from the prevailing temper and tendencies of society; that the police have latterly been more dreaded than spectres, and that California has suggested an El Dorado to many a fervid fancy. The discoveries of science exercise a similar influence, and the progress of civilization may be traced in the vagaries and visions of the insane, as well as in the pages of history. The orders of one lady are invariably issued in order to be transmitted by electric telegraph, the abrogation of time and distance being, under all circumstances, familiar to the excited mind. So deeply is the omnipotence of animal magnetism impressed upon the credence of one patient, that she conceives herself the helpless puppet of two individuals at a distance, whom she abhors, but whose thoughts are her thoughts, and whose will she is forced to obey. Another, realizing all the fables, as well as the facts, of the secret prisoners and the fate of Clement VII., conceives that the atmosphere in which she lives is saturated with chloroform, that her spiritual being is a mere intoxication, and that all her real sensations are annihilated or modified by this agent. This class of minds, even when regarded as healthy, naturally pass into mysticism, or become the prey of mystics and impostors. The rapid diffusion of knowledge has thus its penalties and evils. In passing through unsound or perverted minds, it is corrupted, misapprehended, misapplied.

There is a popular belief that as the use of alcohol diminishes, the use of opium increases; that the reformed drunkard is converted into a secret sensualist. Multitudes now trust in narcotics, and it is probable that the appetite is allied to Dipsomania; but it is not vicarious. Stimulants are the choice of the impulsive; opium of the reflective, the

desponding, organisation. Six individuals have been admitted, all belonging to the humbler classes, who have indulged in this fascinating vice. All of these were, except one, contemporaneously intemperate: all appear to have sought relief from pain, or mere physical excitement. In five the desire was gross, grovelling; in one it may be designated experimental, the rash indulgence of a fervid nature, suggested by the perusal of the Confessions of an Opium eater. In one the craving seems to have been implanted by the relief afforded by medicine during dejection: a fresh demonstration that in certain temperaments in curing one class of unhealthy emotions a new and morbid tendency may be ingrafted. It is not proved that the alienation of these individuals was caused by this practise. Like intemperance, it was one of a series of symptoms of the pre-existence of disease.

Mental Condition of Patients.

The phenomena presented by the muscular system have been overlooked as symptoms of the different forms of alienation. It is in this aspect that it is proposed to consider the new cases which have been under supervision since last report. The tremor or helplessness of a palsied limb, the contortions of epilepsy, compel attention and consideration; but it is probable that in every malady of the nervous system, there is a modification of the powers of progression or apprehension, in vigour, precision, or combination, and that every peculiarity of position, every extravagance of gesture, every grotesque grimace may be the direct consequence of a cerebral condition, the indication of a perverted instinct. An attitude gives expression to passion, but at the same time it may be the result of structural change; it may imply a great moral convulsion, but depend on the participation of a blind impulse in the general disturbance. An infirm old man, labouring under tremor, climbs the walls and windows. The act is in harmony with the desire to escape danger: it may be the mere effect of panic; but it may, under certain circumstances, prove that the power by which certain groups of muscles are brought into operation and co-ordination in the act of climbing, and especially exemplified in some of the lower animals, is exemplified in the disease. Postures and progression in the insane may be first, the natural language of the delusion; or secondly, they may be symptoms of the condition upon which the delusions depend; or thirdly, they may accompany morbid states of the instinctive part of our nature. A patient, who under the impression

Conditions of Muscular Syatem.

that the solid and substantial wall is tottering to its fall, exerts all his strength, and presses energetically against the fabric to prevent the catastrophe, is an illustration of the first proposition. Another who cannot preserve his equilibrium from vertigo, is an example of the second; and he who leaps, vaults, runs, wrestles, without assignable motive or object must be placed under the third category. These affections are differently influenced by volition. They may be the direct dictate of the predominating idea or emotion, consciously and deliberately, and pertinaciously expressed, as when a patient for months burrows the head between the knees, to prevent the countenance from being seen. They may be acquired instinctively during abstraction, without the consent or co-operation of the will, as when a melancholic twirls an imaginary thread for months between his fingers. They may exist in opposition to, and incontrollable by the will, as in hysterical movements, or where the assistance of others is claimed to prevent acts of violence or gesticulations. And they appear altogether independently of volition: as a consequence of its abolition, as in the various modifications of convulsion.

Convulsed Patients.

Four distinct forms of involuntary convulsion are presented in combination with mental disease. That which occurs from intestinal, or uterine, or other visceral irritation: that which constitutes the most formidable symptom of Epilepsy, and that which terminates the series of changes in General Paralysis. In these the will is nullified. There is a peculiar sensation in some part of the body: a shriek, a tremor, a struggle, and a profound sleep, which may pass into death. There have been admitted one example of the first: five of the second; and one of the third variety. The fourth is the hysterical paroxysm, which is associated with particular trains of feeling, and is, in this manner, indirectly influenced by the will. In all these states the convulsion is preceded by mental disturbance, and followed by an aggravation of the disease. The whole fabric of the mind is shaken, special privations of previous acquisitions, of classes of words occur, the temper is irascible but the will is especially implicated. It is so exalted as to become indomitable obduracy, or so enfeebled as to amount to frivolous vacillation. There are engendered the contradictions of temporary titanic force, and permanent muscular debility: the creation of habits of action over which the mind has no control, but by which the mind is

controlled. Control is not only lost over the muscular efforts, but over the passions which instigate these efforts; and epileptics are precarious friends, formidable rivals and mortal foes. Their irascibility may assume the form of homicidal mania: and to their presence among the insane are so many fearful accidents attributable, that separate wards and even separate establishments have been proposed, and in some places are provided for their reception. There is a prevalent opinion that minor and abortive attacks of an epileptical character are frequent in chronic insanity: that they come under the popular designation of "hidden seizures," but occur during the night after or during the congestion of sleep, and are traced only in their moral effects. The jactitation, the voluptuism, the dream struggles, the neuralgic and other painful sensations experienced by many individuals may be conjectured to be of this description. To such condition may be traced much that is inexplicable, yet authenticated in superstition and sorcery.

Simulated Convulsions.

Closely allied to these affections are simulated convulsions. Two cases have occurred. In the one every muscle quivered and contracted in a manner unattainable to the healthy exercise of the will, yet the object was to deceive; in the other the eyes opened, the features were contracted, the frame became rigid, but was propelled from point to point, and yet this state could be interrupted. Habit and training develope the co-ordination and precision of muscular volition to a miraculous extent, and disease may exalt its power.

Gyrators.

Two gyrators have been admitted. One of these turned invariably from right to left, and completed several circles when addressed, or required to move; the other performs repeated soubresaults along the floor. In the former the act was choreaic and beyond, in the latter it is under the control of the will. Experiment has produced similar phenomena artificially in the lower animals; but it would be rash to determine in alienation, whether they depend upon perverted or suspended volition.

Dancers.

A whole community has been affected simultaneously with a dancing fervour. It may be surmised that what began with the consent of the will, as an act of imitation, as a manifestation of devotion or inspiration, becomes at last involuntary. Even in the present age, violent muscular efforts are the characteristics of various bodies of enthusiasts. These manifestations must be received as the indication of a power-

fully excited, if not of an unsound mind. They have been chiefly observed in the ignorant but sincere pietist, in men of contracted but concentrated capacity, and among sects of a single prominent dogma. From similar causes the same attitude and posture have been preserved for years. As the results of powerful and long sustained excitement they are allied to the phenomena of mental disease; but no cases of religious ecstacy have occurred and are of rare occurrence in this country. Of dancers, two resort to the practice in the exuberance of their happiness, or as a means of exhibiting the elegance of their movements; a third is stimulated to his efforts by his own shadow. Ignorant of the laws of light, or forgetful of identity, he imitates and endeavours to exceed or excel the reflection of his own gestures. The same tendency may be recognised under the different forms of a disposition to wander, to escape from restraint and observation, and to move from place to place upon frivolous pretexts. A patient who made two successful attempts to escape, returned voluntarily; another who resides here contentedly, whenever excited, moves rapidly to and fro, runs and leaps the wall; and a third, who has no object to roam, has wandered from the grounds, and is said to have travelled forty miles in order to correct an error in a chalk inscription, which he had traced upon a wall, and in which he considers himself an adept.

Climbers.

Theory might suggest that many of these movements and customs and cries are the imitation of the natural language of the lower animals, or, it has been more philosophically advanced that the deranged mind being frequently reduced to an animal condition finds expression in the same signs as those of the species to which it is most closely assimilated; or, thirdly, that the part of the nervous system connected with the production of instinctive acts, being the seat of morbid excitement, or its functions being no longer controlled by the will or judgment, prompts and produces these grimaces and gibberings and grovellings, which are, on ordinary grounds, inexplicable. There is, perhaps, truth in all these views, and that the combined influence of all these causes may be recognised in the production of the muscular feats, which characterise certain states of emotion. It is conjectured that these are modifications of chorea; but that they emanate from exalted, rather than from suspended volition. They are observed chiefly where fear has been the cause, or is the prominent feature of

the malady. Two climbers have been admitted during the past year: both laboured under panophobia, and both died. Although exhausted by age and anxiety, although exposed to extreme danger, and actually hourly subjecting themselves to severe injury, these men climbed and clambered up the walls and windows like athletes. In one the act was the result of the impulse of exquisite terror: he was compromised, condemned, lost; he fled from his own sensations. In the other there predominated the dread of physical torture: his skin was on fire, his clothes blazed around him, he was about to be consigned to the flames: when his hair was cut he dreaded decapitation; when shaved that he was to share the fate of Cressingham. He feared solitude: he feared society, he dared not sleep in bed, and was repeatedly found to slumber while standing, or in the act of making his perilous ascents. The condition of such patients exhaust and baffle the resources of science and humanity. They suspect and fly from the most obvious means of relief and consolation. They are as inaccessible to love as to reason. In medicine they detect poison, in authority tyranny, in kindness deceit. The more zealous the sympathy and kindness, the deeper the misconstruction and abhorrence. To cherish is to terrify them. If their gesticulations are restricted their fears are multiplied, their struggles exasperated: if they are not interfered with their vehemence issues in fatal exhaustion, or in bodily injury. To them a padded room is a dark dungeon peopled with horrors: a well lighted parlour a scene of martyrdom, of public infamy and punishment.

Grovellers. In another section may be placed the grovellers, those who would burrow where earth is accessible, and who crawl and contract themselves into the smallest possible space on the floor, in corners, or near the fire-place. Many of them creep or move serpent like, and in one case the movements were entirely quadrupedal, but performed in repeated and rapid bounds, like the leaps of the marsupial animals, notwithstanding the presence and constant interference of two attendants, and the blows and bruises received in these saltations. Such affections generally terminate in fatuity or death. The propensity to grovel is but a type of general degradation. Three cases of this kind have been under observation, and of these only one is expected to recover.

Fifteen patients are sedentary, almost invariably occupy the same

Sedentary Patients. spot, and whose movements depend upon the will of others. One preserves his position from a delusion as to his dignity, one from fear; four from torpor; two from lassitude; and seven from that fixity or concentration of idea or emotion, which suspends volition, or directs it on itself, and which seems to separate the mind from external impressions and relations. The condition is significant of a state of abstraction, and common to the highest efforts of genius and the most intractable forms of alienation.

Hiders. There are other individuals, who, although they do not select the same place, seek the same sort of place. The choice is determined by the object. Should that be ostentation, conspicuous chairs or windows are desired: should it be avarice, the miser will hover near his hoard; but when it is concealment, as in the three patients of this class recently admitted, the individuals disappear, and will be found where darkness or solitude seem to protect them. One of these haunts her bed-room, in order to hide or care for imaginary ailments, to indulge in imaginary sorrows; another in arrogance retreats to the water-closet, in order to avoid the companionship of those whom he despises, and a third may be detected in a corner, with his face to the wall, bowed down by shame for offences too horrible to be revealed, or borne, or forgiven.

Attitudinizers Another class would, if undisturbed, indulge for months and years in the same position, although they do not display any preference, either for the same place or for places of the same kind. They are seen prone upon the floor, or crouched or huddled up on chairs or sofas. Eight of these have been admitted. Of these, six are pronators; two are crouchers. The incentive of the latter seemed to be apprehension, associated with painful sensations in the abdominal viscera; of the former, that muscular relaxation and perfect repose, which to the enfeebled mind amounts to enjoyment. Patients of higher endowment, especially when acting under the hysterical temperament are observed to adopt the same attitude. It is often constrained, painful, grotesque. It is generally intended to pourtray the predominating emotion; it is in obedience to a divine command, or it is understood by the patients friends or fellow experts. An old man may be seen standing stiff and erect, the feet placed closely together, the arms bent upon the chest; another stands leaning on the

wall, gazing silently upon vacancy, who, when addressed, passes into a state of orgasin, which terminates in an explosion of sneezing; a third kneels for hours: a youth walks or stands so rigidly as if every joint were inflexible; and a lady emerges from hysterical perverseness by extending her right arm upwards. The motives of these particular actions have not been penetrated; but they all indicate a volition, and, it may be inferred, a delusion.

Rubbers. In the next group it is believed that the tendency to touch, pick, rub, or abrade a particular spot, either of the patient's own body or of that of another person, indicates either an uneasy sensation, or the existence of a delusion associated with the part touched. One individual carries his hand to his head avowedly because he experiences discomfort there, and believes that his brain is either abstracted or converted into stone; another rendered himself bald by irritating an ulcer of the scalp; another denudes the face to remove a sensation of creeping; two produce sores on the epigastrium, as a mean of allaying deep-seated pain. One strikes his breast because his ribs are broken, or there is a light within; a fifth tears her fingers because they have been instruments of evil. A melancholic moves a morsel of paper or a twig between his fingers, that it may occupy his attention. A monomaniac incessantly touched the point of his fingers, in order to assist in the enumeration of the letters of various alphabets which absorbed his attention. A lady touches her right hand, but will rarely allow it to be touched, as it is sovereign and sacred; a good-humoured maniac spent days in passing his hands along the walls and doors, in order to reduce everything to squares, and another in whom the sensibility of the skin is much impaired, touches or grasps, or approaches for the purpose of touching all her companions, although rudely repulsed, either to test their endurance, her own invulnerability, or in search of pleasurable sensations.

Insensibility. That the tolerance of pain varies in different individuals, and in different parts of the same individual is determined. It is probable that it is affected by states of the atmosphere, it is certainly modified by disease. To shave the face of one patient is to inflict excruciating agony; and in another, sensation is abolished, and the skin may be pinched or transfixed by pins with impunity. In certain forms of nervous affection suffering is experienced but subdued: in another it

is not felt. Wounds inflicted in battle, operations for surgical purposes, during inebriation or high wrought excitement, have been sustained with perfect consciousness, but with as perfect indifference, as if the system had been dulled and deadened by chloroform. These conditions explain the slight distress occasioned to the insane by the ravages of disease, the near approach of death, the exultation which attends their mutilations: they explain the feats of fanatics and impostors, and they suggest a solution of the ecstacies which have accompanied the barbarities courted by the self martyr, as well as those inflicted by the persecutor. If moral responsibility be impaired or suspended by the quality of the food swallowed: it is but a fair inference that intellectual resolves must be influenced by the nature and intensity of the external impressions received, and that healthy or unhealthy trains of thought and courses of conduct may be traced to the local affection of a nerve.

Martyrs have offered up their limbs to the fire: enthusiasts have as a pennance or a precaution deprived themselves of an offending member, and malingerers have obeyed the diseased impulse to create disease, and have marred and mutilated their proportions to a frightful extent. There are intense fixity of purpose, heroic courage, and insensibility to pain, common to all these forms of moral perversion. A lady now under treatment sacrificed six front teeth to the shrine of humility. But many injuries involving danger cannot be traced to such powerful, although mistaken motives. It is a peculiarity of the melancholic to bite the nails until they disappear: of many monomaniacs to excoriate the scalp; and the acts may proceed from abstraction, but where extensive abrasions are voluntarily produced, where almost the whole face and limbs are denuded of skin, as was repeatedly, deliberately, and pertinaciously done by one patient, an explanation must be sought in the exalted sensibility or morbid condition of the peripheral nerves, in the existence of some extreme irritation depending on centric disease, on conditions such as that arising from intestinal parasites, which is less tolerable than pain, and which may be relieved by the loss of blood. This patient when prevented from picking would flay his forehead, nose, fingers, and legs by rubbing. Similar conditions may suggest the self inflicted bruises which are found upon the

bodies of many classes of the insane. In one instance where the body was thrown against the walls with frantic violence, there existed the delusion that the skin had been repeatedly cast, and that the exuvire consisted of rich furs, ornamented with golden buttons. Under certain circumstances the delusions of the infirmity, or loss or threatened loss of a part of the body, may suggest the act of dismemberment. These sensations generally accompany organic changes of the nervous structure, and appear to hold a certain relation to the aura or premonitory sigh of epilepsy. In one patient who had suffered from convulsions, there long remained the belief that parts of his body were dead, were removed or about to fall to pieces. In another affected with amaurosis and suspected tumour in the cranium, there was displayed a lively solicitude to protect her glass leg, or to bemoan its fate, when mortified.

Laughers.

There are individuals in whom laughter is paroxysmal and convulsive. These cachinations take the place of the true hysterical attack. They may coincide with a happy or humorous emotion: they may equally happen when the spirit is agitated by remorse, and when such exhibitions are absurd, and in opposition to the dominant feeling. In an eccentric, a funeral procession has elicited peals of laughter: in the insane the sense of the ludicrous often suggests weeping. It is probable that the incongruity between the impression and the mental state of the percipient, rather than the impression itself, leads to the unexpected and inconsequential result in both cases. Of ten patients presenting this peculiarity, seven appeared to exercise no control over the tendency. They laugh at all times, when encouraged, and when admonished, when in sorrow or anger, when the act is natural, when it is inappropriate. Of this number six have cherished depressing and desponding thoughts: that they have been forsaken by friends and fortune: that they have been the victims of conspiracy, unfaithfulness, and ingratitude. One only may seem entitled to laugh; as she believes that death and pain are annihilated, that the lower animals are to participate in the exemption, and that the generations which have passed away are now reviving in their own or other forms. Two obey the pleasing suggestions of partial imbecility, and are urged to laughter by internal, and it is inferred, absurd associations.

There are patients who do not articulate but cry. There are

whistlers, howlers, barkers. There is a broad distinction between impaired or abolished articulation and loss of language. Wherever the former exists, it is associated with organic disease of the brain, but which does not necessarily involve the non-recognition of the signification of words. In a recent case where paralysis of the tongue ultimately affected the organs of deglutition, the mind appreciated the ludicrous sounds emitted in the ineffectual efforts to articulate. A patient remains an inmate solely on the ground, that after recovery from apoplexy and suicidal mania his knowledge of language is defective. He was limited at first to a few vocables: his vocabulary gradually increases; but his sentences are very barren of verbs, pronouns, and adjectives. Numerous examples of the tendency to iteration, to rhythmical jargon, to improvisation have been observed, but the most anomalous affections of the power of employing vocal signs have been—first, the incessant repetition of the vowel letters, especially when in pain; secondly, the incessant repetition of the Greek and Hebrew alphabets for many days, with a running commentary of which this example is verbally correct—"Alpha," I deny the Hebrew language. What is God but G. gamma? I deny G. What is aleph? I give lingua græca to the father, lingua latina to the son. Meus oculus est mas. Lingua est fœmina. How can it be feminine in a mans mouth?" These manifestations were supplied by memory, reproduced by the increased mental activity, and consisted of former acquisitions, which had been deeply impressed; and thirdly, the incessant, continuous repetition for hours of words commencing, or caused to commence with the prefix con or com; or that terminated, or were caused to terminate in the syllable, tion. The words bore no apparent connection, were enunciated with an inconceivable rapidity, often suggested by those addressed to the speaker, and perhaps afford an illustration of disorder of the laws of association.

Tremblers. In six cases tremor has been observed. In one it resembled the quivering motion which is observed in many cases of alienation, and appears to be the link connecting ague and the shaking palsy, but it had succeeded transitory coma: in two it constituted a symptom of the general paralysis of the insane: in two it followed partial paralysis; and in a fifth, the symptom consists in the impaired regulation of

motion. This individual entertained the notion that his children were wheelbarrows, and his wife a beast of burden, and endeavoured by the usual forcible means to put them all in motion.

Twenty-one patients do not present very palpable indications of the implication of the moving powers in the general disturbance. Yet of these three squint; in three there is a want of symmetry between the opposite sides of the face; four complain of muscular pain and debility, and all express, by their countenance, attitude, or gait, pathognomically their mental feelings.

Violent

There is a wild agitation, a sleepless restlessness, a profuse expenditure of violent muscular effort upon inadequate objects—a furious energy, which distinguish acute mania. It may be directed by some definite motive to destroy an opponent, to display fortitude or prowess, or it may originate in the blind impulse to activity, which follows certain modifications of cerebral irritation. There is a development and consciousness of physical strength and an obtuseness of perception, which may suggest, and so far verify the conception of superhuman power and invulnerability by which they are accompanied. Under such impressions, sleep and fatigue, are unfelt; injuries are received, which endanger life, without arresting the attention, and feats accomplished, which would daunt and defy the sane mind. This condition has been observed in eighteen patients. The features were modified by the disposition and character of each individual. By one three doors were sacrificed to improve ventilation, by another the bed furniture was destroyed, the paper pulled from the walls of the room, as occupation; by a third, the padded room was for three days and nights converted into an arena of combat with perjured and persecuting fiends. Two wage war with all around; but generally maintain their strife with a vehement glee and recklessness, which savour more of enjoyment than vindictiveness. One boasts of his prowess as a wrestler, craves an antagonist, and when left in seclusion, shouts, gesticulates, gyrates, and wrestles with his own spirit. Another expends fruitless—but what he imagines successful efforts, to assist all around. Nine run, walk swiftly, reel, leap, overturn obstacles, and declaim loudly. It is worthy of observation that the rapidity of these movements bears some relation to the rate of the elimination and transit of thought. The melancholic, the religious devotee, the maniac of one idea, upon which the whole

mind rests and is fixed—is motionless. The maniac, whose consciousness passes in review in a moment, the impressions of half a century, is swift, rapid, restless. In two of this class there exists a premonition of the paroxysm. One of these persons announces the approach of danger by warning her nurses not to visit her alone, and correctly estimates the time when she is so far recovered as to be entitled to join her companions in the work-room. Another invariably gathers a nosegay of flowers for one of the medical officers, on the eve of her violence; and towards its cessation engages in the ingenious manufacture of her canvass dress into dolls, if not provided with shreds and patches for the purpose. In all these exist the same incontrollable impulse to activity. If it was generally taught and believed that these frightful or frivolous acts are equally with the pulse and respiration, beyond the direction of the individual, the progress of science and humanity would have been eminently benefited and accelerated. It has been rather a false hypothesis than gratuitous cruelty, which has led to the neglect and mismanagement of this class of men. It is difficult to interpret a blow in the same terms as an incoherent speech: it is difficult to believe that an individual displaying some of the most glorious attributes of reason, should lack the power to act reasonably, and calmly and honestly: it is difficult for all men, but especially for one who has been assaulted or insulted, or wronged, to recognise the anger and hostility which agitate his own bosom, as the symptoms of disease when they occur in another; but until this be accomplished, until higher motives than sordid guardianship prevail, or until guardians understand what they have to deal with, the dominion of mercy and sound principle will not be established, and instances will recur of abuse and atrocity, the insane will be "bound many times," and their violence and gesticulations will be shunned, either as the throes of demoniacal possession, or as evidence of the special vengeance of the Almighty, or as manifestations of vicious disposition or untameable ferocity.

Vigilance is often the forerunner of insanity. The rapid and tumultuous current of thought and feeling renders tranquillity and repose unattainable. The sufferer fears to sleep. His dreams are more appalling than his waking fancies, for he cannot command nor fly from them. The sense of impaired control over

the operations of mind, is, itself, a source of wakefulness. There may be a procession of phantoms, the imprecations of foes, or the whisperings of conscience to disturb and distract. The mere intensity of hatred, or fear or passion; even the splendours of imagination may banish sleep. Vigilance occurs chiefly at the commencement of the disease. At all stages it is of evil omen. It is not merely a source of suffering, and consequently of exhaustion; but it directly interferes with the nourishment of the brain, and indicates the existence of a grave disease of the system. It is generally dependent upon bodily disease. The panic-stricken watcher is found to have disease of the heart. The long protracted vigils of the melancholic are found to arise from anœmia, or some imperfection of the organs of assimilation, and to be shortened by the frequent administration of food and restoratives. The vision seer and voice hearer labour under some affection of the organs of the special senses, or of the arteries at the base of the brain. The sleepless drunkard is delirious from a poisoned blood. The paralytic, or he who is threatened with paralysis is disturbed by the processes of disorganisation, which are going forward in the brain itself. In some of these conditions to sleep is to live and to regain reason: to watch is to die. Our means of compelling rest are still rude, and directed too extensively by the action of certain drugs upon the nervous system. A sounder philosophy points to the removal of remote causes, and suggests that nutritious diet may become a hypnotic, or that abstinence may secure repose. It is found that a stimulant exhibited during the night, disposes to quiet and sleep: that exercise in the open air is invariably followed by profound slumber; and that the visits of the night watch, removal to a dormitory, or the presence of a companion suffice as opiates.

Admission.

The first days of a patients residence in an asylum are most critical and dangerous. If allowed to merge in a large group his peculiarities may be overlooked, his condition less accurately ascertained, and the phase of his malady may be modified by the condition of his companions. The same observation applies with greater force to the mode in which the nights are passed. The practice in this Institution has long been to place the patient in a small group, and under special observation, and as many of the evils which complicate the management of the insane occur during silence and solitude, to carry

this inspection into the night. In some cases it has been found beneficial to confide such cases exclusively to the care of one officer, that the whole character of the disease may be fully observed, and the revulsion, which sometimes arises from sudden seclusion, may be guarded against. The plan is almost always resorted to when sickness occurs, and it may be added, in illustration of the confidence reposed in such an arrangement, that in addition to the established hourly inspection of the night guardian, and the frequent visits of the medical officers, there have been, for observation and nursing, seven hundred and two vigils during the expired year.

Dismissal.

The period of probation which is appointed between the apparent restoration of reason, and that consolidation of the faculties, which renders liberation safe and justifiable, is attended with much difficulty. It is necessary, in order to ascertain that the tranquillity and intelligence are real and permanent, and not the result of medicine or of a lucid interval. It is necessary, in order to determine that the suspension of agitation, or the absence of delusion are not fictitious, the effect of that cunning and deceit which are symptoms of disease. It is necessary to add self control to clearness and calmness of judgment, and to prepare the feelings for rude contact with the world, and for those duties and difficulties from which they have been exonerated. Into reasons which so glaringly imply distrust and doubt, it is rare that those conscious of renewed strength can enter. The reclamations, importunities, entreaties, employed to shorten the period of probation have countenanced the time-worn adage, that it is an easier task to guide the disease than the patient. They have suggested the experiment that convalescence should be passed in distinct galleries or houses. Yet it is found that the most importunate lose courage and confidence when the petition has been granted. The period is prolific in suicide: when the twilight of consciousness has succeeded to mania, when there is power to bemoan the past and dread the future. There is sometimes manifested a reluctance to leave the shelter of an asylum, to assume the reins of self government; and cases have recently occurred in which the approach of emancipation was accompanied with dejection and uncertainty as to the stability of reason, in one who had previously denied the existence of disease; and where a mind considered robust, perspicuous for months, and distinguished by its

reliance on its own resources, was overthrown, after a few hours independence. These are demonstrations, were such required, of the influence of seclusion and authority and discipline, in inspiring confidence, maintaining equanimity, and regulating and restraining the mental powers, even where their operation is not felt nor perceived.

Kitchen.

It is rarely conceived that the ventilation of such buildings as this influence the whole plan of medical and moral treatment. The atmosphere, redolent of vapour and effluvia from culinary preparations, suggests multiform delusions concerning the food; the vitiation of the respired air depresses and debilitates, and, where it does not engender actual disease, it reduces the system to that state in which it is most susceptible of morbid influences, and in which languor and torpor are themselves a malady, and incompatible with the vigorous and vivacious use of the mental powers. Complaints of this kind have been submitted to the Directors, which appeared to be valid from the position of the kitchen and its relation to the heating apparatus. These evils are now removed. A large, distinct building has been erected equi-distant from the two extremities of the completed establishment, which communicates with the centre of the existing house by a subterranean railway, by which will be conveyed the food, stores, and other articles to the slips or perpendicular passages, which have been prolonged, and ascend from the terminus to every gallery. The principal kitchen, measuring thirty-five feet four inches, by thirty-one ft. eight, and scullery thirty-five ft. four in., by fourteen ft. six in.—both being twenty-four feet in height; discharge the heated and humid air by ventilators in the roof, and by a chimney of the same height as the Institution; are provided with Plymsals' ranges, double-case boilers, tanks, troughs of Welsh slate, and every means which will diminish labour, and render cleanliness rather the result of mechanical contrivance and necessity, than of the human will. The size, and especially the height of these apartments, and the general provisions are calculated to protect the health of those confined to them. But the principal advantages expected from this arrangement, comprehend, besides the exemption of the atmosphere breathed by the inmates from impurity, the entire and structural separation of a department, which is, in character, distinct from the asylum; the additional quiet and regularity secured by the absence of a body of

domestics not engaged in the management of the insane, and not subjected to the same rules, nor enjoying the same immunities as those who are; and the proposed conversion of the apartments at present occupied for domestic purposes into ample bath-rooms, wardrobes, and work-rooms. A few weeks must elapse before these effects can be realised; but there can exist no doubt but that many of them will be secured. As a subsidiary to this improvement, the boiler yielding hot water to the galleries and to the kitchen has been placed in the cellar:—at once for the preservation of the roof, the more abundant supply of water for bathing, and the economisation of steam power. The Institution is deeply indebted to the suggestions and personal superintendence of Captain M'Murdo, for the efficient manner in which these changes have been executed, and for imparting greater activity to the contractors than was originally displayed. The comfort of the inmates is about to be still further increased by the construction of an oven, and by the preparation of the bread consumed; while a contract has been entered into for the erection of electric conductors for the better preservation of the whole buildings.

Southern Counties' Asylum.

The population of the Southern Counties Asylum has rapidly increased; but its history is exempt from any grave accidents or calamities, except what disease inevitably entails; its new inmates have become entirely incorporated and amalgamated with their companions, and order, usefulness, and a certain amount of contentment prevail, which reflect credit upon its immediate officers, and demonstrate, even at this stage, the practicability of successfully conducting an establishment for the indigent in connexion with that for the affluent classes. It daily sends forth about sixty labourers, while two joiners, five tailors, five shoemakers are constantly employed; and two painters are now busily engaged in oil painting the wood throughout the building, and have already executed fifteen hundred yds. in a satisfactory manner. About forty females occupy the general work-room; three or four assist in the kitchen, the same number join the laundry-maids, and industrious individuals are encountered scrubbing, cleaning, knitting or sewing, amid the din and disturbance even of the refractory and violent classes. Many work by stealth, who are deterred from servile toil by pride, but urged to exertion by minolony. Theory has objected to labour as a source of excitement: personal experience suggests that vacuity and inactivity

are equally sources of irritation, and practice has demonstrated that the best regulated asylums are those in which, from industry and amusement and mental culture there is neither time, nor room for concentrated thought, vehement emotion, or vapid speculation. The following table exhibits but one of the many results of such a system :—

LIST OF WORK DONE, FROM NOV. 11, 1851, TO NOV. 11, 1852.

CRICHTON INSTITUTION.

150 Day Shirts made.	182 Handkerchiefs hemmed.
19 Night Do. do.	110 Towels do.
51 Chemises do.	38 pairs of Sheets do.
45 Flannel Do. do.	27 Table Cloths do.
20 Night Gowns do.	32 Window Blinds do.
53 Night Caps do.	12 Bed Covers do.
114 Day Do. do.	29 Bonnets trimmed.
36 Aprons do.	28 pairs of Stockings knitted.
52 Petticoats do.	13 Mats do.
72 Habit Shirts do.	2 Pin Cushion Covers do.
14 pairs of Drawers do.	1 Anti Macassar do.
52 Dresses do.	3 pairs of Cuffs do.
14 Linen Collars do.	14 yards Edging do.
3 Pinafores do.	11 Table Covers bound.
4 Polkas do.	2 Crumb Cloths do.
13 Slip Bodies do.	4 Comforters—Crochet.
6 pairs of Muslin Sleeves do.	2 Collars do.
2 Sets of Bed Furniture do.	2 Prudence Caps do.
1 — Window Curtains do.	2 Doyly's do.
48 Pillow Cases do.	14 yards of Edging do.
96 Bolster Cases do.	1 Music Stool Cover do.
7 Sofa Covers do.	6 pairs of Watch Pockets worked.
12 Mattress Cases do.	10 Wool Mattresses.
6 Trunk Covers do.	4 Sea Grass Do.
47 Bags do.	1 Ottoman.

SOUTHERN COUNTIES ASYLUM.

65 Suits of Men's Clothes.	48 Habit Shirts and Collars.
1 Linen Jacket.	58 Aprons.
1 Waistcoat.	64 pairs Stockings knitted and marked.
97 pairs of Drawers.	12 Bonnets.
146 Shirts.	25 Straw Bonnets trimmed and lined.
8 Tick ditto quilted.	108 Towels hemmed.
141 Flannel Jackets.	24 Dusters ditto and marked.
176 pairs Socks knitted and marked	6 Table Cloths hemmed.
61 Men's Stocks.	6 Oil Cloth Pillow Cases.
45 pairs Braces.	48 Bolster Cases.
140 Pocket Handkerchiefs hemmed and marked.	40 Pillow ditto.
1 Child's Frock.	132 Sheets hemmed.
45 Dresses.	82 pairs Blankets overcast and marked.
6 Canvass ditto.	42 Bed Covers hemmed and marked
3 Polka Jackets.	18 Ditto lined and quilted.
60 Petticoats.	2 Hair Mattresses.
54 Shifts.	18 Wool Ditto.
8 Tick ditto quilted.	18 Flock ditto.
30 Flannel Shifts.	37 Straw ditto.
36 Night-Gowns.	10 Sea Grass ditto.
72 Night Caps.	
84 Day Caps.	

LIST OF WORK CONTINUED.

9	Ottomans repaired.	143	Shifts ditto.
11	Muslin Collars worked.	489	Shirts ditto.
2	Habit Shirts ditto.	167	pairs Men's Drawers ditto.
4	Neckerchiefs hemmed.	183	Flannel Shirts ditto.
2	pairs of Cuffs knitted.	1	Carpet ditto.
1	Pin Cushion Cover ditto.	53	pairs of Men's Shoes made.
1	Doll dressed	354	do. do. do. mended.
1047	suits of Men's Clothes repaired	87	do. do. Slippers made.
44	Dresses repaired.	56	do. Women's Shoes made.
6	Canvass ditto	87	do. do. do. mended
14	Tick Shifts ditto.	35	do. do. Slippers made
6280	pairs Stockings ditto.		

Amusements. An attempt is made to interrupt the rigid routine of labours and duties and discipline, by dedicating a few hours of each week to relaxation and recreation, in which all the convalescent and tranquil inmates may participate; and if it be recollected how much more than this is devoted to similar purposes by the educated classes in the world, and how desirable it is to alternate the physical toil, or idle listlessness of other classes with an intellectual stimulus, the plan will appear to fall short of what is or ought to be the practice of healthy minds, and it will not excite surprise that even where such pleasure and privileges are enjoyed the dullness and insipidity of seclusion are dreaded more than its duration. It would be an error to convert an asylum into a scene of incessant mirth and bustle: it is a more cruel error to render it a place of uncheered and unmitigated gloom and austerity.

Social Meetings—S. C. A. There is a difficulty in devising relaxations, which shall maintain interest, and exclude excitement, which shall shorten the hours of solitary musing, and which may conclude a day of active exertion with calm but cheerful impressions. Social meetings for the male inmates of the Southern Counties Asylum have been commenced. A large, brilliantly lighted room is occupied one night of each week by inmates, selected from the different galleries, where newspapers and periodicals are supplied, where Billiards, Summer Ice, &c. are accessible, and where two hours are spent in reading, conversation, or quiet recreation in the presence of an officer. The emancipation from the presence of less rational companions is a privilege: the selection of particular persons is a reward: the confidence reposed is an appeal to the higher sentiments, and a direct encouragement to self control and the healthy regulation of the faculties.

The theatrical representations may be viewed in another aspect. Theatre. At first they were considered experimental; success suggested that they might safely be employed as means of alleviating the fate, if not of raising the intellectual position of the insane: they have latterly become necessary. These amusements are not merely anticipated and craved—they have become incorporated with the domestic arrangement; their return is desired as the return of seasons or of time-sanctioned festivals; and their delay or postponement is construed as a breach of contract, as a deprivation of an established gratification. Three modifications of the recreation have been attempted. A farce or drama has been enacted; this has been associated with music or an improvised scene or scenes have been produced for the introduction of singing; or national, and especially humorous ballads have been acted, combining the characteristics of the burletta and the charade. There have been twelve representations, in which nine patients have assisted. This co-operation is real and spontaneous. Their participation is an established condition for the production of any drama, and to them is assigned a prominence and importance which identify them with the success as well as the object of the piece. At present the most effective actor, whose whole nature seems to be impregnated with the comic and humorous, and who diffuses mirth and laughter around, might, like the celebrated Carlin, be recommended to see himself, as he is a melancholic and a suicide. But all the inmates may be said to contribute to the result. From one criticism, from another clothes are obtained, while one is constructing a door a second is constructing a song, and the play-bills, which are issued upon every occasion, and which are the joint production of physicians, performers, and pressmen, are made the vehicle of inoffensive satire or burlesque. In these meetings have been noticed the first awakening smile, the first arrestment of the vacillating attention, the first index of returning health; and although it is not proposed to infer that such impressions are directly curative, it is not presumptuous to hope that they predispose to a happy, and therefore to a healthy frame of mind. They constitute a test of the self control and prudence of the convalescent, and whatever construction may be attached to the circumstance, there is less disturbance and interruption in the theatre than in many other assemblages.

Music

Music enjoys its historic place in moral medicine. Singing classes meet once or twice a week. Eight concerts have been given by professional performers and by proficients. One of these, vocal and instrumental, was most successfully conducted by patients exclusively. The spectacle of eight individuals ministering to the pleasure of their less gifted or more severely afflicted companions, of harping until the spirit leave them, is but another aspect of the many sided experiment of employing the mind to heal itself. It is to be observed these exhibitions are the growth, the spontaneous offspring of the wants and wishes of the participators. An individual may be prescribed such a course, and persuasion may be resorted to—authority never. It has been more necessary to restrain than to prompt such ambition.

In all these circumstances there is a tacit and unobserved, but well advised training of self control; of the power to subdue muscular restlessness, to conceal extravagance, and to restrain mental activity. For although there may be some doubt as to the influence of the will in preventing unhealthy action, there can be none of its influence in aggravating it. Amusements are not provided merely to amuse: but as medicines. Sympathy and consolation are bestowed—not because they are humane; but because they are useful remedies. To those who live habitually with the insane, their errors and inconsistencies appear venial. There grows up a disposition to seek parallels for their eccentricities in the great ones of the earth. It is easy to detect the embryo of a delusion in the peculiarities of philosophers; or the outline of a vision in the embodied conceptions of men of genius. The unrestrained exercise of pity leads us to extenuate folly, and to believe in sufferings which are partially imaginary. It is therefore of great importance that the insane should be treated as patients, and not as companions; that the parental rather than the friendly relation should subsist, and that their characteristics should be viewed through a medical rather than a philanthropic medium.

Public Amusements.

All public entertainments are patronised. Members of the community have attended every concert, lecture, and exhibition, which appeared in accordance with their condition: this accordance being, in all practicable cases, previously ascertained by the personal examination of an officer; and never, except upon one occasion, during the past year, could these persons be distinguished from the rest of the

audience. This exception occurred in a gentleman habituated to such indulgence, could be traced to exuberant politeness, was transitory, and served to test the great forbearance of the attendant, and the majesty of discipline, even when exercised by a female.

Minor Amusements.

But in addition to, and in connexion with these large assemblages, there is in either one house or the other Billiards, music, rehearsals of concerts or dramas, there are excursions to remote places, drives into the vicinity, walks to town or for sketching; there is a constant though varying routine of gentle interruptions to ordinary pursuits, attended by so little bustle or confusion or excitement, as to accomplish benefit without arresting attention. Upon one officer devolves a party for conversation, upon another a singing class; a third teaches a science, and a fourth an art. And these supplemental duties only lose their character of arduous labours in assuming that of inestimable, though unappreciated charities.

Studies—School.

A lady has formed a class for children, and is for hours surrounded by her pupils, whose affections have been conciliated;—applying a mind, which she failed to control, to the guidance and governance of others.

Latin Class.

A class has been commenced for instruction in Latin: its members consist of officers, patients, and children, thus combining the influence of authority, the plasticity of youth, and the desire for knowledge, which has inspired the mature members, and which has multiplied the number of applicants beyond the teacher's intentions and arrangements. It is difficult to discover a means of instructing the educated insane, and a branch of knowledge to be taught, which shall not offend their pride or prejudices, and of which they are ignorant. Primary instruction would appear an insult; abstract studies would tax and burden and perplex. The Latin language offers a medium. It is not generally known to females, of whom the class chiefly consists. It does not appeal to the feelings: it reflects a broad light upon all previous acquisitions in language or composition, and it proves a basis for the philosophy of grammar. Such an experiment, if extended, is calculated to evolve beneficial results, to afford an occupation, to substitute the contemplation of signs for that of the ideas signified, and to impart new impressions and harmonious order. From a conviction of this kind, a distinguished member of an English University has become a pupil, and has determined to retrace his steps.

Lectures.

Lectures possess similar recommendations. Besides those delivered by strangers on Music and the theory of Spectral Illusions, a course of sixty-one in number, has been given by Dr Gilchrist on Botany. They have been attended by about forty patients: they have elicited votes of thanks, and general admiration and gratitude; but more than this, they constitute the continuation of a system, a triumphant stage of an experiment, which owes its development to Dr Gilchrist. Among the various modes of combating monotony, the giant evil of even well regulated seclusion;—exercise in the open air must be limited by the climate, the strength: profitable reading is the habit of highly cultivated minds; games of chance, even of skill, are insipid as an employment; dancing is physically and morally exciting; concerts appeal to sentiment alone; theatrical and other representations are destitute of truth and reality; and although these instruments, blunted and wielded discriminately, are, and must be employed to ameliorate, diversify, and abstract—the prepared, oral address of an educated mind upon a science essentially objective, must possess all the advantages, and none of the evils of other resources. The minds of the auditors are passive, or they are withdrawn from self contemplation and intense feeling; there is interest without enthusiasm: a constant reference to what is obvious, practical, and true, and such an amount of speculation as imparts the colouring of fancy, without its fiction. It is proposed that Geology should occupy the attention of future meetings. These may be held in the Museum, which will supply illustrations, assume a character of usefulness, and present attractions to the scientific as well as to the curious. The acquisitions have been considerable, and what adds value to the collection, the plants, shells, and rocks have been arranged, and classified, and the latter described in a catalogue raisonnée, which serves as an exposition of the riches as well as the poverty.

Botanical Garden.

The projected Botanical garden has so far advanced that groups of natural affinities already attract even the unlearned eye, and it may be confidently expected, that in the course of next season, the exposition of classification may be delivered among its plots and parterres.

Library.

The Library now contains five thousand volumes. Gathered from various sources, it may be regarded as the gift of the generous and the enlightened to the poor in spirit; and as the sanction of some of the

most sagacious and philosophical minds in this country, to an enterprise, which was originally viewed as visionary, if not perilous. It is within the recollection of the writer, that because the writings of some authors might prove injurious to certain imaginations, books were interdicted to all the inmates of an asylum: upon the same principle that light and fire were prohibited, because there might be one incendiary among a hundred insane. At present every establishment possesses a collection of books, and there is an ambition and a rivalry to extend such a provision as far as possible. That several hundred volumes require binding, is an exemplification of the estimation in which this resource is held; and that not one volume has been willfully and maliciously destroyed, indicates the discrimination of the distribution, the care and trustworthiness of the readers, or the signal absence of those destructive tendencies which were supposed to be essential attributes of insanity.

Restrictions and regulations are however enforced; the last exercise of which was the exclusion of copies of Uncle Tom's Cabin, as a work harrowing to the most robust as well as the most sensitive nature; but so deeply have human sympathies been stirred by the subject, that it is believed a copy has been surreptitiously obtained. The catalogue has been, with the assistance of five patients rearranged, and is now printing at the Institution press.

Painting.

The acquisitions of a liberal education are "twice blessed," they afford support and solace to the mature mind; they constitute instruments for the removal of disease. A mind has recently grown up to its former stature, and to comparative strength, under the revived cultivation of a taste for drawing. This inspiration was drawn from the example of associates, who converted the public room into a studio, covered the walls with mementos of their taste and talents, and gave to the pursuits of asylum life, a tone, and elegance, and beauty, which is at all times desirable. While one patient was multiplying landscapes, and consigning a panorama of the features of the country, as seen from his windows, to his portfolio; another from memory painted the scenes of his native land; a third took miniature likenesses of his companions; and two artists made the summer excursion tours in search of the picturesque. If the tables of certain of the galleries be examined, they are found to be cumbered with drawings, manuscript

poems, algebraic calculations, researches in astronomy, a guitar, and a pack of cards. In passing from one gallery to another, the sound of seven pianos may be heard, if not drowned by the music of violins, flutes, cornets-a-piston. Songs have been composed and set to music, and sung with a meed of applause, which indicated the popularity of the author, if not the merits of the composition. A printer, who was admitted as a violent maniac, and who has found contentment here, as well as health, assists in perpetuating these evanescent productions of genius, as well as recording this statement of his own history. The only traces of mental peculiarity which remain are exhibited in his preference of seclusion to liberty, and his prosecution of his art in obscurity, with an enthusiasm which a Guttemberg could alone be expected to feel. Under his auspices the press is prolific in catalogues, periodicals, pamphlets, and pasquinades. A striking contrast to the ardent desire for liberty, which militates against the comfort, but sometimes promotes the restoration of the secluded, in some is afforded by the voluntary retirement of many to seclusion, by the sacrifice of the proud privilege of a moral responsibility. The willingness—the cheerful acquiescence in the recommendations of friends, the compliance with necessity, which often characterise entrants are not alluded to; but the spontaneous and independent act of the individuals themselves. Such a step is a most triumphant proof of the revolution in public opinion as to the character of establishments of this kind, and of the confidence which even the enfeebled and tottering intellect reposes in such means of support. During the past year this arrangement has been resorted to repeatedly, in order to obtain the best medical advice, because the authorities exercised discipline without despotism, and administered consolation without pity; because the world was unkind, and in order to escape the danger and temptation to suicide. It is obvious that sound reasons were assigned in every instance. Could the mind be trained to such powers of self examination and self control, as to watch and detect and act upon its own infirmities: could the sane man forsee and provide against his insanity as the healthy man anticipates his disease and death, vast calamities might be averted, the real curability of insanity tested, and the mission of the psychologist obtain its full development and reward.

Vo'untary Seclusion.

These effects are to be atributed to the united labours of all the officers. Although to each is appointed a special department, a particular sphere of usefulness: it is by the well regulated co-ordination and co-operation of these that harmony is imparted to the moral movement, that success is accomplished. To arrogate for the science of one, or for the patient forbearance of another, the benefits of such a system would be illogical and unfair. The restoration of reason is not the work of a specific; nor of one act, but of all the influences which can be brought to bear upon our physical and moral nature. To retain all these agencies in sustained activity, it is necessary that all should be actuated by the same spirit, by that spirit which beareth all things, hopeth all things; by mutual respect, confidence and understanding; by the selfish desire for the prosperity of the Institution, and by the disinterested and noble ambition of increasing the happiness of those whom it contains. Much of this has been witnessed in the performance of general duties, in unwearied attendance upon the sick and helpless, in the creation of new means of usefulness, and in efforts to overcome the difficulties and dangers, and deficiences that are presented at every step. Association with the insane involves a sacrifice. It is not in the personal danger, nor irksomeness—it is not in the scenes of violence or degradation that this sacrifice consists; but in the exposure to distempered fancies, to ungovernable passions, to that perversion and obscuration of truth and virtue, which prevail in many forms of derangement, and in that excitable tone of mind to which exposure may give rise, and which an exalted sense of duty or ardent enthusiasm can alone render innocuous. When this and a life of seclusion is borne with equanimity for years; when every discouragement and disappointment inseparable from such labours, serve only to stimulate greater exertions, as has been the case with the majority of the officers; a strong ground for confidence is afforded that the great objects of the charity are not neglected, and that while selfish motives and personal interest must and should mingle with the noblest aspirations, their conduct has been based upon higher and holier considerations. It would be presumptuous to particularize further those whose duties are almost identified with the medical department; but it is legitimate to advert to the assistance afforded by the Treasurer, whose professional knowledge, sound practical wisdom, unspotted integrity,

Officers.

and earnest devotion to the interests of the community, have been of such vast importance to the Institution at its commencement, during the earlier stages of its progress, and now in its full maturity of prosperity and usefulness.

Conclusion.

There are no more painful convictions in the mind of those engaged in the care and cure of the insane than that so little can be done to restore health, to re-establish order and tranquillity, than that, after the best application of the most sagacious and ingenious measures, the results are so barren and incommensurate, that in defiance of sympathy and solicitude, misery and violence, and vindictiveness should predominate, than that sympathy should be the principal resource. But if the retrospect of each year impresses these truths upon the conscientious: it will bring with it the assurance that even these despised results are greater than what formerly crowned the labours of half a century; that the progress is in the right direction, and that the efforts and aspirations of so many ardent and powerful, and pure minds, as are now devoted to the amelioration of the insane, must ultimately and speedily elicit the truth and the whole truth. There may be a dispute as to what is humane: there can be and there is no dispute that benevolence must be the groundwork of all future operations, or that to render such a principle effective, it must be guided by science as well as by enlightened discrimination.

W. A. F. BROWNE.

TABLES.

I.—AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	6	2	8
20 — 30, ...	20	14	34
30 — 40, ...	16	17	33
40 — 50, ...	13	17	30
50 — 60, ...	11	11	22
60 — 70, ...	5	2	7
70 — 80, ...	1		1

II.—SEXES OF PATIENTS.

	Admitted.	Recovered	Removed.	Died.
Males, ...	72	24	8	11
Females, ...	63	26	5	14

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	18	21	39
Unmarried, ...	52	37	89
Widowed, ...	2	5	7

IV.—EMPLOYMENT OF PATIENTS.

Professions.	Males.	Females.	Total.
Baker, ...	1		1
Boarding-School Girl, ...		1	1
Brickmaker, ...	1		1
Butcher, Widow of, ...		1	1
Butler, Wife of, ...		1	1
Clergyman, ...	1		1
Collier, ...	8		8
Cotton-Carder, ...	1		1
Currier, ...	1		1
Dressmaker, ...		5	5
Farmer, ...	5		5
— Daughter of, ...		2	2
— Widow of, ...		2	2
— Wife of, ...		1	1
Gardener, ...	1		1
Gentlewoman, ...		11	11
Groom, ...	1		1
Hawker, ...	1		1
— Wife of, ...		2	2
Horse Dealer, ...	1		1
Hostler, ...	1		1
Housekeeper, ...		7	7
Labourer, ...	10		10
— Wife of, ...		6	6
Lawyer, ...	1		1
Mason, ...	1		1

EMPLOYMENT OF PATIENTS CONTINUED.

Professions.	Males.	Females.	Total.
Merchant, ...	3		3
— Clerk of, ...	1		1
— Daughter of, ...		1	1
— Widow of, ...		1	1
— Wife of, ...		2	2
Officer in Army, ...	1		1
— Excise, ...	1		1
— Mercantile Navy,	1		1
Physician, Wife of, ...		2	2
Policeman, ...	1		1
Schoolboy, ...	1		1
Schoolmaster, ...	2		2
Servant, Domestic, ...		14	14
— Farm, ...	5		5
Seaman, ...	1		1
— Wife of, ...		1	1
Shoemaker, ...	1		1
Shopkeeper, ...	1		1
Smith, ...	1		1
Soldier, ...	1		1
Student at University, ...	2		2
Surgeon, ...	1		1
Tailor, ...	3		3
Upholsterer, ...	1		1
Weaver, ...	1		1
— Wife of, ...		1	1
Unknown, ...	8	2	10

V.—FORMS OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...			
Imbecility, ...	6	4	10
Fatuity, ...	16	4	20
Mania with Delusion, ...	7	7	14
Mania, ...	12	20	32
Affections of Sentiments.			
Melancholia, ...	9	11	20
Monomania of Fear, ...	5	5	10
— Pride, . .	5	2	7
— Superstition,	2		2
— Suspicion,	2	4	6
— Vanity,		3	3
Affections of Propensities.			
Erotomania. ...		1	1
Dipsomania, ...	2		2
Homicidal Mania, ...		1	1
Kleptomania, ...		1	1
Pyromania, ...		1	1

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Apoplexy, ...	1		1
Blow on Head, ...	2		2
Calumny, ...		1	1
Cancer of Uterus, ...		1	1
Cerebral Congestion, ...	1		1
Chorea, ...	1		1
Cruelty in Childhood,	1		1
Debauchery, ...	1		1
Devotion to Business, ...	2		2
— Study, ...	2		2
Disappointment, ...	2	6	8
Epilepsy, ...		1	1
Exposure to Cold, ...		1	1
Family Affliction, ...		2	2
Fear, ...	1	2	3
Fever, ...	3	3	6
Fracture of Skull, ...	1		1
Grief, ...		2	2
Heart, Valvular Disease of,	1		1
Intemperance, ...	7	5	12
Lactation, ...		3	3
Masturbation, ...	6		6
Menorrhagia, ...	1	1	2
Opium Eating, ...	2		2
Paralysis, ...	3		3
Phthisis, ...	1	1	2
Plethora, ...		1	1
Pleuritis, ...	1		1
Puerperal Condition, ...		4	4
Religious Impressions,	1	1	2
Speculation, ...	1		1
Struma, ...		1	1
Uterine Irritation, ...		7	7
Unknown, ...	30	20	50

VII.—INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity	14	23	37
— Nervous Disease	14	5	19
— Scrofula,	1	3	4
— Gout,	1		1
— Rheumatism,	1		1
No hereditary tendency traced in	41	32	73

VIII.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	38	37	75
More than 1 year, ...	5	9	14
— 2 — ..	6	2	8
— 3 — ...	5	5	10
— 4 — ...	6	5	11
— 10 — ...	5	4	9
— 20 — ...	2	2	4
— 30 — ...		1	1

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	47	14	4	1
Females, ...	42	18	2	5

X.—SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	4	9	13
— meditated —	11	9	20
Intentions not manifested or known, ...	57	45	102

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	9	11	20
Well — ...	9	8	17
Can read and write, ...	35	39	74
Cannot read nor write,	1		1
Unknown, ...	18	5	23

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Anthrax, ...	1		1
Apoplexy, ...	3	2	5
Bronchitis, ...		2	2
Dysentery, ...		7	7
Epilepsy, ...	1		1
Erysipelas, Effects of, ...		1	1
Hydrothorax, ...		1	1
Liver, Disease of, ...	1		1
Paralysis, ...	1		1
— General, ...	2		2
Phthisis, ...	1	1	2
Pleuro-pneumonia, ...	1		1

PRINTED AT THE CRICHTON PRESS BY W. SHIELDS.

FOURTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1853.

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LIEUT-COL. GRIERSON, Bardannoch.
ADMIRAL JOHNSTON, Cowhill.

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The Right Hon. the EARL of GALLOWAY.
The Right Hon. the EARL of SELKIRK.
The LORD-LIEUTENANT of the Shire of Dumfries.
The MEMBER for the County of Dumfries.
The SHERIFF of the Shire of Dumfries.
The MINISTER of St. Michael's Church, Dumfries.

For 1853-4. Cris

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AND. HENDERSON, Superintendent.

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Patients in Institution, 11th November, 1852, ...	253	
Ditto, admitted since, ...	114	
		367
Discharged as Recovered, ...	54	
Ditto, Improved or during Treatment, ...	18	
Died, ...	9	
		81
		286

General Results.

It has been observed that periods of history which are devoid of stirring interest, and most barren of incident, are those during which mankind has been peaceful and prosperous, and in which civilization has made the greatest advance. The proceedings of this community during the past year may be estimated upon the same principle. There are no great casualties, no epidemics to deplore, no great nor important events to narrate, and this record may be tame and insipid; but there has been, notwithstanding, an uninterrupted progress towards the accomplishment of the objects in view: proved by that painful prosperity which is indicated by crowded wards, and by numerous applications for the admission of patients from those classes which can best appreciate the benefits secured, and by that moderate but unequivocal success of the means employed, in mitigating sorrow and suffering, in restoring to society and usefulness many of its most valuable members, in caring for those that cannot be comforted.

Applications for Admission.

There have been received two hundred and six applications for the admission of patients. It has been found practicable to accommodate one hundred and fourteen only of this number—thirty-two belonging to the affluent grades of society, and eighty-two paupers, or persons belonging to poor families. In many cases of transitory excitement, or exalted sentiment, residence in the Asylum has been regarded as inimical to recovery, and the applicants have been counselled to adopt another course. The influence of the domestic affections is, under certain circumstances, more healing than the suspension of early or powerful associations.

Mortality.

Fifty-four patients have been discharged as cured, eighteen as improved, and nine have died. The mortality has been below the ordinary average, and much less than what obtains among the population of large and crowded cities. Of three hundred and sixty-seven patients under treatment, only nine have died; and these, without exception, have succumbed from diseases which may be regarded as the natural terminations of chronic derangement, and which, in fact, really depend upon the same great and progressive changes in the organisation as the alienation with which they are combined. Of the few individuals who have been affected with dysentery during the

year, all have recovered. Two females died of phthisis; two males of disease of the heart; a male and female of broncho-pneumonia; two females of paralysis; and one of albuminaria. Two of these individuals had been confined to bed for a long time; but the others, as is frequently observed in such cases, sunk suddenly or rapidly. The insane present the anomaly of falling easy victims to disease; but of disregarding its incursion, and of supporting its sufferings with a tolerance, or stoicism, or enthanasia, which baffle inquiry. The fatality is the result partly of enfeeblement of the nervous system, for the establishment of insanity is the commencement of death; partly to the existence of concomitant blood diseases; partly to the systematic opposition to all treatment; and chiefly to the intractable nature of the ailments by which they are attacked. The development of any new morbid action in the insane creates alarm; the appearance of a slight discoloration of the surface, or of abrasion, is regarded as a most unfavourable prognostic, and removal to the sick-room as a death warrant. The treatment of the diseases to which the insane are subject should be anticipatory, it should commence contemporaneously with seclusion. The object should be to render the system incompatible with disease, rather than to remove or mitigate the evil. In one of the cases admitted there is ascertained a long succession of affections, apparently connected, and comprehending struma, rheumatism, kidney disease, erysipelas, valvular disease of the heart; in another, the series consists of struma, spinal deformity, asthma, bronchitis; in a third, intemperance, abstinence, suspected opium-eating, bronchitis, typhoid fever; in a fourth, meningitis, eccentricity, intemperance, paralysis, valvular disease of heart. In a certain stage all these conditions, whether hereditary or acquired, are controllable, although that stage is generally passed previous to reception in an asylum.

Motives for Seclusion.

Although such institutions are, and should be, considered as hospitals for the removal or relief of various modifications of nervous disease; from which the pernicious influences of ordinary life are excluded, where what should be done, must and can be done, and done in the best manner dictated by art; where the ties and tendencies and relations connected with the development of alienation are broken up; where the solitary man is forced into communion; where the social man is isolated by the peculiarities of his associates; and where the individuality of each is moulded and modified by a discipline common to all. Yet seclusion is rarely resorted to with such views, or for such

objects. During the past, as during former years, there have been individuals who have sought shelter in captivity, who felt convinced that the trials and temptations, and customs of a state of liberty, were less compatible with a pure and peaceful mind than the provisions resorted to for the eradication of disease. But patients are constantly sent to asylums because they have become burdens; and not merely because they have exhausted the pecuniary resources, but the tender mercies, the sympathy, the love of their friends. They are exiled from the home of their youth, because their presence is inconsistent with the interests or comforts of other members of the family. Mental disease, in some instances, appears not only to darken the reason and chill the feelings of its special victim, but blights and desolates the nobler qualities of all who come within its influence. To strangers are committed the ministrations of friendship and parental care. Patients are secluded as public nuisances; they are cast off from the community as offending members, and are consigned to an asylum on similar grounds to those that consign a robber or a rioter to prison. Retained among their relatives so long as they are calm and manageable, so long as they are robust; whenever affected with bodily ailment or infirmity, they are sent to asylums to die. In the record of admissions, it is found that one individual was deprived of liberty because his passion for poultry became excessive and troublesome; that a gentle and sensitive being was transferred from a luxurious home to the bald and rigid simplicity of an asylum, because her friends could not penetrate the exquisite tenderness of her nature, and attributed to perversity what was the consequence of early training; that a youth had run a long course of eccentricity and dissipation until public exposure and disgrace were threatened by the commission of theft; that in many cases emaciation, and abstinence, and inanition, were permitted to reach the very last point, and where death seemed to be inevitable; that, in one instance, the dread of convulsions precipitated the event; that in others paralysis, convulsions, inflammation of the lungs, first admonished those around of the necessity for new arrangements. Neither the number nor the nature of these motives are arraigned, nor is it regarded as a misfortune that the insane should be confided to the charge of a carefully selected staff of an asylum; but it is obvious that until more accurate views obtain as to the objects of such establishments, and of the grounds and expectations upon which seclusion should be adopted, no adequate test can exist of the

efficacy and benefit of medical treatment in diseases of the mind. The cure of the individual, and not the convenience of others, must be the consideration; and the period must be ascertained when separation from home will be beneficial, not when it is absolutely necessary. Of one hundred and fourteen admissions, not above one-third were recent; in a large proportion of others the disease had been chronic for years; the delusion had become interwoven with the original habits of thought; and the ravages of intense excitement, concentrated attention, prolonged depression, or anormal propensities, had produced their invariable effects upon particular organs or the general system.

Discharges. Probationary Residences.

The tenure of health in the convalescent insane is precarious. After the subsidence of agitation, and the re-establishment of the ordinary current of thought, there remain, in many cases, a susceptibility to impressions, and an inability for sustained thought, which render the discharge of many of those who are obviously sane attended with danger. While an asylum is truly an hospital; a retreat from the disturbing and destructive influence of care, and toil, and excitement, to quietude, and repose, and discipline; while the order and serenity, and even the inflexibility, of the system pursued is calculated to control, regulate, reinvigorate, it is not a suitable home for the healthy. To pass from seclusion, however, suddenly to the turmoil of active life, even to the endearments of a family circle, is found to be hazardous. The feeling of joy proves as fraught with disease as despair. The untrained and untaxed, and, it may be, weakened powers, quail and totter under the burden of renewed responsibilities, perhaps under the sense of their own incompetency. The restraint, the doubtful confidence or unconcealed suspicion, the timidity, which meet the entrance of the convalescent insane upon the discharge of former duties, are calculated to inspire painful and morbid feelings. Even the care, and anxiety, and superintendence which solicitude and affection dictate, are naturally interpreted as an intimation of distrust and suspicion. To render this transition gradual and safe, it is now frequently recommended, wherever affluence permits such a step, that patients who have recovered should pass a certain period, the duration of which is determined by the result f the experiment, in the residence of educated families in the vicinity of the Institution. This arrangement emancipates from the stern rule of confinement without the concession of perfect liberty, from the atmosphere of an asylum surcharged with distorted views, exaggerated feelings, and unbridled propensities; and

affords the comforts of home, and the society of healthy minds, beyond the limits, but within the moral influence, of that authority to which the individual has been accustomed to yield. It revives former habits; it multiplies the tests and trials to which the restored reason must be subjected; it imparts confidence to the patient, and affords a guarantee to others of the reality and stability of the mental change; it institutes a re-education in the modes of thinking and feeling, and in the conventional amenities and graces which seclusion and severe and protracted disease have a tendency to obliterate or impair. Many establishments of this kind have been found, and are now in operation; and, without having any connexion with the Institution, may be regarded as dependencies to which the advice and authority of its officers penetrate; and which, in this manner, extend the benefits of treatment to fickle and feeble capacities through various ramifications of society, and into the centre and common walks of life. Such a course is not only probationary, but restorative. It becomes an extension of discipline deprived of its repulsive restrictions.

Physical condition of Patients.

In searching for the causes of mental disease, it is often necessary to rest content with some trivial event or emotion. And it is conceivable that grief or gladness, by increasing or diminishing the quantity of blood passing through the brain, or by impoverishing or enriching the additions by assimilation to that blood, may induce madness. Such emotions may likewise act directly as stimulants or sedatives upon the vesicular matter. But in the attempt to institute a more minute analysis, it is of importance to determine by what means the gray matter, in different men, or in the same man at different times, is rendered susceptible of the injurious influence of these emotions. Temperament vaguely expresses the external aspect of conditions, the real nature of which has not been determined. Hereditary tendency might explain the difficulty, could it be ascertained what it was. To arrive at precise information, it will be necessary to comprehend in the inquiry the whole history of the patient, the education and habits, as well as the diseases, which have occurred at a remote period. When the relations of rheumatism to cardiac disease, chorea and cerebral affections are considered, it is essential to know that five of the patients admitted had suffered from this affection, although they latterly succumbed to what are distinguished as moral causes. In two, there existed disease of the heart. When it is known that there are scrofulous diseases of the brain as well as of

Complications.

other organs; that insanity may be nothing more than disproportion between albumen and fat globules in the formation of the gray matter, it may affect the treatment when it is ascertained that one patient was phthisical, one rachitic, and ten strumous, either in early life, or contemporaneously with the mental malady. Regarding stimulants as a direct poison paralysing the nervous structure, the fact that one entrant had been addicted to laudanum drinking; that five had at remote times sustained attacks of delirium tremens; and that seven had been intemperate, must be included in any comprehensive view of the subject, even although not more than four of these individuals were precipitated into alienation by the act of intoxication. Three patients are congenitally imbecile, but presented no traces of struma, who during childhood were merely idiotic, but on the arrival of maturity, exhibited all the passions, without the intelligence, of robust minds. In one, a blow on the head at a remote period, and in another, cerebritis, appear to have injured the nervous substance so as to render it incapable of resisting ordinary excitement. In one, diseased circulation in the brain was indicated by vertigo, while the apparent cause of the disease was vice. Hysteria, extended over a lifetime, premonished an attack of madness, which apparently arose from vanity and family dissension. Insanity was ushered in by convulsions in two cases, which could be traced respectively to the abuse of opium, and to vexation. In one, epilepsy had existed for years as a consequence of fracture of the skull, while insanity appeared as the second of the series of changes. Progressive paralysis has accompanied the march of insanity in six cases, partial softening of the brain being perhaps the cause of both ailments. It is found that five individuals variously affected, and in whom the mental aberration had been attributed to different predisposing and exciting causes, had suffered from dyspepsia for years; that in eight, affections of the assimilative organs had induced a state of anæmia, whether the mental disease was directly connected with it or not; and in one, ulceration of the intestines, following intemperate habits, served as the distant irritation of an excitable brain. Hernia often acts detrimentally on the brain, and certainly increases irritability in one patient. In seven, there was present uterine disease, which acted in a similar manner, or by impoverishing the blood; although the connexion was not recognised nor demonstrable. Congested liver and bile poisoning served to explain the repeated paroxysms in two cases. Diabetes, alternated with cere-

bral symptoms, in one case; but both states could be traced to a third. Erysipelas was followed by mania in two; anasarca accompanied an aggravation of eccentricity in another; while syphilis seemed present in the system of two patients; but in what way connected with alienation, could not be shown. In one, the disease was the prolongation of the cerebral symptoms in typhus fever; in a second, it consisted in the disturbance accompanying broncho-pneumonia; in a third, it ceased after inflammation of the internal ear. In nineteen patients it was difficult to determine the previous or simultaneous existence of specific diseases or morbid conditions; but this difficulty arose from the obscurity attending the early history of the individual, because it is a well-established fact, that in whatever mode moral causes may act *upon* the mind, it is through physical changes.

Epilepsy has been the heritage of genius; it has been associated in modern times with the most rare sagacity which ever applied the principles of art to the relief of the human race; but, in general, it impairs the higher and nobler qualities of intellect, and deadens the emotions. Even where no palpable breach has been made in the integrity of the judgment, the will is enfeebled or perverted, and the passions are violent and uncontrolled. It is compatible with long life, even in the insane, except when developed in the course of general paralysis. In such cases it depends upon cerebro-spinal degeneration; but where it proceeds from eccentric causes, relief is obtained, and the mind recovers its balance. Even in traumatic epilepsy, or where it can be traced to blows or wounds upon the head, the Iod. potass. is found to be of essential service. The disease is observed in various degrees of intensity. The more rare and extraordinary are met with in asylums. Epilepsy.

I. General trochaic convulsions, in which, after a day of dullness, silence, and imperfect captalepsy and immobility, a patient for a long time regulates certain movements of the head and arms, apparently voluntarily, symmetrically, and synchronously with the respiratory acts, striking his breast with each hand alternately, and nodding the head at the same time, or in succession to these gestures, and ultimately passes into convulsion and coma. Similar rhythmical movements have been repeatedly observed in the same individual when no epileptic attack followed, and might be regarded as substitutes for the orgasm. I. Trochaic.

II. Partial convulsions, where the muscles of one shoulder, the II. Partial.

neck, and face are so affected, as by their contraction to make the head describe a part of a circle, every fibre quivering in the act. There is no loss of consciousness at the time of the paroxysm, which generally recurs at moments of fervor and passion, especially while singing sacred music, in which the patient conceives himself to be unrivalled.

III. Eclampsia Nutans.

III. Eclampsia nutans, or salaam convulsion, in which the head is bowed, or bent, or nodded gracefully backwards and forwards continuously. Three examples of this affection have been observed. In two, the phenomenon was of short duration; in the third, it was noticed for hours and days. In one, the head nodded gently and regularly; in another, the trunk of the body was swayed with the head; in the third, the nutation was conjoined with genuflexion and occasional pronation.

Analogues of Epilepsy.

With these individuals may be associated patients who simulate the presence of pain and irregular muscular movements. They present two forms of unsound mind; they believe that they experience disagreeable sensations, and exaggerate their extent; and from the same tendency which produces so many of the cases of malingering in the army, and the pseudo-diseases of nurseries and boarding-schools, they accommodate their external deportment, and the description of their consciousness to a definition of disease, in order to obtain sympathy and medication. Two patients at present in the House represent fainting; one passes into a hysteric attack in the act of simulating one; another has demanded examination for a deep-seated tumor; and two have pointed out the ravages of cancer.

The prevalence of neuralgia and of pain, which must be reflex and the result of distant irritation, and especially the periodical return of these states, their connection with spasm and hysterical feelings in such patients, and in all classes of the insane, would indicate such affections as an intermediate and connecting condition between periodical convulsions and paroxysmal insanity. In many persons who have been subject to epilepsy, in whom it has been threatened or expected, there often appear at the time of the periodical return of the attack, and it has been supposed as substitutes for it, violence, histrionic gesticulation, restlessness, or tremors. In this community there are several instances of the regular return of certain mental states. A lady passes six months of every year in vehement and exuberant joy, and restlessness, and the destruction of every object

around; but every alternate month she sits modest, mute, motionless: after an interval of perfect sanity, a gentleman passes, every tenth day, into fatuity and degradation; an accomplished female is industrious, acute, and devoted to the composition of poetry, for about three months, and then coils herself up in bed, and simulates a state of hybernation for weeks. There is the periodic return of delusions. A physician, habitually calm and studious, is roused to fury by the voices of the queen, senators, priests, addressing him from the walls. The activity of certain propensities may be paroxysmal. A gentleman, when slightly excited by the impertinence of imaginary intruders, has twice become a pyromaniac.

Periodical Delusions.

There is the periodical return of laughter. The accession of excitement is invariably indicated in a student by involuntary and immoderate bursts of giggling. There is the periodical use of certain words. In a shoemaker, a relapse, and they have been very frequent, has been premonished by addressing the Medical Superintendent as Baldy Walker; and the subsidence by the use of the real name.

Periodical Laughter.

Periodical Expressions.

While the different forms of alienation may be grouped into grand classes, characterised by exaltation or impairment of the faculties, every modification receives a certain complexion, in fact, its most prominent and palpable features, from the emotions, from that predominating passion, which formed the obvious mainspring of life, or lay buried under artificial manners and special pretences. The maniac may be a patron or a persecutor; the melancholic may writhe under unmerited wrong or self-accusation; even the stagnant, unruffled surface of fatuity may be agitated by feelings of peevishness, or of gentle, passive attachment. It does not follow that these influences were the causes of the alienation, nor that they should be regarded as its consequences, nor even that they are implicated in the morbid change which affects the other powers. They may be revealed by the withdrawal of conventional reserve, self-control, and sound judgment; they may have acquired an undue impulse from the general excitement, or they may receive from, or impart an impulse and direction to, the new motives, the new opinions, and the new position of the individual. For the preservation of order and harmony, and the ordinary purposes of intercourse, it is of greater importance that these accessory qualities should be recognised and acted upon, than that a perfect analysis of the mental condition should be effected. A perfect classification must be founded upon the disposition of the patient, upon the

Moral condition of Patients.

compatability of temper and the similarity of taste and pursuit, rather than upon the stage or form of the malady. Under this aspect it is proposed to regard the entrants during the past year.

Insanity marked by Pride.

Of sixteen individuals who have exhibited strongly and habitually a feeling of pride, haughtiness, and supreme self-satisfaction, delusions of elevated rank and enormous riches, five have been labouring under general paralysis. This form of nervous disease is supposed to be of modern origin, to be the penalty of luxurious and dissolute habits, and to grow with the growth of social degeneration. As the monomania of ambition has been described by early writers, it is probable that these propositions merely imply that phenomena which have long existed have been recently discovered. Although these five cases are arranged together, and all present elevation of the feeling of self-esteem, in combination with some affection of the muscular system, they may be distinguished by very marked features. In one, language is almost abolished; the few words retained are uttered with great emphasis, and distinctness, and exertion, when excitement is present. In another, the words are abbreviated, imperfectly articulated, and often blended together, and with this defect there is associated the delusion that the speaker can converse fluently in all European languages; in a third, speech is slow, measured, and laboured; and in two, there is great loquacity, rapid, vehement, and often slovenly utterance. Convulsive attacks have been observed in two; a slight impairment of the muscular power of the leg is observed in a third. The mental features present the same dissimilarity. There is an Emperor of China; an incarnation of Deity; a possessor of millions of doubloons; an invulnerable warrior; and a tottering Hercules. If grief and anxiety, and other depressing emotions, predispose to cancer growths, it is possible that the predominance and intensity of certain emotions may be followed by particular forms of alienation; and that the structure and tone of society may cherish and confirm the ascendency of self-confidence and ambition. The indigent classes are unquestionably less exposed to this intractable malady than the affluent. The navy and army afford a large proportion of examples of the disease; and of the patients under consideration, three belong to these services. The other individuals included in this class present the same arrogant mien: the bold independence of and indifference to the opinion of those with whom they are associated, and a calm and contemptuous tenacity in the assertion of their views. Two are dignified in deportment,

disposed to interfere in every arrangement, to imply immaculate personal purity and probity, and to court trials of personal strength. In one, this tendency to exalt his own pretensions to superiority is extended to members of his family notoriously unworthy of his encomium. This sentiment, which identifies him with those who demand his pity, has estranged him from those who are entitled to his respect, and given rise to an estrangement and hostility which amounts to disease. A yeoman, who boasts of accomplishments which he cannot even name, and of knowledge which he can but name, is so favoured by supernatural powers as to be transported every night to his native mountains, to wander by familiar streams, and engage in former occupations. A respectable merchant is transformed by this feeling, roused into morbid activity during a visit to the Exhibition, into a belted earl, whose whole aim is to establish his claim, to exact homage or acknowledgment of his dignity, and who addresses his children by titles of honor. Another rests complacently upon the fact that he has walked with a Duke, and is to be patronised by him, and wears a scrap of blue paper on his breast as a badge of incorruptible fidelity. Another is satisfied with the estates of a nobleman, without coveting his earldom. She has heard the voice of angels, and her bosom is illuminated by a celestial lamp. A clever charlatan, who at one time undertook to effect the resurrection of a pig, volunteers all duties, defies all abuse, and although an outcast in his ward, is contented and exulting in his own consciousness of strength, majesty, and dexterity. In two, there is a headlong tendency to expose and correct the faults of others, while they elevate their own into virtues. One old man is incessantly busied in the assertion of his claims to consideration and liberation, but is grievously restrained in his efforts by the revolutions of a wheel which has been introduced into his head, and compels him to utter what he does not believe, and to say the very converse of what he desires to say and appears to himself to say.

1. Marked by Vanity.

There is in every asylum a large group of individuals who smile on all who approach, who court attention, who extract commendation; who submit their work, their writings, for inspection; who boast of their virtues, their accomplishments, their capabilities, and, differing in all other qualities, they are assimilated by the desire for praise. They form agreeable and ornamental members of such a community, by diffusing around the radiance of expectation and hope and elation. They are docile and useful; for encouragement to them is an irresis-

tible impetus, a caress becomes a bribe, and a rebuke a penal statute. From their numbers are drawn poets and actors, those who contribute to the gratification of others, because they must live in public, and before the public. In a few cases the alienation observed in general paralysis is characterised by vanity; there is a desire to boast of imaginary riches or rank, in order to excite the admiration and secure the applause of others; but in general the vain maniac is healthy. The feeling is, however, frequently a concomitant of imbecility. Of twelve patients, who habitually act under the influence of the feeling, eight are originally of limited capacity; two were partially fatuous. As if blinded by their own fancied endowments, the ground of their vanity is generally intellectual superiority, and the object of their ambition literary or professional distinction. But the craving descends to, and embraces minute points. In the class under investigation, was a sportsman, who found glory in his unerring aim; and an aged woman, who descanted upon the *size* of her umbrella. The fame of two is founded upon poetry; of another, upon eloquence; of one, upon song, music, and æsthetics; of three, upon their general aptitude for every science and art; and of two, upon their position in society. The disposition to excel, to exhibit talents which would otherwise remain hidden, renders this section prone to incessant conversation, to declaim, or to quote. They are copious correspondents. Their epistles are loquacity reduced to writing. Patients daily present voluminous letters to the officers, although they have an opportunity of stating verbally all that they have written. The number of such communications is enormous. Twenty letters will be addressed to the same person upon the same day, and containing essentially the same words. A gentleman now under treatment writes ten or twelve exact duplicates, or as many as his supply of paper allows, of the first of the series, as if the mind remained stationary, until the succession be interrupted, and some trivial modification of the phraseology be introduced. A paroxysm of offended vanity, acrimony, and misconstruction, is announced by the patient couching her numerous letters in French, which she writes fluently, but never uses except upon such occasions.

I. Marked by Contentment.

In the aspect and conduct of twelve individuals may be traced perfect contentment and equanimity. This does not flow from the exultation of a morbid vanity, nor from the illusory but agreeable medium of delusion through which all objects are viewed, but from

the supine composure of partial fatuity. In the exhausted and impoverished mind, neither care nor ambition disturbs; and if the physical sensations be genial, and surrounding circumstances propitious, the expression is that of happiness, the behaviour dutiful and docile. In one of this class, the complacency and resignation proceed from the conviction that an escape has been made from a tyrannical impulse; in another, joy was the mere delirium which often attends pectoral complaints; in a third, it is founded upon erroneous ideas of power and wealth; in a fourth, the natural disposition of the patient appears through the veil of disease: in all the others, placidity is but a proof of inanity.

I. Marked by Love.

While in meridional Europe derangement is frequently chequered by amorous thoughts or passions, the combination is rare in this country. The sentiment of love is here more a refined affection, a decision of judgment, harmony of taste, a social arrangement, than an absorbing and engrossing enthusiasm. It stands apart from the great affairs and concerns and the pursuits of life. Three individuals have manifested disease, chiefly characterised by sensual emotions. In the first, the feeling is purely speculative, but leads to proposals of marriage to those already bound by the vow, and irrespective of the age, or qualities, or condition, or the numbers of the objects; in the second, there is present that irreconcileable union of piety and passion, which prompted an ancient saint to pray for purity of thought, "but not yet," the patient urging his suit by salutes and embraces, and enforcing his claim by a text from Scripture; in the third, the mind is occupied by visions of the beloved object, while the lips repeat her name. During three attacks, separated by intervals of four years, the same attachment has been exhibited to the same individual in the same fashion; the sane mind losing all recollection of such a condition, or repudiating the recollection. The number of patients in whom jealousy formed a distinguishing feature of the malady, has been correspondingly small. Two individuals have exhibited doubt and distrust in the fidelity and affection of those formerly loved. In one, the suspicion has been lost in the extravagance of mania; in the other, it has been confined to sneers and estrangement from a partner, who is apostrophised and believed to be converted into an owl.

I. Marked by Suspicion.

There are periods when every man distrusts his fellow man; when the ties and connexions of friendship, and confidence, and credit, are burst asunder, and a whole community lives segregated, suspicious,

panic-struck by imaginary foes, conspiracies, and convulsion. It is on the eve, or during the progress, of social revolutions that such morbid feelings are prevalent. It may be that the excesses, the atrocities, the evils of such events are the natural manifestations of diseased action, rather than the promptings of deliberate depravity. The tendency to doubt, to withdraw reliance upon the integrity and intentions of others, to fall back upon self, is at once a fertile source of derangement, its premonitory symptom, and its distinguishing feature. The suspicion of the truth and virtues of mankind, is itself a monomania. As encountered in asylums, this distrust assumes definite forms. Of the individuals who have displayed the feeling, three have suspected all mankind; five have limited their dislike to particular individuals; two have accused unknown and invisible agents; one places no reliance upon her relatives; another excepts his own family from a sweeping suspicion; another suspects an abstraction, and loathes herself as infected with cancer and other painful maladies. In one gentleman, the characteristic expression is sullen repulsion, and defiance to all who approach. An aged woman naturally demands the motives of a party of interlopers who are every night secreted under her bed; three have disputed the quantity or quality of the food prepared for them; one is the victim of the antiquated and effete power of magic; one attributes every action of his own or others to the influence of mesmerism; and a third, divides his dislike and dread between the disclosure of all his thoughts by clairvoyants and the machinations of innumerable spies and sentinels who surround him, and whom he designates the Detective Monkeys of England.

I. Marked by Despondency.

There is in certain temperaments a tendency to depression and prostration without cause, without adequate cause, or in direct antagonism to the circumstances in which the sufferer is placed. The exaggeration of this feeling is a form of derangement. There is no explanation offered why courage should quail, the judgment totter, or the ordinary sources of enjoyment be dried up; but blank fear, despair, and anguish take possession of the soul, and convert even the exertion of its powers into misery. There is physical as well as intellectual debility and incapacity. The features are sharp and haggard, the surface is pallid and cold; there is indolence or intolerance of fatigue, and emaciation. There is no repair of the system, and the result is a long train of diseases which react upon the mind, and suggest delusions, and engender decay. Three such cases have come

under consideration. The malady was exhibited in intense, incontrollable melancholy, or in the inability of the healthy faculties to apply the ordinary means, and means known to the individual, to mitigate the dejection. The patients were conscious of the history and nature of their suffering, but they felt it to be their destiny to suffer. Two of these were voluntary entrants. In general, however, grounds can be assigned for the annihilation of hope, which are as unreal as the fears and forebodings to which they give rise. The peccability, or peril, or perdition of the soul excites wild panic, or that profound dejection which appears to arrest many of the vital processes. Five religious melancholics have been admitted. While the tendency to suicide had passed through the mind of all, in several there existed a dread of poison, a repugnance to the death they courted or meditated. Seven cases must be added to this section, in which delusions, originating in multiform causes, were coloured by despondency. A fancied pecuniary loss overturned the energies of one; the delinquency of domestics reduced another to despair; dissolute habits induced at once depression, a tendency to nudity, and to live among the tombs; a fourth, moans over the presence of a disease communicated by a look; a fifth, is convinced that her children are deserted or dead; and a sixth, although claiming an eternity of being, and a power of dispensing inestimable power and riches, is dull and downcast; and a seventh, has compromised his existence and position in the universe so completely as to be reduced to mere exiguity and nothingness. To these classes belong that numerous section who refuse food. The arrangements by which this symptom is overcome, simple and successful although they be, involve so much danger, necessitate so total a disregard of the feelings of the patient, that abstinence inspires much anxiety, and, like suicide, imparts a sense of insecurity to all the arrangements for care and cure. The tendency is believed to be a modern characteristic of insanity. So frequently, and upon such trivial grounds, is it displayed, that it is attributed to imitation. Upon the 13th June, nine individuals were fed compulsorily; and, during the course of the year, twenty have refused food, and sixteen have for various periods been entirely supported by artificial alimentation.

Abstinence.

It is exceedingly probable that many eccentric and hypochondriacal individuals sink under a system of graduated starvation, an unpremeditated and guiltless suicide. A Christian Bishop is known to have fainted and died at the close of a rigorous fast; the asceticism

of modern systems of diet, as well as the terrors of the dyspeptic, have proved fatal; and cases have recently transpired, demonstrating that abstinence is resorted to as a mode of destroying life, of concealing shame and poverty in privacy, and where there may be no other indication of disease, except indomitable pride. The abstraction of the student, of all who are engrossed by intense emotion, by grief or ambition, produces the same result, even where nourishment is taken, by interrupting or suspending the process of assimilation, by first wasting, and then arresting the repair or reconstruction of the system. The emaciation of the pietist and philosopher, is less a type of his etherealisation, of the amount of his moral triumph, or of the internal struggle and the subjugation of the baser elements, than of inanition. The majority of the insane share in this pre-occupation, this high-wrought exaltation of sentiment, and they share in this unconscious abstinence. Judicious treatment frequently consists merely in the disturbance of the mental concentration, and the administration of ample and well-selected nourishment. But with this invariable concomitant of certain forms of derangement, there is frequently associated voluntary, deliberate, determined refusal of food. The fatuous, the vegetative imbecile, feel not the suggestions of hunger, or forget to eat. The lethargic require to be roused from their apathy as from slumber, in order that the calls of appetite may be heard and listened to. The suspicious detect poison in the repast, and leave it untouched. The ecstatic is maintained by heavenly support, and despises and dispenses with the grosser appetites; the maniac has no time allowed to attend to such necessities, but lives upon himself, and declares that his strength increases as his indulgence in the infirmities of nature diminishes. The suicide, acknowledging the cravings of hunger, recognising the suitableness and attractions of the meal offered, and seeking poison and death for months and years, cherishes and abides by a painful but inflexible resolution to refuse food, and to resist its administration. It is probable that until forcible alimentation was systematically resorted to, the mortality of the insane was greatly augmented by this cause. A most unfavourable prognosis was formerly at all times pronounced in cases of melancholia combined with fasting. Experience shows that the purpose to destroy life is less permanent and protracted, however, than the desire to preserve it: than the mere aversion to what is loathsome and unclean. There is even established a habit of ab-

stinence. Patients assist in feeding themselves with the stomach pump, who would defy and defeat all attempts to introduce a morsel into the mouth. In illustration of the omnipotence of habit, a youth may be mentioned who, without ostensible or appreciable motives, has abstained from food of every kind for six months, but introduces the tube into the stomach with his own hand; but who resisted the process when the instruments used were not those to which he had been accustomed. The case of a lady, adverted to in former reports, has acquired additional interest. She has now been supported artificially for four years. Recently her malady has been complicated with epilepsy. On recovering from the excitement which followed the convulsions, she voluntarily, for two days, took the food presented to her. The impulse was either joy, or gratitude, or forgetfulness of her purpose, or the temporary restoration of intelligence. But convalescence has, with the former mental condition, brought back the dominant delusion. The initiative stage or suggestion of abstinence occasionally depends upon irritation or inflammation of the digestive organs. It has been removed by the application of a few leeches to the region of the stomach. More frequently it is associated with chronic disease of the abdomen, co-ordinate with insanity, which attracts and fixes the attention, rouses apprehensions, and engenders exaggerated and erroneous interpretations of painful sensations. More frequently still it is an act of the will, the result of a delusion, unconnected with appetite or digestion. A new obstacle was recently presented to the beneficial application of these measures. A patient, after the administration of each meal, quietly and stealthily introduced a finger into the fauces, and rejected the contents of the stomach. The difficulty was overcome by allowing the individual to remain seated in the chair until the process of digestion had advanced so far as to render these attempts fruitless.

The strength of criminals, and their ability to bear burdens under penal reduction, or withdrawal of diet, has recently been a matter of legal investigation; and it has been stated that abstinence is less destructive of human life and its energies than could be conceived. A different doctrine prevails in the treatment of the insane. Patients suffer at once from diminution of food; physical strength fails; fatuity and melancholy are aggravated; the probabilities of cure are lessened; the capability to resist disease is diminished; there ensue a hebetude, an inability to receive new impressions; an indisposition

to move or to act according to obvious rules; and what may be triumphant in the reformation of the criminal, proves destructive to the insane.

Morbid Appetite.

Morbid appetite presents another class of difficulties. A patient, who is allowed to walk in the grounds, has repeatedly seized and swallowed laurel and other leaves, which was followed by nausea and vomiting; a gentleman is so voracious as to consume handfuls of the woody seed vessels of the Arbor vitæ, shreds of cloth, twigs, earth, or leaves; and, in one case, every object that can be masticated, are relished. One extraordinary case of stone eating has occurred. A female, who is a melancholic, and declares herself to be one of the Holy Ghosts, had swallowed 166 stones or pebbles, besides threads, scraps of grass, leaves. The former weighed 9 oz. 4 drs. 2 scrs. The size of the largest stone is 2 by $1\frac{1}{2}$ by $1\frac{1}{4}$ inches, the circumference $4\frac{1}{2}$ by $3\frac{1}{8}$. Her declaration that she swallowed these in two days, and with a view to carry them to a distance, would indicate that the cravings of morbid hunger was not the instinct which led to so dangerous, but what proved to be an innocuous mode of diet.

I. Marked by Fear.

These divisions are not altogether arbitrary; there exist pathological grounds which justify the classification. Experience has demonstrated that where fear is a prominent symptom, the alienation is frequently associated with disease of the heart. Irregularity of pulse is characteristic of panophobia. In many cases, the first constitutional disturbance has been traced to rheumatism or neuralgia. It is probable that long-continued fear may induce disease of the organs of circulation. Where terror is combined with exaltation, or perversion of sensibility of the surface, with a belief in a change of the proportions, that the clothes are in fire, that the skin is covered with insects, the issue is generally death by paralysis. Of fifteen individuals presenting various degrees of alarm or anxiety in the course of mental disease, eight suffered from simple, vague terror. They started, trembled, and were prostrated, they knew not why; they dreaded solitude, silence, darkness, and even their dreams; they feared their fears themselves. In others the object was more distinct and adequate; it had ceased to be a sensation, and the morbid perception had assumed palpable form, and reality, and power. The nocturnal visits of hideous tempters appalled one imagination; the assault of robbers paralysed another; the phantom procession of a mother's funeral, whose sickbed had been watched for weeks, banished sleep and reason in one. The constant presence

of a black figure disturbed the peace of one energetic mind, while another fell before the grins and grimaces of an endless succession of grotesque faces. In all these cases, where the morbid feeling merged into delusion and became objective, there was reason to suspect the existence of intemperance, a circumstance which allies the condition to delirium tremens. How far this state of disease peopled the world in past ages with ghosts and goblins, it might be interesting to inquire.

I. Marked by Remorse.

Despair is said to be one of the failings of great minds. Five patients have been received suffering from the most harrowing remorse. All are persons of strong and cultivated intelligence, three of them possess some of the attributes of genius. All conceive that their sins are so dark, and deep, and horrible, as to be beyond the reach of pardon; all have exhibited hysterical or choreaic symptoms; all have attempted to commit suicide. These cases afford no countenance to the opinion that the cultivation of the religious feelings is the cause of melancholia, for they severally owe their origin to scrofula, sensuality, intemperance, and intense mental application. But they do support the belief that religious melancholia is one of the most appalling and intractable species of aberration.

Restraint.

One of these patients is a lady of tall stature, powerful frame, indomitable firmness, and vehement passions. She is impressed with the belief that the final retribution has commenced within her, that she has no space to move in, no air to breathe. In her fruitless attempts to fly from these torments, she shrieks for days, casts herself on the floor, rushes recklessly against all objects, bites, tears, and mutilates herself, and courts escape from suffering by death in any form. Opiates ceased to induce sleep, the expediency of chloroform became doubtful: her life was one prolonged and tremendous struggle with her attendants. These frightful contests and contentions often assumed a convulsive character. If placed in bed, she sprung from the arms of three or more guardians; if allowed to walk to and fro, she beat herself against the walls; if removed to a padded room, she denuded her face by bringing her cheeks into contact with the cushioned framework, and rubbing against it violently as she made rapid and incessant circuits and gyrations. Stuffed gloves, quilted dresses, proved ineffectual. The presence, and entreaties, and commands and threats, and physical powers of officers and attendants, failed in their object. These symptoms continued for a month: notwithstanding all precautions adopted, and the devoted efforts of the

guardians, the patient had become haggard, emaciated, debilitated; the surface was covered with contusions and abrasions; food was exhibited with difficulty; but although the frame gave unequivocal indications of decay, the disposition of the demonomaniac appeared unexhausted and inexhaustible. If rest could not be obtained, death seemed to be inevitable. It became a question between the preservation of life, and persistence in an opinion. Albers justifies physical restraint as unavoidable; Guislain recommends it as humane, calmative, curative. Without adopting these views, such a measure offered under the circumstances the following advantages:—It would prevent the recurrence of injuries from blows, falls, friction; it would render unnecsssary the pressure of the hands on the limbs and trunk; it would impose perfect immobility, procure rest, and predispose to tranquillity and sleep; it would economise the physical strength, and could not aggravate the moral suffering. Restraint was applied; and the patient was afterwards placed in a stuffed bed. The immediate effects were calmness, composure, sleep: and although there have occurred many paroxysms of agitation and restlessness, the objects proposed seem to have been realised, and life has undoubtedly been prolonged; time and opportunity have been secured to institute medical treatment, which was previously impracticable, and there exists a prospect of the mitigation of the most formidable symptoms of the disease.

In other members of the group, there is present that insensibility to pain, and that abolition of many reflex actions observed in intense emotion, ecstacy, or monoideaism. One of these describes herself as destitute of feeling; a second, was certainly regardless of external impressions, and selected a painful mode of suicide, biting a portion from a glass, and lacerating the throat with the broken edge; a third, precipitated herself on the floor whenever excited; a fourth, appears to obtain relief from internal misery, by injuring her body; a fifth, walks constantly about with his eyes shut, displays a total unconsciousness of the bruises he occasionally receives, and of incisions resorted to for the relief of diffuse cellular inflammation, and is passive under all attempts to rouse or to produce laughter or active movements. Although theomania, and the exaltation of religious sentiment, is prolific in visions, trances, and spectres, religious melancholia rarely conjures up even accusing apparitions; there are perversions of touch and of visceral sensation; the sinner may be at the stake, or a cross, or

Satan may be embodied and constitute the active principle, but the mind is still never projected beyond itself.

I. Marked by Discontent.

While the despondent suffer silently and unrepiningly, while they acquiesce in their doom, or merely add self-condemnation to other sources of internal misery, there exist another series of melancholics, whose dejection assumes the form of discontent. In some the feeling amounts to general dissatisfaction; to incessant querulousness; to a total inability, or insurmountable determination to receive pleasure or solace from any source, as well as from that which is expressly intended to yield gratification. In others, there is discovered some specific ground of discontent, of complaint, in themselves or in others. To such individuals, and especially to the exacerbation of their acerbity, is due that spirit of disquietude, insubordination, and discord, which characterise certain parts of an asylum. In one patient, the cause of discontent is a desire for change of place; another, is tormented by the recollection of family feuds; a third, is indignant that her dress is mean and unsuitable; a fourth, that the political constitution of the country does not harmonize with his views; one is intolerant of self, and strikes her head violently either in retribution of the offence that one quality of the disposition gives to another, or from cerebral uneasiness; two are universal in their dislike, every word offends, every arrangement disturbs, every kindness mortifies; in one, the only tangible source of grievance is the denial of snuff.

I. Marked by Opposition.

In six individuals, this feeling merges into opposition, or resistance to the object or individual offending, to such as give no provocation; to what is obviously for the benefit of the recusant; to every proposal or process; to their own desires when they are suggested by others. It does not degenerate into combat or strife; but it is a continued and consistent repugnance or refusal to do what is necessary, or expedient, or proper. In three, this resistance was directed against all interference with their supposed rights or inclinations; in one, against supposed insults and oppressions; in one, against certain rules established for cleanliness and comfort; and in another, against attempts to dress, undress, or feed.

I. Marked by Rage.

Popular opinion represents the inhabitants of an asylum as instigated by irritability, anger, fury. This is only partially true. The number of those who habitually act from motives of rage or resentment are comparatively few. There may be outbursts of vehemence or violence, or scenes of destruction and devastation, but the incite-

ments to these acts may be despair or ambition; and a case has recently occurred in which a propensity to destroy the bed furniture was indulged, in order to construct figures as dolls. Of eight irate patients, two idiots spit at and repulse all who approach them; three feel and proclaim, and occasionally display, revenge towards their custodiers; one smiling imbecile draws no distinction between custodiers and companions, and assaults whoever may provoke her wrath; one directs his indignation and antipathy against his friends; and one is aggrieved by a member of the aristocracy, upon whom is bestowed incessant objurgations and threats.

1. Marked by Avarice.

Avarice is the vice of old age in the insane, as well as in the sane. The more correct philosophy is to regard the propensity in both cases as disease. The only person who exhibited this feature, was a fatuous female, who had exceeded the ordinary term of life. In the unhealthy as well as in the criminal mind, the tendency suggests the stealthy and unscrupulous appropriation of the articles coveted, without regard to the rights of property, the value of the acquisition, or the danger of detection. This aged person seized and concealed about her dress whatever was accessible or portable. Dresses, kerchiefs, pillows, disappeared and formed part of the intricacies of her toilette. She stole what she could neither conceal nor carry. She stole from all, and from herself. In the dexterity, and in the extent of such depredations, this lady is far surpassed by another of good position in society and excellent education, who has long been an inmate. Repeated examinations have been instituted as to the hoards collected by this person; and on the last occasion, it was discovered that there were secreted about her dress, so as to elude or deceive cursory inspection, fifteen bags containing 1182 articles, besides thirteen parcels not particularised. An analysis of the greater part of these was prepared, and may be introduced as the most extraordinary record of kleptomania on record:—

ANALYSIS.

104	Fragments of Paper.	
10	—	Rice Paper.
58	—	Cloth.
138	—	Ribbon.
20	—	Lace.
8	—	Bobbin Net.
4	—	Blonde Edging.
5	—	Crochet Work.
2	—	Worsted Knitting.
5	—	Ribbon Wire.
4	—	Stay Laces.
13	—	Tape.
6	—	Braid.

1	Pair of Cotton Cuffs.
2	Woollen Cuffs, odd.
1	Pair Ear-rings.
1	Finger-ring.
8	Parcels Dried Flowers.
12	Moulds for Wax Leaves.
9	— for Wax Flowers.
1	Parcel Feathers.
60	Single do.
4	Corks.
9	Bottles.
3	Human Teeth.
8	Peas.

5 Fragments of Worsted Thread.
28 — Cotton do.
3 Skeins do. do.
1 — Silk do.
15 — Berlin Wool.
6 Balls do. do.
6 Reels Cotton Thread.
19 Buttons, of various kinds.
9 Thimbles.
4 Hooks-and-Eyes.
2 Ebony Crochet Needles.
2 Sets Knitting do.
2 Fragments of do.
82 Sewing do.
4 Darning do.
1 Berlin Wool do.
257 Common Pins.
1 Box do.
4 Shawl do.
12 Black do.
5 Cap Fronts.
5 Pocket Handkerchiefs.
5 Neck do.
2 Habit Shirts.
1 Muslin Collar.
18 Gloves, mostly odd.
2 Stockings, odd.
1 Pair of Garters.
2 Letter Stamps.
5 Letters.
6 Envelopes.
2 Wafers.
4 Sticks India Ink.
26 Cakes Water Colour Paints.
14 Camel's hair Brushes.
3 Lead Pencils.
2 Pen Holders.
2 Pieces India-rubber.
3 Parcels Lozenges.
61 Single do. various.
2 Purses.
1 Pocket book.
3 Fragments Card Board.
1 Howlett's Almanac.
4 Pills.
1 Dead Butterfly.
1 Small Engraving.
1 — Key.
5 Fingers of Old Gloves.
3 Fragments Dried Fish.
4 — Cheese.
1 — Scotch Bun.
1 — Toasted Bread.
1 — Lump Sugar.
38 Miscellaneous Articles.

Responsibility of Insane.

The extent of responsibility in those of unsound mind is a subject of frequent discussion. It is clear that the delicacy, the keenness, the comprehensiveness of the perception of right and wrong, originally differ much in different persons. There appear to be men born liars, as there are others born idiots. There are individuals who possess not, and who cannot acquire, any notion of the majesty of justice. Education, religious training, philosophical inferences, seem to influence, if they do not inspire, this sense. It is demonstrable that pain, opium, intoxicating liquors, obscure and modify the promptings of conscience. Many physical conditions and impressions enfeeble the power of truth, perhaps because they enfeeble the power of recognising or obeying its dictates. It has been argued that every impression, that every disease, our diet, the seasons, the temperature, all may impair human responsibility. It has been advanced that a greater number of suicides and murders are committed at one hour than another; that a man may be more generous, but less just, after a meal than before it; that he may be more capable of discovering his duty when he has slept, than when he has not. It is enough for present purposes that mental diseases are universally admitted as debilitating and abolishing the moral sense, and as exempting from the consequences of crime and immorality. It is not, however, admitted that all forms and degrees of these affections extinguish the power to such

an extent as to relieve from culpability, or exonerate from punishment; and, what is rather anomalous, the amount of impairment of conscientiousness is at one time allowed to determine the presence of mental disease, while at another, the presence of mental disease is allowed to determine the amount of impairment of the individual power. It becomes important to discover how far the perception of right and wrong is implicated in the minds of those proved to be insane, upon other grounds and by different tests. Are the inmates of asylums generally incapable of exercising this power? Moral treatment proceeds upon the principle that they are not incapable, or that a large proportion of them regulate their conduct in accordance to the ordinary laws of honor and propriety, and accommodate their peculiarities to new codes of law, and a new system of discipline. An analyses of the patients admitted, shows that sixty-seven, or more than one-half, have clear and correct feelings and opinions of responsibility, while these are obscured or extinguished in forty-seven by fatuity or fury. It appears further, that the most elevated and refined sense of justice may be compatible with the most absurd and untenable hallucinations. A man who boasts of heavenly inspiration, does not conceive himself exempt from human obligations or duties. A pseudo Earl of Warrington entertains a lofty and scrupulous honor worthy of his chivalrous descent. Violent enmities and antipathies, expressed in vituperations and threats, are no proofs that the heart from which they emanate regards them as justifiable, or is ignorant of the ultimate or present consequences of gratifying the passions by which it is inflamed. A patient recently said, "I would strangle you, were it not wrong."

Patients as Guardians.

It was long conceived to be an unphilosophical and rash measure to employ the insane to superintend and minister to the insane. Esquirol participated in this view. But if discrimination be exercised, if individuals be selected of benevolent dispositions and sufficient acuteness, in states of the disease where there is neither excitement nor vacillation, and where the delusions are either remote from the duty imposed, of or such a nature as to afford a guarantee that such a duty will be faithfully discharged, a faithful body of supernumeraries may be obtained, much mutual affection and kindness elicited, and the best feelings of our nature cultivated, through what appears to be an appropriate channel. A grave and vigilant man, who only suspects that he may have an evil spirit within him, has repeatedly served as an attendant in guarding and observing the sick, with exemplary

fidelity; and in an imaginary prophetess and priestess, who not only promises, but dispenses, boons and blessings, there has been found a kind and judicious nurse. Convalescent patients have been chosen as attendants. Such an appointment may be founded upon the observations made during disease, at a period when the mind, in all its beauty or deformity, is laid bare, and its strength, as well as its weakness, put to the test. In one case, the deep-seated abiding grief for a dead, and strong attachment towards a living parent, formed the criteria; and in a second, a sensitive conscientiousness and anxious attention at a sick-bed, although displayed through the gloom of dejection, were irresistible recommendations. If the recovery, under such circumstances, be complete, there is added to the ordinary qualifications the sympathy and commiseration of fellow feeling and fellow suffering.

Kitchen.

The kitchen has been in full operation for six months, and realises many of the expectations originally formed of the new arrangement. The space for all culinary operations is now ample; the main building is no longer filled by the fumes of these processes; and when the moveable chambers, heated by steam, which convey the prepared food to the centre of the House are properly constructed and managed, the meals will be served up in better condition, even in distant galleries, than if the kitchen and dining-rooms were adjacent. But so difficult has it been found to do this, so incessant are the necessities for workmen, and so prejudicial does the presence of strangers prove, that it has been resolved to attach a resident plumber to the staff.

Moral Treatment.

Lectures.

Fifty-five lectures, or as their author modestly designates them, conversations, upon botany, geology, and the microscope, have been delivered, and with increasing success. The minds of many of the auditors are now prepared for the reception of the information communicated; even although disturbed and distorted, they are habituated to entertain and discuss scientific subjects and to employ scientific terms; and although much that is taught, as in the case of the sane, passes away without trace or influence, there is, at least, the certainty that for a brief period the attention has been engaged on objective matters, and a new range given to the imagination. These lectures are now delivered in what was formerly the kitchen, but which is now a comfortable, well-lighted, well-furnished, and carpeted room. During the day, it is used as a work-room, where the most industrious female patients are congregated, and engage in various occupations,

Lecture and Work-room.

for their own benefit, or for that of the Establishment. The presence of sane workers, the principle of imitation, the sense of usefulness, will all operate in stimulating activity. But other advantages will accrue in the withdrawal of the more tractable and educable members of the community from the more crowded galleries, and from their ordinary companions and associations, and in placing them in a new atmosphere and a new scene, where it is proposed that ultimately music and reading may enliven and instruct, or prevent the monotony of prolonged manual exertion. This arrangement is adapted only for such patients as can bear incitements to thought with impunity, or who absolutely require an external impulse to rouse or sustain intelligence.

Education. During the winter months, classes for instruction in music, languages, and arithmetic, were conducted with great zeal. Drawing was taught by an accomplished female patient, and proved a test of the perseverance, as well as of the powers, of her pupils. Many altogether ignorant of the art produced pleasing sketches, which now enrich our collection; others regained and carried out a facility of execution lost or impaired; and to all there was suggested that calm enjoyment and refinement of taste which such pursuits afford. That the benefits thus obtained might be extended and carried out, a teacher of experience has been engaged, who is now endeavouring to guide hands, recently familiar with destruction, or with daubing paper grotesquely, by the principles of perspective, and to fix wandering and wayward minds upon the relations of forms. An artist is likewise now forming a gallery of portraits of his fellow patients, in the Southern Counties' Asylum, selecting such as are recommended to notice by the grotesqueness of their aspect, the form of the head, or the peculiarity of their disposition. Such a collection, accompanied by a history of each individual, will form a valuable contribution to the physiognomy of mental diseases.

Theatre. Eight farces have been produced; and the industry of the company has mastered the representation of a comedy. The natural tendency of all minds, especially those of low capacity and powerful imagination, for histrionic exhibition, for acted romance, still render these amusements more attractive: but the predilections of the community have been

Music. more strongly expressed in favour of music; and domestic concerts, and what may be termed musical dialogues, have been more numerous. A course of lectures was delivered by Professor Lithgow, illustrated in his popular manner; and whether the principles laid down, and the

instructions communicated by him, have produced any permanent effect upon the audience or not, the recollection of the pleasure conveyed is vivid and lasting. What diagrams and drawings are to scientific lectures, vocal and instrumental music is to instructions in harmony, and both are especially necessary in dealing with the unhealthy mind, which rarely embraces abstract truths, and which depends for consolation, as well as cure, chiefly upon external impressions. As a natural consequence of these tastes, the opera in Dumfries became a powerful attraction. About thirty patients attended, and were perhaps the first insane patrons of this class of amusement. Opera.

The *New Moon* is still inadequate as a channel for the productions of minds which, if deprived of their perspicacity, are rendered more prolific and prodigal by disease. The press is about to be occupied with a selection from the articles in the earlier volumes of the periodical; with a volume of poems by an inmate; and with a code of regulations for the attendants; whilst its less important functions are the preparation of play-bills, the promulgation of orders, notices, and memoranda. New Moon.

Muscular training has not been omitted, for, besides the prescribed amount of working, walking, driving, a party was formed for trenching one of the grass fields. They consisted of lethargic, or vehement, or restless patients. The principal objects proposed were to rouse the apathetic, to expend in a regulated and pacific and useful manner that intense energy of the vehement which cannot be restrained, and which causes so much disturbance and annoyance when free scope is denied. The groups of promenaders beyond the walls are still regarded with wonder and awe. They may consist of twelve individuals, or more, of imposing aspect, of great dissimilarity of character; with passions solely checked by the majesty of discipline; with delusions prompting multitudinous caprices and extravagances; and with that longing for liberty which has the strength of an instinct in the secluded. Yet these uncertain and excitable natures are controlled and directed by one mind. This influence was well illustrated by an attendant, who himself conducted a party to Comlongan, spent the day in the woods, and returned in safety, after an absence of seven hours. What was a triumph in success, would have become a culpable violation of duty in failure. The season has been propitious for excursions in the country. What may be styled composite pic-nics, have been popular. In place of forming a party of the inmates of Exercise. Excursions.

each gallery, the members were chosen of opposite sexes, and according to certain qualities of compatibility and similarity of taste, so that while one individual sketched the scene, another awakened the echoes with the music of the horn; a third, collected butterflies and beetles, or demonstrated the wonders of nature and the goodness of God from these objects; and common pursuits, and courtesy animated and amalgamated the group.

Domestic Intercourse.

A cover is now laid at the officers' table to which a patient is admitted every day. The privilege is much coveted, and serves both as a reward for courteous manners, and a test of the amount of self-control. To many, the inducement of improved fare is an inducement; to others, the distinction affords encouragement; to all, the more animated conversation, the discussion of new and suggestive topics, the revival of the amenities of social intercourse, prove a source of enjoyment, and a direct stimulus to the intellect. In the Southern Counties' Asylum, tea parties have been introduced for the same purpose, and invariably afford evidence that the insane preserve greater equanimity, and display fewer peculiarities in the presence of their superiors, and when restrained by specific or conventional rules, than when removed from supervision, and in the presence of their equals. The mere official visits of the Sheriff or other authorities, upon a similar principle, diffuse a tranquillity and serenity through an asylum which do not exist at other times, and which disappears whenever the moral check, and the motives for self-possession are removed.

Southern Counties' Asylum.

This part of the Establishment, while apparently competent to meet the necessities of the surrounding Counties, is still crowded; and it has become necessary to refuse many of the applications from a distance. The inhabitants have been remarkably healthy; and although it cannot be called a quiet community, there is a greater amount of tranquillity, and even contentment, than could be anticipated from the irrascible and excitable materials of which it is composed; but which is mainly due to the judicious arrangements instituted by the resident officers. One attempt to escape has been made. The fugitive was lame and paralytic, whose infirmities disarmed suspicion, and obtained great indulgence and license for his tendency to vagrantism. Announcing that one of the officers was immediately behind, he eluded the vigilance of the gate-keeper, and had reached Maxwelltown before he was recaptured. There is at present only one patient in seclusion; and as a mean of repression for violence, recourse to this measure is

but little required. It may be indicated as a remedy for excitement, or as a mean of excluding the influence of light, and noise, and society, or it may be imposed as a punishment and mark of disgrace. There now likewise exist in both Houses penal galleries, which, although equalling the others in comfort, and affording the same amount of liberty, are regarded by the partially insane as less honorable, as inhabited by the wholly insane, and as connected with some infraction of the laws of politeness or propriety. These are frequently resorted to on occasions of quarrel, calumny, and contumacy.

These minor incidents are narrated as examples of the changes which have taken place; but not as exhausting the history of the period. There is an effort to associate with each arrangement some medical object or moral improvement; to administer medicine unsuspectedly, and in a fascinating vehicle. It is not enough to gild the pill, it must be taken. Each day has its duty and its recreation. The system never sleeps. Even during night the course of discipline is known and felt to proceed; the night guardian reports what he hears, or sees, or suspects; but there are now almost regular nightly medical visits, wherever vigilance is required, wherever a pang may be relieved, or a sorrow soothed. It is less the amount of good effected, than the amount attempted, which marks the spirit of such measures. The great object of all such sustained exertion and ceaseless treatment is to ameliorate; and even if the results be incommensurate with the magnitude of the effort, as they assuredly ever will be, the public is so fully satisfied of the sincerity of the struggle, that the only obstacle to future progress, and to the farther development of those principles of management which have hitherto been attended with an encouraging amount of success, is the lack of accommodation. These principles must remain inchoate until the buildings are completed; and the urgent necessity for such completion is a striking recognition of the soundness of the views which granted this Institution to the country, and that measured the real extent of mental disease and its gradual increase.

W. A. F. BROWNE.

TABLES.

I.—AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	1	3	4
... 20 and 30, ...	13	11	24
... 30 and 40, ...	14	14	28
... 40 and 50, ...	22	14	36
... 50 and 60, ..	5	7	12
... 60 and 70, ...	3	7	10
... 70 and 80, ...		1	1

II.—SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	58	23	6	3
Females, ...	56	31	12	6

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	17	14	31
Unmarried, ...	40	34	74
Widowed, ...	1	8	9

IV.—FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...		3	3
Imbecility, ...	6	2	8
Fatuity, ...	6	6	12
Mania with Delusion, ...	8	1	9
Mania, ...	13	14	27
Affections of Sentiments.			
Melancholia, ...	2	15	17
Monomania of Fear, ...	4	6	10
... Pride, ...	8		8
... Superstition,	1	2	3
... Suspicion,	4	7	11
... Vanity, ...	5		5
Affections of Propensities.			
Dipsomania, ...	2		2
Homicidal Mania, ...		1	1

V.—EMPLOYMENT OF PATIENTS.

Profession.	Males.	Females.	Total.
Architect, ...	1		1
Artisan, Wife of, ...		2	2
... Widow of, ...		1	1
Barber, ...	1		1
Blacksmith, ...	1		1
... Wife of, ...		1	1
Block Printer, ...	1		1
Bobbinwinder, ...		1	1
Cabinetmaker, ...	1		1
Carpenter, ...	2		2
Charwoman, ...		1	1
Clerk, ...	1		1
Cow-keeper, ...		1	1
Currier, ...	1		1
Domestic Servant, ...		11	11
Druggist, ...	1		1
Engineer, ...	1		1
Engraver, ...	1		1
Farmer,	7		7
... Wife of, ...		1	1
... Widow of, ...		1	1
... Daughter of, ...		1	1
Farm Servant, ...	1		1
... Wife of, ...		3	3
Fisherman, ...	1		1
Flowerer, ...		1	1
Gardener, ...	1		1
Gentlemen, ...	2		2
Gentlewomen, ...		7	7
Governess, ...		1	1
Handsewer, ...		2	2
Hawker, ...	1		1
Housekeeper, ...		1	1
Innkeeper, ...		1	1
Labourer, ...	6		6
... Wife of, ...		1	1
... Widow of, ...		1	1
Lawyer, ...	1		1
Merchant, ...	9		9
... Wife of, ...		1	1
Millspinner, ...		2	2
Miner, ...	1		1
Officer in Army, ...	2		2
... Navy, ...	1		1
Porter, Railway, ...	1		1
Roadmaker, ...	1		1
Sailor, ...	1		1
... Widow of, ...		1	1
Schoolmaster, ...	2		2
Schoolmistress, ...		2	2
Sempstress, ...		1	1
Shoemaker, Wife of, ...		1	1
Shopkeeper, ...		2	2
Soldier, ...	3		3
Surgeon, ...	1		1
Weaver, ...	4		4
... Wife of, ...		2	2
No occupation, ...	1	3	4

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Amenorrhœa, ...		1	1
Anæmia, ...		1	1
Anxiety, ...	1	2	3
Cicatrization of Ulcer, ...	1		1
Congenital Causes, ...	3	2	5
Convulsion, ...		1	1
Diabetes, ...	1		1
Disappointment, ...		9	9
Dissipation, ...	1	1	2
Domestic Affliction, ...	2	4	6
Excitement, General, ...	1		1
——— Religious, ...	1	2	3
Excessive Study, ...	3		3
Fear, ...	1	4	5
Fracture of Skull, ...	2		2
Grief, ...	1	2	3
Hepatic Congestion, ...	2		2
Hypochondriasis, ...		1	1
Hysteria, ...		1	1
Influenza, ...		1	1
Injury to Spine, ...	1		1
Insolation, ...	1		1
Intemperance, ...	9	1	10
Oxaluria, ...		1	1
Paralysis, ...	1	1	2
Pecuniary Embarrassment,	1	1	2
Pride, ...	2		2
Phthisis, ...	1	1	2
Scrofula, ...	2	3	5
Speculation, ...	1		1
Puerperal Condition, ...		5	5
Tobacco, Abuse of, ...	1		1
Typhus Fever, ...	1	1	2
Ulceration of Intestines,	1		1
Vicious Habits, ...	2		2
Not reported, ...	14	10	24

VII.—INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity,	19	15	34
Hereditary tendency to Nervous Disease, ...	6	7	13
Hereditary tendency to Scrofula,	4	4	8
Hereditary tendency to Gout,	2		2
No hereditary tendency traced in	27	30	57

VIII.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	30	20	4	4
Females, ...	34	16	5	1

IX.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year. ...	25	33	58
More than 1	12	12	24
... 2	2	2	4
... 3	5	3	8
... 4	7	1	8
... 10	3	3	6
... 20	4	2	6
... 30			

X.—SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	8	11	19
Have meditated do.,	5	11	16
Intentions not manifested, or unknown, ...	45	34	79

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	14	8	22
Well educated, ...	13	4	17
Can read and write, ...	25	28	53
Cannot read or write, ...			
Unknown, ...	6	16	22

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Albuminaria, ...		1	1
Broncho-pneumonia, ...	1	1	2
Cancer, ...		1	1
Disease of Heart, ...	2		2
Paralysis, ...		1	1
Phthisis, ...		2	2

DUMFRIES:—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

FIFTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1854.

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Lieut.-Col. GRIERSON, Bardannoch.
Admiral JOHNSTON, Cowhill.

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for 1854-5. C.C.

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W. A. F. Browne, M.D., Resident Physician.
Mrs Softley, Matron.
John Dickson, M.D., Medical Assistant.
And. Henderson, House Steward.
Mrs South, Superintendent.

SOUTHERN COUNTIES' ASYLUM.

Robert Smith, M.D., Medical Assistant.
Mrs Hearder, Matron.
And. Henderson, Superintendent.

R. Adamson, Esq., Treasurer. Rev. G. Cowans, Chaplain.

Patients in Institution, 11th November, 1853,	286	
Ditto admitted since,	100	
		386
Discharged as Recovered,	53	
Ditto Improved,	14	
Died,	25	
		92
		294

The difficulty of presenting for the fifteenth time the annual History of a Society, the great characteristics of which are privacy and tranquillity and monotony, in such a form as may engage attention and counteract the intrinsic repulsiveness of records of sorrow and suffering, has suggested a modification in the details of the present Report. It is proposed to allude briefly to the general results, and then to incorporate such observations as may be necessary concerning the patients admitted, with a sketch of what appears to be the characteristic type of the prevailing forms of mental disease. Of 194 applications for admission, 110 have proceeded from Inspectors of the Poor, or members of indigent or impoverished families; 84 from the affluent classes. Accommodation could not be found for more than 68 cases of the former, and 32 of the latter; although every effort was made to respond to the wishes and confidence of the community, and to relieve the most clamant cases of hardship and embarrassment, by appropriating even the public rooms for the reception of patients, and by the sacrifice of much of the personal comfort of the officers. It appears highly desirable that some extension of the existing buildings should be made, and made in the spirit and with the advantage of all the experience and enlightenment of the last twenty years; and while the reputation of the Establishment is such as to attract applications so numerous and urgent as to demand ingenuity, to repress rather than to enlist the support and sympathy of the community. The declaration that a large Asylum is full, is over-crowded, suggests painful considerations as to the progressive increase of mental disease, the impure and corrupting element which accompanies and pollutes the stream of civilization; of the wide ramifications which connect such an Establishment with all grades and portions of the population; but it likewise appears to impose responsibilities, and to indicate the direction in which public benevolence should be exerted. In England the example here presented has been followed, and Public Asylums for the higher and middle classes have been erected or are contemplated; provision, although inadequate provision, has at length been made for

General Results.

Extension of Institution.

those who cannot benefit by the noble Institutions created for the poor, and whose rank and riches and immunities have hitherto impeded rather than promoted the application of those means which secure amelioration of suffering, if not restoration to health. It may be a proud boast that there is better accommodation for our paupers than for our princes; but that country cannot be entitled to boast where, although there be an equality of rights, there is an unequal access to those benefits and blessings developed by modern science. Out of an Asylum alienation cannot be treated; and this truth appears to point out a specific course to all who are invested with the powers and means to meet the growing miseries of our race, the growing appreciation of Hospitals for the cure of the Insane.

Discharges. Fifty-three patients have been discharged as recovered, fourteen as improved, and twenty-five have died. The proportion of those restored to sanity, or to such a degree of intelligence and self-control as to resume their place and duties in society, is very satisfactory. The standard, however, by which this restoration is measured is arbitrary and inexact. Upon one occasion, it is the opinion of the medical officer; upon another, the views or interests of relatives; and upon a third, the mere capacity for mental or physical exertion, which decides the discharge of a patient; and the only ultimate test is that the individual does not abuse the confidence reposed in him, and is received, and treated, and trusted as he formerly was. That some of these retain and carry with them into active life delusions and exaggerated modes of feeling is indubitable. Hallucinations, however, exist in what are regarded as healthy, happy, and useful minds; and it is necessary to accept as the condition of liberation that power of will which controls, or conceals, or applies to legitimate objects whatever is morbid, secures conformity with the customs and arrangements by which society is regulated, and imparts that aspect of health which is recognised as health.

The mortality has been considerable during the past year, although still below the amount calculated, expected, and generally occurring in such Establishments. Death took place in one individual who was dying when admitted; in four sent here to receive the sick-bed and death-bed care and kindness which their own homes could not supply; in five who, previous to admission, suffered from the diseases under which they succumbed. One individual died suddenly upon the eve of his discharge; but the majority belonged to the incurable classes,

and many of them had lived long in seclusion, were identified with the traditionary history of the Establishment, are mourned for as friends and companions rather than as captives, and who sank from old age, or that premature decay which follows many forms of derangement, and brings with it many of the infirmities and maladies that attend longevity. Among the deaths were two from cholera. Cholera They occurred when the disease prevailed throughout the country and in the adjoining district, and had penetrated many similar Institutions. The victims were both inmates of the Boarders' House, of feeble frame, and had contracted many of the habits, and were liable to affections supposed to predispose to the disease. But they had not left their galleries for years; they were surrounded by many of those comforts and circumstances which afford protection from the epidemic, and they were not exposed to any known sources of contagion. The attack was in each individual modified by the condition of the nervous system, afforded few of the most characteristic symptoms, and terminated rapidly and fatally. Although there was much sickness, and especially affections of the bowels, in the House at the time, no other cases of cholera occurred. The knowledge of the incursion of such a pestilence, lenient though it might be, accompanied, as it must be, with the recollection of similar, but much more severe, visitations in other Asylums, and by participation in the anxiety and alarm that generally prevailed, was calculated to produce most disastrous effects upon the happiness and tranquillity of the inmates. The event was, however, successfully concealed, even from the companions of those most closely associated with those removed; panic was prevented; every precaution against disease was adopted by cleanliness, ventilation, fumigation, regulation of diet, the avoidance of communication with infected districts; and the population, engaged in ordinary pursuits and pleasures, with a cheerfulness and confidence which may have contributed to increase the security since enjoyed. Our most judicious consulting Physician, Dr Grieve, was likewise summoned to sanction these arrangements, and to see every case of indisposition as it occurred, that he might satisfy himself, and satisfy others, of their real nature, and of their relation to the existing epidemic, should such be discovered. While it seemed to be a duty to withhold all knowledge of the impending danger from the insane, it seemed equally so to intimate its existence to their friends, or those entitled to think and act for them. A circular was accordingly transmitted to the relatives or guardians of every patient, stating

the appearance of cholera in the Institution, so that whatever course was regarded as wisest and best might be adopted by them. The course pursued by all, without any exception, was to allow their wards to continue in that home, and under that supervision which had afforded shelter and security upon former occasions, and promised even then as great an amount of safety as could be obtained by a return to that external world which was itself desolated and decimated by disease, and agitated by apprehension. The correspondence which ensued proved that the announcement had inspired, rather than impaired, confidence; and furnished abundant testimony of the esteem and respect with which the system of management here pursued is regarded.

Supply of Water.

It is an axiom that there should be no limitation to light, air, and water in conducting the treatment of communities of the insane. There is now a large and abundant supply of the latter. Baths have long been given, for purposes of cleanliness, to every inmate of the Southern Counties' Asylum every fortnight, to those of degraded habits every day, or many times a-day. In the Crichton Institution bathing has been resorted to exclusively as a part of medical treatment. The application of water may now be extended to purposes of comfort, luxury, and beauty. The sound of falling streams is said to have proved a better opiate to vigilants of olden times than the Thebaic Elixir. Around many Asylums there are fountains, ponds, lakes, for fishing, curling, boating, ornament. These involve no lavish expenditure of water, but are ingenious applications of the reservoirs to purposes of amusement. This climate is not perhaps well adapted to the conversion of the elements into handmaids of art; but, independently of the influence which moving, and brilliant, and pure objects, such as water, exercise over the distempered fancy, there are uses connected with gardening and domestic purposes, such as the cultivation of aquatic plants, streams flowing through the kitchen, the construction of vivaria which might at once be turned to practical account, and to the multiplication of pleasurable emotions.

Occupations and Amusements.

Our occupations are vigorously prosecuted as pastimes, and pleasures provide occupation. A very large body of labourers, gardeners, mowers, joiners, tailors, shoemakers, is furnished by the Southern Counties' Asylum; but the completion of that building can alone furnish that accommodation in stores and workshops which will give a full development of industrial treatment. A band of the inmates

of the Crichton Institution are engaged in trenching, and so clamorous did volunteers become for enrolment, that it was necessary to restrict their numbers. The theatre, concert, and ball-room; the schools of drawing, music, languages, millinery, still have their numerous patrons and pupils. Although dancing is less esteemed than the sedentary amusements, which give repose to the body while the mind is gently and cheerfully engaged, it was recently endued with new attractions, and uses, and meaning. Balls in costume and character were accomplished under the auspices of the officers: history was made to speak through its cherished and celebrated names, its picturesque costumes: pomp and pageant and music swept along before the spectators, reviving recollections of scenes and events with which every mind is stored, and exciting those healthful associations which beauty and elegance rarely fail to produce. Upon one occasion twenty-three patients joined in these recreations as Queens, Lords of Leicester, Amy Robsarts, Pachas, Indians, Celts. Literature has still its numerous votaries; and while the *New Moon* preserves the most interesting fugitive productions of the inmates, a volume of poems has recently issued from our own Press, composed by one who is in every sense insane, who has been in seclusion for ten years, composes only during the night and when disturbed and wretched, and who may display the most exquisite delicacy of sentiment in the same moment that she strikes those whom she loves, or wreaks her intemperate jealousy on the window glass.

Lectures to Officers.

A course of lectures upon mental diseases and their management has been commenced, and will be continued during the winter. It is addressed to the officers, and to all members of our community engaged in the treatment of the insane. A certain amount of education and experience is expected in every artizan, is demanded from those entrusted with the care of even domestic animals; but for those to whom the happiness and tranquillity of the human mind is consigned no training is provided, no instruction accessible. A guardian is appointed who may have no higher qualification than physical strength and courage, who never saw a case of insanity, who may attribute the errors he is expected to correct, the propensities he is compelled to control, to the manifestation of perversity, malice, or to demoniacal possession, and who may remain for a quarter of a century in daily contact with these ebullitions, in utter ignorance of their real character, and with no guide as to the mode in which his duties

are to be performed, except a series of brief regulations associated in his mind with fear of punishment. No means are taken to remove ignorance, and we punish the ignorant. The errors and offences of the attendant upon the insane are less frequently the offspring of deliberate cruelty, of cold indifference and neglect, or of self-sufficiency, than of want of knowledge of their line of duty, and mistaken views as to the mode in which that duty should be discharged. Since the diminution or discontinuance of physical restraint, since the introduction of education and amusement as remedies, these officers are called upon for greater intelligence, higher motives, and a clearer comprehension of what that human and morbid nature is which they are required to guide and govern; and instruction of some kind is obviously essential. To these persons is in great measure committed the management and moral treatment of the insane. They pass the whole day with their charges, whilst the visits of the officers are necessarily brief, at distant intervals, and are less social than supervisionary; the former cheer, repress; grant or withdraw indulgences; execute the plans which the other suggests; they are literally the companions, and ought to be the friends and teachers, as well as the nurses and guardians of the patients. Yet, for this class there is no normal school, no golden road, no road at all to knowledge. These instructions will embrace a very full discussion of the subjects embraced; but they will be so modified as to rise to the level of the educated minds addressed, and yet to fall within the grasp of the shrewd and sensible, though illiterate, individuals who compose the class of attendants. It is probable that the whole scope of the subject will not be embraced—it is obvious that the scientific details must be directed to one portion of the auditors alone; but it is believed that no one will retire from the investigation without some clearer conceptions of the great work in which they are engaged, and higher views of their own responsibilities.

Changes in Official Staff.

Three important changes have occurred in the medical staff since last Annual Meeting. The appointment of Dr Gilchrist to the Lunatic Asylum, Montrose; of Dr Lauder Lindsay to that of Perth; and the future residence of Mr T. Aitken in Edinburgh, have led to the election of Dr J. Dickson as Medical Officer in the Crichton Institution, and Dr Smith in the Southern Counties' Asylum. There is ground for congratulation that the system of treatment and management pursued here has obtained the approbation of other Asylums,

that connexion with the staff is viewed as a mode of education and training even to highly accomplished physicians, and that whatever is good and worthy of imitation in the economy, fiscal, or moral, or medical, will be extended over a wider sphere, and incorporated with the usages and excellencies of similar hospitals. But there are grounds for regret that we should be deprived of the services of officers so efficient and trustworthy. While these fellow-labourers possessed many qualities in common; talents of a high order; indefatigable industry; active sympathy and solicitude towards the objects of their care; a warm interest in every proceeding promising the alleviation of misery or the cure of disease; and entire self sacrifice in the discharge of duty and the pursuit of knowledge; it is but justice to distinguish Dr Gilchrist as having signalised his career by the application of scientific instruction in the treatment of mental disease to an extent previously regarded as fabulous; Dr Lindsay as devoting himself to the introduction of æsthetical elements into psychology, and attempting to effect, by suggestions of beauty, by music and pageantry, what formerly squalor, and silence, and darkness were left to accomplish; Mr Aitken as presiding over literary undertakings, libraries, histrionic exhibitions, and that class of recreations which reach the sentiments through the intellect. These are but feeble commendations, when it is recollected that these individuals for years had their home among the insane; had, and desired to have, no other companions; that during the night, as well as the day, they were at the call or at the bedside of the exacting, the perverse, the despairing, the dying; that they alternated their professional studies and duties with incessant exertions to enhance the happiness and hilarity of those who possess few or no internal resources of solace and support; that to them society and its relaxations and enjoyments were a blank; and that, undismayed by difficulties, unirritated by disappointments, uninfluenced by the unhealthy and inflammable atmosphere in which they lived, they contributed to preserve and augment that harmony and good understanding which has characterised the relations of the whole body of officers, and which forms a centre and basis for the successful administration of the community. In so large a body, there is so great a diversity of characters, that the amount of concert and unity of sentiment preserved, the suitable adaptation of the capabilities and habits of each, not only to their own duties, but to the movement going on around, is a strong tribute in favour of the qualifications of those se-

Duties of Officers.

lected, and of the system by which they are regulated. But there is trial as well as duty imposed upon all in such a position; the petty ambition and jealousy of companions, more frequently the discontent and estrangement and antipathy of those committed to their charge, are constantly creating difficulties and dilemnas which obstruct usefulness, and expose every word and act to misconstruction. There is a class of patients who delight, whose disease consists in tormenting; who magnify trifles into momentous considerations; who fabricate and propagate wild and improbable or malicious calumnies; who revel in the monstrosity of their mendacity, and whose province it is to sow dissention, and sorrow, and strife. Against this, as well as against the misrepresentations of those who do not understand the real character of such manifestations, for the reputation of all is at the mercy of that disease which they attempt to alleviate, have those intrusted with the insane to contend; and if they be not supported by exalted notions of duty, and determined to meet such obstacles by the labours of a life, to compensate for the many errors and deficiencies that may fairly be attributed to them by unremitting exertion and devotion, the objects of their mission will not be accomplished, nor the interests of such an Establishment be preserved.

Associates for Insane.

The advantages of association with healthy and vigorous minds have long been recognised in the treatment of the insane. Reading does not serve as a substitute. Communion with the thoughts, even of "the wisest, virtuousest, best," has not the influence of personal intercourse. The latter is regulated according to the varying phases of the emotions; and while new images and suggestions, genial and gladdening feelings are poured into the wounds of the sufferer, they are adapted to the character and condition and moral pulse. The living current of thought revives; the physical qualities of the ministrant may appeal to the imagination, and effects similar to those produced by the powerful over the weak, the educated over the ignorant, the cunning over the facile, the pure and benevolent over the vile and violent, follow. The officers of a large Institution are too much engrossed with medical and economic details to devote their energies to this department of their duties; and perhaps their overstrained minds are not in the best condition to do so. Various expedients have been suggested and adopted in order to accomplish this object, but without success. Another experiment is about to be made. A lady of education, affluence, and active, ardent mind, whose ties with the world are broken

or weakened, has determined to devote her powers and acquirements to the service of certain classes of the insane. She proposes to live with them; and, under medical advice, to direct their pursuits, and as their friend and companion, but neither as their ruler nor servant, to partake in their joys and sorrows, to cheer the desponding, to repress the presumptuous, and to diffuse around that healthy and animated tone which seclusion has a tendency to impair, which the diseased mind cannot originate, and which an enthusiastic sense of duty can alone maintain. Could the numbers of such ministrants be multiplied, one of the most ambitious and utopian hopes and projects of the physician would be realised.

Chaplains.

By an arrangement sanctioned since last Annual Meeting, there are now provided religious ministrations for the three great sections into which the population is divided. What was formerly obtained through the voluntary co-operation of clergymen in town, is now secured as a right, and as a part of the moral influences which may be brought to bear upon the mental health of the patients, and upon the order and decorum of the general community. In these gentlemen, who may be regarded as the Chaplains of the Institution, there is ever to be found cordial co-operation; an anxious discrimination and willingness to engraft their mission upon, or to render their teachings in accordance with, that system of management pursued, and to bear in mind that the objects of their care are in many senses "stricken in spirit," and "fast bound in misery and iron." It is believed that, under Providence, their endeavours contribute to increase that comparative contentment and cheerful resignation which prevail; and to lead many to calmness and composure, "to be clothed and in their right mind."

Physical state of Patients admitted.

In every document such as this, there is urged a complaint that the insane are detained at home until their malady has become chronic and incurable. There is another serious charge to be added to this. Patients are transmitted to Asylums suddenly, without the regular intimation, without attention to the prescribed forms, and not only with an imperfect history of their disease, or without any information, but with a positive concealment of facts, which must be known to the friends and custodiers, which are in every instance of paramount importance to the future treatment, but in many cases affect the life of the individual. As illustrations of the justice of these observations, and of the violence sustained, or of the conditions existing prior to admission, it may be mentioned, that within a few months there have

been received a patient with ulceration of the intestines, whose delirium was represented to be aberration of mind; another far advanced in the last stage of consumption; one in whom all the fingers of the left hand were dislocated at the second joint, and, in consequence of long and injudicious restraint, were covered with large granulating ulcers at each flexure; a second with fracture of the clavicle; and a third with fracture of the ribs and sternum, received in a fall from the roof of a house: all these circumstances being omitted in the narrative of the case, and only detected subsequent to the reception of the patient. Such accidents may be detected in the scrutiny to which every entrant should be subjected; but there is a condition which may then escape notice, or the extent and duration of which cannot be estimated, and which, although of great importance in the attempt to preserve life or restore reason, is concealed or misrepresented. Patients are placed in seclusion in the last stage of attenuation and debility; their prostration is attributed to every cause save starvation; or, the period of total want is admitted, while that of insufficient nutrition, the long series of efforts to persuade, tempt, compel the failing appetite, the years of diminished support, are ignored, as if these facts were irrelevant, or insignificant, or disgraceful. There is another species of inanition which is, for obvious reasons, rarely disclosed. Opium-eaters and drunkards live, up to a certain point, upon the stimulants they consume. But the absence of natural and necessary food induces a state closely allied to that resulting from voluntary fasting. The frequency of such occurrences in Asylums, the frequency, the increasing frequency, of this form of mental disease, and the grave character of the injuries inflicted by protracted abstinence, the extent to which such a symptom complicates the management of each case, opposes and frustrates all other means of amelioration, have suggested the propriety of selecting the subject for consideration in the present Report.

State of Patients in relation to Abstinence.

The type of mental disease varies, influenced, it may be, by civilization or its concomitants. The opinion prevails that mania, and especially furious mania, is less frequent; there are even stronger grounds for believing that the cases of melancholia, combined with abstinence, are now more numerous; and that even the tendency to refuse food, whether associated with despair or delusion, fury or abstraction, is more generally met with. It has been calculated that it occurs in one-ninth of the insane; and

that in one-thirtieth of these the repugnance cannot be overcome. This proportion obtains in continental countries, where the prevailing religious opinions may suggest the morbid tendency to fast. Of a hundred patients admitted, twenty-four exhibited no peculiarity of appetite or mode of eating, although several laboured under diseases of the stomach. Four displayed a craving for medicine rather than for food; five preferred stimulants, and had subsisted on them; in five the appetite was capricious, the digestion difficult, and the attention occupied in dwelling upon the consequent annoyances, or in discovering expedients, dishes, or devices, which promised to afford relief. In eleven the desire for food was intense and insatiable; in one of these the voracity depended upon diabetes, five of the number were epileptics, one was idiotic, classes in which the tendencies are annual, uncontrolled, omnipotent: in one there existed ulceration of the intestines; one ate unconscious of his excesses; another exceeded because she was a queen; a third because impelled by hunger, but convinced that serpents banqueted upon him. Five patients, partially fatuous or entirely pre-occupied, swallowed whatever was presented to them, regardless of the quantity or quality of the viands, the frequency of their meals, or the rapidity of their exhibition. Three were anæmic, and partook sparingly of nourishment; in one the appetite was morbidly defective. Thirty-seven individuals abstained from food altogether for hours, days, months. If to these be added fourteen cases, in which the same course was pursued by patients formerly admitted, fifty-one have, during the year, manifested this symptom, and will be comprehended in the analysis. Of this number twenty-nine were females, twenty-two were males. In four the refusal, which rather extended to certain descriptions of food than to all, but was sometimes extended to all, proceeded from the nausea or extinction of appetite, which attends the latter stages of abdominal disease. In five the abrogation of hunger was not associated with any acute or obvious malady, but depended upon some new combinations of mental powers, suspension of that consciousness of external impressions which intimates our wants, or upon the state of that part of the brain connected with the expression of the lower instincts. In three the desire returned; in two it never was restored. Nine individuals profoundly agitated by mania, in the expenditure of muscular force, in the manifestation of rage, and violence, and extravagance, became insensible to all impressions but that of the

tempest which raged within, and abstained from nourishment for various periods, forgetting its use, attractions, existence; living upon themselves. Six patients, not affected with fatuity, and three of whom have recovered, without losing the inclination to eat, have been incapable of obeying the impulse. In all there appeared some obscure affection of the muscular system, placing it beyond the influence of the will, or less under its control. The capacity to desire seemed to be dissociated from the capacity to express it. One of these persons is hebete—acts, moves, speaks slowly and laboriously, and is regulated by the will of others; four became completely lethargic, motionless, taciturn, presenting a cold surface and feeble circulation; the sixth retired to a corner, coiled herself up, avoided light, and appeared for a season to hybernate. The sentiment of vague indiscriminating terror induced abstinence in three; the specific fear of want in two. Both of these were men advanced in years: in both the apprehension was justifiable; but when the grounds of alarm were removed, the feeling remained. One barricaded himself into his cottage against his benefactors; the other buried the food which charity supplied; and both starved. Pride leads to the same result. Two humble females reject all support, because what is prepared is neither savoury nor suited to their dignity. In one, the passion supports the resolution for a few days; in the other, it is indomitable. A third subjects herself repeatedly to compulsory alimentation, in order to obtain a richer and more palatable diet than that to which her position entitles her, shrewdly observing that bribes as well as menaces are employed to uproot delusions and perversities. Offended delicacy, or offended vanity, has led two females to exhibit their indignation by abstinence. In many such cases the depth and violence of the emotion may destroy the appetite; but in general, the act is merely the language of anger. In four, religious feeling appears to have supported and suggested abstinence. In one of these the course adopted is the result of a recollection of what the healthy mind recognised as duty; in one, it is boasted of as a sign of spiritual illumination; in two, it is the dictate of a dream and a delusion. Poison was the pretext in two cases; and the most desperate resistance was offered to the exhibition of the arsenical preparations which were, it was asserted, in one case clandestinely, and in the other openly, mingled with the food. In one of these individuals, even after the restoration of reason, there remained the conviction that some corrosive substance had been administered to

him in this manner. The impression preserved by memory may have been communicated by the medicine which was unavoidably given. Such a case conveys a twofold lesson: that an erroneous conviction arrived at during insanity may affect the sane mind, and that evil attends recourse to food as a vehicle for medicine, as suggesting or confirming the delusion which it may be intended to remove. One lady, fearless of poison and death, declined, and for years declined, to be fed with the remains of her fellow-creatures who were slaughtered in a gigantic machine kept in incessant activity for the purpose. Perfectly sincere in her opinion, she would not give co-operation or consent to the process of feeding, but latterly offered no resistance, and assisted those who performed it by holding the basin and preparing her dress. Three patients abstained from food of all kinds from an imaginary inability to swallow. In all there existed the firm and inflexible belief that the throat was closed; that the passage had contracted so much that even liquids could not reach the stomach; that the obliteration was the result of cancer, or as a special manifestation of Divine displeasure. These cases might all be classed under religious melancholy, in which there is often to be met an intensity of purpose which healthy faith and fortitude fail to emulate. The introduction of a tube into the œsophagus, the daily disappearance of large quantities of food by its instrumentality, and the absence of all indications of dissolution, failed to dispel the delusion; and although all the patients are alive, and now eat and drink as their companions, they pertinaciously adhere to their hypothesis. Incessant loquacity interfered for days with the pressure of want in one case, where the patient seemed irresistibly impelled to declaim, dogmatise, and vituperate; where relief was obtained to the internal rapidity and redundancy of thought in the frantic eloquence resorted to, and all impulses and instincts were suspended by the fervour of the orator. In one patient only could be traced the deliberate design of self-destruction. From subsequent observation this object must have been entertained during a state of imperfect consciousness, while the mind was unable to judge of the purposes which it formed and followed out, as not only the attempt to destroy life and all the concurrent circumstances are now obliterated from the mind, but the notion of time, and of the time in which they occurred, is abolished; and the individual, without perceiving any gap in his existence, connects the day when he ceased to take food with that when he resumed his former habits, as if they

immediately succeeded each other. Unswayed by any other impulse than that of inveterate and eccentric habit, one septuagenarian would not, or could not, eat unless allowed to perambulate the room while she took her meals, a practice which example has eradicated.

Effects of Attention on Tendency to Abstinence.

It is probable that many of these delusions and extravagant modes of action may be suggested or augmented by the direction of the mind to the stomach, or to the process of digestion. An uneasy sensation, to which all men are subject, and especially those affected with dyspepsia, rouses the mind to consciousness; the attention is arrested and riveted upon the part to which pain or uneasiness is referred; every thrill, and throb, and movement is watched, dwelt upon, and analysed; every intellectual power is engaged in the inquiry; theories, inferences, and interpretations arise, fears and foreboding follow, and the mind is occupied and engrossed in this analysis with an energy and concentration which the healthy can scarcely understand. Certain individuals have carried this morbid introspection so far as to become conscious of the peristaltic movements of the bowels, and to be able to trace the articles swallowed as food along the whole of their transit through the intestinal canal. One patient estimates the precise quantity of the contents of one apparatus of digestion; another indicates what is taking place in the vital actions of a particular spot in the abdomen. To what extent such intense localisation of the attention renders processes, under other circumstances unperceived and unknown, cognisable to the mind, has yet to be determined. But it is exceedingly probable that many sensations, otherwise obscure and unheeded, may, by such means, become distinct and palpable; that the presence of disease may augment the power of attention; that mere sensation may be exaggerated into pain; and the ordinary degrees of suffering into agony. It is certain that the incessant direction of the attention to a particular part disturbs its function, and induces disease. This is especially true with regard to the organs of respiration and circulation; but those of digestion are influenced, to a certain extent, in a similar manner. In certain states the will has exerted such control over the heart as to suspend its action; the recurrence to certain feelings invariably interferes with the rapidity of its movements, and a similar influence may be exercised over other organs, or over the circulation in these. The mere fixity of thought, the exclusion of all other impressions, and the interest and anxiety, if not the positive fear excited, are im-

minently inimical to healthy nutrition; but the effort by which each act and step of the process is subjected to the mind, and becomes for the time the mind itself, cannot fail to modify that nervous influence upon which the performance of the function depends. Hilarity promotes, panic suspends digestion; and it is probable that every mental condition may directly or indirectly exercise some controlling power. "An idea having reference to a secretion, causes a stream of nervous energy to be directed towards the secreting organ." This is a theory of Müller to express an obscure action. But that when a function becomes an object of consciousness, the organ is in some degree influenced and altered is undoubted; and that when the mind is abstracted, excited, when this influence is not transmitted, another change ensues, is equally true. When this abstraction consists in profound study, high-wrought devotion, or in the fervid pre-occupation of disease, the organs of digestion are demonstrated to be injured by the attenuation which ensues. By the exclusion of external, and even all other internal impressions, by long-continued contemplation of one train of thought, or of one thought, that morbid state which may be designated monoideaism is produced, a distinctness and prominence and exaltation is given to the mental operation which it does not, and could not, possess under ordinary conditions. There are fakirs, who do not change there position for years; fanatics, who have reflected for the same time upon the name of God; and lunatics who, as if fascinated, gaze on the sun or some particular spot, or repeat the same word for years. To this singleness and distinctness of consciousness may be referred many of the boasted illuminations and revelations of enthusiasts, the experience of individuals in the mesmeric trance, and perhaps some of the noblest discoveries of science. If, as has been imagined, mental acts and impressions may take place without the knowledge of the individual; a state of concentration may render these, and even the imperfect intimations conveyed from internal organs, cognisable. To a healthy mind, if a healthy mind can ever be betrayed or forced, or if any mind can be healthy while betrayed or forced into such supersensuous efforts, the result will be mere wonder and interest that the inner and deeper regions of intellect, or the hidden course of organic developement, should be mapped out and subjected to the very individual of whom they constitute a part;—while to an alarmed, or suspicious, or superstitious imagination such self inspection would suggest extravagant delusions. Patients now

under treatment feel indurations and tumors which do not exist; voids and vacuities which do not fill; two have a light within the chest which discloses the motions of the heart; and two see animals in the stomach devouring the nutriment intended for their support. To dwell for years upon an idea, to exercise for years one faculty, at once impairs the other mental powers, imparts to them an insusceptibility of action; and elevates and excites the habitual state into an undue and intractable prominence and power. There may be disease in the tendency to concentrate thought; the general effect is certainly morbid; for, whether the individual sensation or feeling become fully developed in itself, or in relation to consciousness, it becomes so by the enfeeblement or exclusion of all others. Patients who concentrate, emaciate; and yet the absence of all mental activity tends to obesity.

Effects of Stomachic Disease on Tendency to Abstinence.

In general the series of acts which eventuate in suspicions of the presence of disease, or delusions as to the existence of ulcer, cancer, closure of the canal, commences in stomachic disorder, in impressions which result from previous changes in the organ; the mind is attracted rather than spontaneously directed to the contemplation; and although it may be impossible to indicate the point at which the real impression merges into the erroneous interpretation and subsequent false belief, it is important to know that the origin is physical and extrinsic, and that, to uproot the fancy, it may be as necessary to aid or rectify the digestion, as to withdraw the mind from its cherished object. Illustrations are constantly occurring of real alterations of structure forming the foundation of a vast delusion. One female feels the struggles of contending armies in her stomach, who really laboured under cancer; strumous inflammation of the bowels is conceived to be cancer; colic suggested to the imagination a wolf, a gnawing worm, preying upon the vital parts; while breast pang has conjured up the idea of an infant Saviour, struggling for emancipation from the heart in which he is enshrined. The precise form which these errors assume is determined by the character and tendencies of the individual. What are designated morbid and anomalous sensations, are in reality common sensations erroneously interpreted. They become morbid only when they become objects of perception and reflection. It is true that there may be painful and pleasurable, perfect or imperfect, reports conveyed to our consciousness; but these in no case suggest the conclusion or theory by which these qualities are explained. In this theory consists the disease.

The sensation of hunger may itself originate delusion. The condition which is induced by low diet, even by nourishment sufficient to sustain life under favourable circumstances, is prolific of nervous maladies and positive hallucinations. The habitual discontent, insubordination and depression which prevail in workhouses, may be traced to the scantiness and sameness of the provisions allowed. Observant warders in prisons have detected that peculiarities of manner, fancies, fears, visions, followed the infliction of bread and water, and disappeared under more generous fare. An examination of a gaol, in which there were about thirty culprits, disclosed the curious fact that three boys heard noises during the night which they could not hear; one had become gloomy, and silent, and sullen; one woman had attempted, or pretended to commit, suicide; and two adult males were supposed to simulate imbecility. Such results could not be obtained except among the diseased, or under the depressing effects of shame, solitude, confinement, and penal diet. But more unequivocal evidence of the operation of these causes upon the nervous system may be obtained in a Report by Drs Abercrombie and Christison, dated 13th April, 1844, on the state of mind of the prisoners in the General Prison at Perth, in which it appears that of 330 prisoners, generally the most callous and unexcitable of their class, twenty-two were, or had been, affected with some form of mental disease, and nine with hallucination. These affections are attributed partly to the separation system, and partly to the small amount of animal nutriment allowed by the prison rules. It is obvious, then, that to place the insane in similar circumstances, would be to multiply and perpetuate the errors under which they labour. Since the rations issued in Asylums were improved, since the stimulating plan of treatment has been sanctioned, the mortality has diminished, and the general peace, and order, and contentment have been increased.

Effects of Hunger or Abstinence on Mind.

Famines and periods of scarcity have been characterized by epidemic madness, by ebullitions of popular frenzy, and those tendencies to crime, and panic, and extravagance, which prove the general influence of privation or diminution of nourishment upon the intellect and will. It may be no fiction that a well-fed, will prove a rational as well as a prosperous community; it is demonstrable that indigence, impoverishment, and starvation are direct causes of every form of mental disease, as well as of every form of moral delinquency. It is not that poverty and privation leave the system defenceless; they

Famine and Insanity.

introduce an element of destruction by poisoning or impoverishing the blood, and complete that overthrow which external squalor and misery had begun. Mutiny and madness have tracked the course of ill-provisioned armies and ships; and the raft that saves the wrecked sailor from instant death, often preserves him for the harder fate of gradual inanition, fury, crime, and cannibalism. It is interesting to note that the epidemic Manias of the middle ages were preceded by periods of scarcity and physical suffering. While want plays the prominent part, sapping the bodily strength and predisposing to disease, it must be confessed that under such circumstances a variety of powerful influences must contribute in producing similar results. The mere apprehension of impending evil; the social changes which have induced or accompanied the common misfortune; the misery and excitement which prevail around, and which personal security cannot shut out; must all lower the standard of mental health and robustness, and impair even where they do not destroy. The insubordination and desertion, and positive resistance to discipline, which have been displayed in armies upon reduced rations, or subsequent to defeat or while retreating, even in the face of a victorious foe, and where union and order were necessary for preservation, may be classed with symptoms of mental disorder, of that obtuseness and infatuation and despair which are observed during inanition under different circumstances, such as when the more obvious means of self-destruction have failed or are inaccessible; when vigilance or mechanical contrivance frustrate the design; when the dread of the pain of dying is associated with the desire for death; when there is preference of slow to sudden death; when abstinence is voluntarily resorted to. Suicide was a Roman virtue; and starvation was the fashion it often assumed among the Roman military. It is suspected to be a successful mode in privacy, where alienation is not suspected, and where a decline of appetite may be regarded as a natural result of depression or disease. Frequently it forms one and the last of a series of attempts by drowning or poison, where the defeated or disappointed purpose strengthens the original resolution to escape from suffering. Inanition has been courted and coveted as painless, as shorn of the common and disgusting accessories of dissolution, and as securing a calm and cloudless state of mind at the close of existence. These are mistaken views; but to the desponding and distempered feelings they afford grounds of courage and self-confidence,

Suicide and Abstinence.

which reason and religion has failed to supply. Hunger, the cravings of hunger, are the only pangs which are escaped, or at least in the intense form that might be expected; but in animals, starved to death for the purpose of determining the phenomena attending inanition, there have been observed restless sleep, agitation, slowness of respiration, insensibility, convulsion, opisthotonic rigidity of muscles, and other premonitory signs of ordinary death. In an individual who abstained for ten days, and who was capable of noting and recording his own sensations, there was no hunger nor thirst experienced until the last day; there were no excretions; great pallor and emaciation, weakness of vision, sounds in the ears, fœtor of breath. An intelligent observer enumerates weakened conditions of the intellect, perversion of the moral feelings, fear, hebetude, sounds in the ears, giddiness, dimness of vision, delirium, coma; as consequences of that low and insufficient diet which multitudes are compelled to use, and rejoice to obtain.

Such motives may actuate the melancholic, who is capable of considering his own case by the light of reason, although not according to the laws of reason; who measures his own powers of endurance, and prefers that course which least disturbs his fears, or most effectually accomplishes his purpose. In general, however, the tendency to suicide is preceded or prompted by delusions, and these of so grotesque a character, as to justify the conjecture that the desire to preserve life leads to its loss, endangers or destroys it. The lunatic is convinced that he is the victim of a gang of poisoners; that his food is drugged; that the richest and rarest dishes are selected solely the better to conceal the deleterious ingredient, the more surely to allay suspicion, or to tempt the appetite. The palate detects opium, arsenic, and, in recent times, chloroform, in the simplest aliment; the stomach is pained, perforated by caustics; the intestines are agglutinated by powerful astringents surreptitiously introduced; and every meal is rejected as the vehicle of death. A modification of this suspicion frequently determines a similar course and fate. The food is conceived to be medicated; to be the means of saturating the system with occult agents which rouse the passions, enfeeble the judgment, or subjugate the will, and induce that derangement which it is professed they will remove. Another step leads to the conviction that the nourishment presented consists of the most loathsome materials—of excrement, putrilage, human flesh. Many

an individual has sacrificed or risked life rather than revolt the palate. These convictions may originate in delusions of the external senses; the impressions conveyed by sight or smell may deceive or be erroneously interpreted, or the meal may remotely resemble the substances it is supposed to be. A patient has selected a shred of muscular fibre, or a portion of beet root, from the mixture about to be given, and defied those around to disprove that they were not the flesh and coagulated blood of the murdered infants upon which she was fed. The duration and obstinacy of purpose are not regulated by the nature of the pollution or unsuitableness of the aliment. A patient may fast as long when the plea is that rank, or dignity, or sex prescribe a different diet, as when every draught of water is believed to be a death potion.

TABLE OF A HUNDRED CASES OF ABSTINENCE TREATED IN THE CRICHTON INSTITUTION.

Cause or Motive, Assigned or Supposed.	Males.	Females.	Total.
Abscess in Side required to be opened, ...		1	1
Abstraction, ...	3		3
Agitation of Body, ...		1	1
Affected with Scrofula, and must not be fed,	1		1
Belief that Fever exists, ...		1	1
Body changed, ...		2	2
—— translated into another World at Eglinton Tournament, ...	1		1
Catalepsy, ...		1	1
Cannot pray if food be taken, ...		1	1
Closure of Throat, ...		4	4
Dead, ...		1	1
Design to obtain better Diet, ...		1	1
———— larger supply of Tobacco,	1		1
Desire to have Food in a certain mode, ...		1	1
Disgrace—Shame, ...	1		1
Dislike to Attendant, ...	1		1
Divine command, ...	1		1
Death of Animals in Stomach that formerly required food, ...		1	1
Fear, ...	3	2	5
Fatigue, ...	1		1
Fear of Mercury, ...		1	1
——— Want, ...	3		3
Food containing Human Flesh, Excrement, &c.,		2	2
———— Poison, ...	3	2	5
Food to be saved and given to Poor, ...	1		1
Indignation, ...		1	1
Impending Death, ...		1	1
Internal illumination, ...	1		1
Intolerance of External Impressions, ...	1	1	2
Independence of Matter, ...		1	1
Inattention to External Impressions, ...	3		3
Indigestion, ...	2		2
Inflammation of Ear, ...		1	1
Loss of Entity and Identity, ...	1		1
——— Intestines and Stomach, ...	1		1

TABLE OF CASES OF ABSTINENCE CONTINUED.

Cause or Motive, Assigned or Supposed.	Males.	Females.	Total.
Logodiarrhœa, ...	1		1
Made of Glass, ...		1	1
Moroseness, ...	1		1
Maniacal Preoccupation, ...	4	2	6
Mania—Puerperal, ...		1	1
Manifestation of Contempt, ...	1		1
Necessary to Health, ...	1		1
Offended Pride, ...		4	4
Opposition to Will of others, ...		2	2
Pain in Chest, ...	1		1
Plot detected by position of Plates, ...	1		1
Power to Subsist without Food, ...	1		1
Preparation for Death, ...	1		1
Pride, ...	1	2	3
Prohibition to Walk while Eating, ...		1	1
Religious Fast, ...	1	2	3
Repugnance, from Disease, ...	2	1	3
Sinfulness of Eating, ...		1	1
Spirits need no Food, ...		1	1
Stomach changed into that of Herbivorous Animal, ...	1		1
Suicide, mode of, ...	3	2	5
Tormented by "Them,"	1		1
Vow not to use Right Hand, ...		1	1
Will be sent to Workhouse, ...		1	1

Low Diet and Insanity.

Even inadequate nourishment may be the cause of every form of alienation. Imperfect assimilation, either from the deficiency of the supply of food, or the morbid state of the organs engaged, is the first stage of melancholia, and of a large proportion of all other forms of mental alienation. Abstinence is likewise a symptom of insanity, whatever may be the exciting cause. The voluptuary and the glutton may be punished in their very lust, and display the overthrow of mind in recoiling from what ministered to their happiness. It is worthy of remark, that in phthisis, where the individual dies from non-assimilation of that nourishment which would supply the waste, there exists frequently, if not always, a deceptive hope, an unfounded confidence, in the power of remedies or seasons, a blindness to the ravages of decay, an unequivocal delusion, which sheds a radiance over the presence of death itself.

Duration of Abstinence.

Where abstinence is imposed, where it is not voluntary, the results are formidable and fatal; but instances occur where life has been protracted for a long period. It has been generally supposed that death must ensue after seven or ten days' starvation; but it appears that one man was supported on orange water for sixty days; that the damp from the walls of a cavern sufficed several workmen, buried under Dover cliff, for fourteen days; and Sir John Forbes recounts a case of a young person whose life was sustained by

tea and toast water for twenty-one days. Where abstinence is resorted to as a duty or a penance, where there is the support of principle, or enthusiasm, or mere delusion, the constitution long resists the experiment to which it is subjected, and appears in many instances to become reconciled to the smallest and insufficient quantities of nourishment. This tolerance of starvation has been most conspicuous among religious ascetics. The act has been associated with ideas of self-denial, mortification, and purification from the grosser parts and passions. Examples are on record of pious persons, whose motives are unquestioned and unquestionable, such as St. Simeon Stylites, who took no food for forty days in each succeeding year for forty years; and in more modern times Dome Claude Leante fasted during the whole of Lent for eleven years. He could not sleep during this protracted penance; he was so nervous that he could not bear the external air, and became anæmic and wasted. Present experience would show that the exhaustion, the torpidity, and the delirium which inevitably accompany or follow protracted vigils or humiliation, are little akin or conducive to that calm contemplation and exalted feeling of devotion which are aimed at; that destitution and exanimation are prolific of crime and violence, and tend as directly to enslave the mind as luxury or indulgence; but it is admitted, that the elevation and intensity of the sentiment may confer the power of sustaining innocuously the struggle between the moral and physical law. In the insane a perpetual Lent often appears obligatory. One patient rejects food because she is not worthy of it; another, because abstinence is the speediest, purest means of sublimation and of reaching God; a third, imitating the primitive Christians, repudiates it because it contains blood; and a fourth, who declares that there are twelve persons in the Trinity, and that a portion of her body are sacred to each, cannot pray if she eats. But even that morbid craving for notoriety, or that equally morbid tendency to deceive, which are displayed under the form of fasting prodigies, are adequate to support life for long periods, and to emulate the triumphs of the martyr and the penitent. In all such cases, superadded to the intense religious feeling, the fruits and the fame of notoriety, or the fear of detection, the calm serenity of the individual, the exclusion of all sources of disturbance, even of motion, contribute to economise the forces and to diminish the causes of decay and debility. There are particular morbid conditions, depending upon changes in the blood,

where the respiration and circulation fall much below the ordinary standard; where the secretions are nearly suspended; where there is torpidity of the intelligence; in which very small quantities of food are required; where, in fact, food is said to be dispensed with altogether. A person is said to have lived for eighteen years upon water and one draught of clarified honey. To such conditions it is probable the system in the devotee and imposter is assimilated. Such narratives appear incredible; but many lunatics, who are impelled by weakness to adopt the horizontal position, who indulge in recumbency from the langour coincident with the gentler forms of melancholia, or from perversity, burrow in bed, eat very sparingly. A patient of this class has not tasted animal food for seven years, and subsists upon a very meagre allowance of milk and arrow-root. Whenever raised, she simulates epilepsy, and undoubtedly induces convulsive action during the struggle. The effects of moderate, but protracted abstinence may be detected in other morbid conditions. Dysentery is a frequent accompaniment of famine. A patient, who abstained from animal food for eleven years, but took vegetables abundantly, suffered much from scurvy and profuse bleeding from the gums. Another, who took the ordinary diet, but in small quantities, was subject to the same disease, to purpura, petechiæ, and discolouration of the skin from the slightest touch.

Abolition of Appetite of Hunger.

Repugnance to food may arise from a real and natural disinclination and disgust. The craving for support, the gratification of the palate, may be abrogated as well as any other sense or desire. The appetite of hunger may be subverted by affections of the pneumogastric nerve, or other causes; and there may remain a conviction of the necessity for nourishment associated with an insurmountable antipathy and loathing to the act by which it is effected. There may occur anorexia, loss of appetite, independently of all delusions, although the concomitant of mental derangement. It may prove the first stage of consumption. Abstinence is regarded as a discouraging prognostic: many of those who survive the immediate consequences of the act, die of disease of the lungs; and although the estimate of Georget, that one-half of all classes of the insane die of consumption, may be exaggerated, and is certainly inconsistent with experience in this country, the mortality from this cause is great. In the same light it is interesting, that refusal of food occurs in the great majority of cases at the commencement of the attack of insanity, immediately subse-

quent to admission into an Asylum; and that although it may be pertinaciously adhered to for years, it is rarely developed in chronic cases where the patient has attained that calmness or contentment which seems compatible with great mental alienation, except when mania passes into melancholia. Hunger may be abolished or enfeebled, as well as other desires, by age or the physical condition of the individuals, and even where the pleasure of gratification is not altogether forgotten, patients may be unable to take the measures necessary for its accomplishment. They are paralytic, they are plunged in trance, ecstacy, catalepsy; the mind as well as the muscular system is fixed in one condition, and the will, if the faculty be exercised at all, fails to influence the organs of apprehension, and deglutition, and of speech, which could reveal the enthralment or infirmity which exists. A woman was recently admitted, mute, motionless, who preserved the same posture for hours, and remained in whatever position she was placed until fatigue interposed, however grotesque and disagreeable it might be. She had fasted for eight days, was immediately fed, and continues to be so; but is so far roused from her lethargy as to explain that she had noted the passage of time; that she has been aware of all that was passing around; that she is unable to open her mouth or her hands; and that these acts must be performed for her.

Perversion of Appetite of Hunger.

It often happens that, while grateful nutriments are detested, medicine is devoured with avidity. Hypochondriacs cherish their maladies; they have a predelection for infirmity, and invalidism; they recoil from robust health, are engrossed with medication, and acquire a positive pleasure in subsisting upon drugs. What may be regarded as a perversion of the appetite of hunger, leads to the rejection of all food; while the most loathsome and revolting substances are voraciously consumed, it becomes easier to do violence to the natural antipathies and proprieties of healthy life than to a morbid sensation or a delusion. Or, a disease may be present, such as Pica, which endues these disgusting articles with attractive qualities, or so vitiates and subverts the discriminating powers of the gustatory organs as to remove the barrier opposing the use of what is disgusting and detrimental. A lady, originally of refined manners and tastes, at present obstinately refuses all her meals, and has been repeatedly fed, eats ordure voluntarily in secret, and in defiance of all vigilance, expostulations, and threats.

Sitophobia is not always exhibited in the refusal of all food. Particular aliments are taken, and all other kinds refused. There were vegetarians in the primitive ages of the Church; perhaps they have always existed in the communities of the insane. But there is likewise met the antagonistic sect, who are strictly carnivorous, who, declaring that the blood is the life thereof, imagine that every meal prolongs their own existence. There are met with instances where not only all stimulants, but all liquids, are abjured. The abolition of the instinct is observed in the lower animals. They retire to obscure places, to starve and to die. They abstain from fluids in hydrophobia; and, by a singular law, a mental disease, for delirium is often associated with the abrogation of the will and convulsion, is propagated, from one species of animal to another, by a physical poison or irritation. These courses are neither necessarily imitations, nor caricatures of the principles which now agitate society; but spring from motives which can claim the merit of independence and originality, if not of rationality. Patients take food at particular times, and in particular places; in solitude but not in society, if the meal be stolen or secreted, but not if honestly and openly obtained; others will satisfy their appetite liberally during the night, but fast during the whole day. They will partake if viands be presented in metal, but not if in delf. These eccentricities are not mere caprices. They are dictated by a deliberate, though a diseased purpose, which may constitute the characteristic of the mental condition. Where such habits obtain they are much less calculated to inspire alarm than where a meal is neglected occasionally, where small quantities are taken at each meal, or where there is an ostentatious display of voracity while the food is furtively concealed and conveyed away. When such practices are resorted to, a suicidal motive may be suspected; and the more gradual the diminution of support, the more cunningly and insidiously the design is carried into execution, the greater the necessity for interference. It is found that patients distend the mouth with what is offered and afterwards discharge its contents; that they have acquired the habit of vomiting voluntarily, or of inducing the act by irritating the fauces in order to empty the stomach of its contents; that they use tobacco as an emetic for the same purpose. An individual of high literary attainments was recently admitted, who had for nine months regurgitated a portion of every article of food swallowed in the presence of his friends. His attenua-

tion was extreme, but the inability to retire into privacy immediately after eating has corrected the habit, and apparently the tendency.

Means of overcoming Abstinence.

I. Moral.

The admission of a patient so affected creates nearly the same alarm and anxiety in an Asylum as that of a suicide. The propensity offers an effectual barrier to the mitigation of the disease, of which it is a symptom. The mere deprivation of liberty, the majesty of inexorable discipline, the obvious repression of all caprices, perversities, and peculiarities, often convince the reason, or awe the prejudices of the individual, and food is taken whenever seclusion is resorted to. There are other agencies in operation. Imitation acts powerfully, even in the insane; the experience of companions who have yielded or been subdued under similar circumstances; the denial of all injudicious sympathy; and the calm methodical consideration of the act, apart from its motive or justification, sometimes the apparent disregard of the act itself; all tend to an abandonment of abstinence. If not previously existing, the tendency generally occurs during the first week's residence, called forth, it may be, by the real or fancied evils of captivity, and occasionally by that harshness or sternness which aggravates these. But the object may be death; the impulse may be paramount to all external influences; and if the mind of the patient be open to reason, persuasion, religious warning, these should be employed; if the repugnance depend upon loss of appetite, previous habit, or even capricious preference, the kinds of food should be varied, be luxurious or piquant, or served up in any attractive mode; the place in which it is taken may be changed; the servants who administer, the associates who participate, may be changed. If the recusant be a male, let the meal be offered by a lady; if a female, let the medical man be the servitor. Should poison be suspected, let the food be tasted, or conveyed in a form or shape which is insusceptible of vitiation. A patient subsisted for a long time upon cocoa-nuts; another confined himself to eggs; a third took nothing except the milk which he saw drawn from the cow. Medical means have been sanctioned as sufficient to remove this obstinacy. A purgative, an emetic, or the application of a few leeches to the epigastrium, may be a most judicious course where the refusal depends upon stomachic disorder, or upon mental impressions of which that disorder is the root; but it will be impotent where a perverse will, a superstitious fear, or a suicidal tendency has to be conquered, and positively injurious when the patient is exsanguine, exhausted, and sinking. But fear has been

triumphant as well as love. Individuals have shrunk from actual cautery; the mere spectacle of the instruments employed in administering food has sufficed. Actual pain has been resorted to when intimidation failed. In Germany the rotatory chair, and, under the auspices of M. Leuret, the douch, terrified into submission. Extreme cases may justify these extreme experiments, but they are generally inapplicable; the moral impression, by which obduracy is subdued, may prove as pregnant with evil as the perversity against which it is directed; and they are not so easy, so safe, or so successful as compulsory alimentation, which may inspire fear, but which even a lunatic can perceive is not employed to terrify.

MORAL AND PHYSICAL MEANS ADOPTED TO OVERCOME REFUSAL TO EAT.

1. Animal Ennemata.
2. Baths.
3. Bribes of Dress, Ornaments, Indulgences.
4. Command—of Superiors, Sheriff, Queen.
5. Contemptuous Disregard of Refusal.
6. Entreaties, persuasions, reiterated.
7. Eggs—to remove fear of Poison.
8. Fruits, Oranges, Apples, Nuts, do.
9. Fruit and Animal Lozenges.
10. Feeding by Common Spoon.
    ———— Medicine Spoon.
    ———— Funnel without Tube.
    ———— Funnel with Tube.
    ———— Naso Æsophageal Tube.
    ———— Stomach Pump.
11. All these expedients without Chair.
    ———— with Chair.
12. Feeding one Patient in presence of another.
13. Food allowed to be taken by Stealth.
    ———— during Night.
    ———— in Bed.
    ———— in Certain Postures.
14. Food offered by Friends.
    ———— by Strangers.
    ———— by Different Officers or Servants.
    ———— in Different Places.
    ———— by Females to Males.
    ———— by Males to Females.
    ———— by Patients.
15. Food of one Patient given to another.
16. —— tasted and taken with Abstainer.
17. —— to counteract Poison.
18. —— as Punishment.
19. Inunction.
20. Milk from Cows.
21. Oil—Cod Liver, Cocoa Nut—as Remedy.
22. Shower Bath.
23. Threats of all kinds.
24. Water from Well.
25. Wine, Ale, as vehicle for Medicine.

Means of overcoming Abstinence.

II. Physical.

During the last fifteen years not a case has been lost from inanition, although hundreds of abstainers have been under treatment. This statement is made in no boastful spirit, nor is the fortunate result attributed to any particular discrimination in the operator, nor ingenuity in the arrangements. It may be attained by all, and with the same simple mechanism. Such success has followed, and always will follow, prompt recourse to artificial support. There is wisdom in postponing interference for a short period, that the promptings of appetite may be experienced, for it is generally at the commencement of abstinence that hunger prevails, or is the predominant symptom. An instinct often overcomes a delusion or a determination. A very large proportion of patients are vanquished, or yield, during the first twenty-four hours. A few, appalled by the preparations, the array of assistants, the solemnity of the proceeding, eat whenever they perceive that eating is inevitable. Others, anxious to carry their consistency, or display their courage, or indulge the dominant impulse as far as possible, and trusting to the commiseration of those around, allow themselves to be bound into the Feeding-chair, and then take what is offered from the hands of others. A smaller number submit to all the preliminary steps until the pipe used touches the pharynx, or until they experience the momentary sense of suffocation as it passes over the glottis, and then intimate obedience. A very large majority of those who adhere to their original resolution, and are once fed, partake of the next and all succeeding meals. This may be explained by the moral impression, or by the positive benefit and relief afforded by nourishment. But their defeat may be owing, on the other hand, to the effect of the debility which immediately ensues in temporarily affecting the nervous system, to the mere desire for food, or to the entreaties and threats which assail them. But if their obstinacy should be protracted to forty-eight hours, nourishment, unless some special circumstance should contra-indicate, becomes indispensable. Patients are received who have been allowed to fast for weeks. Although seven or eight days has been supposed to be the utmost limit of endurance under complete abstinence, beyond the period specified great dangers ensue. The stomach is affected either with atony or irritation. It fails to digest, or rejects what it receives; the process of waste and impoverishment advances; and the patient becomes fatuous, and dies. The aspect of such patients is peculiar. They are not only emaciated, but attenuated, shrivelled, mummified; the skin is

cold, brown, red, or livid, or covered with a secretion like varnish, from which a sickening smell proceeds; it often presents superficial sores; the eyes, at first glistening, are sunken, dull, dead; the lips are dry, covered with sordes; the teeth appear to protrude; the fœtor of the hot breath is disagreeable from the vitiated secretions of the mouth, in some cases it is intolerable, resembling that in gangrene of the lungs; the pulse is small and rapid, the respiration is slow; the temperature is low, the body being intensely cold; asthenic fever may be inferred to be present; the voice is altered, almost choleraic; the patient staggers, weeps, drivels, and, if a confession can be extracted, may admit the existence of pain in the epigastrium, general uneasiness, the inability to sustain exertion; while the stare, the incoherence, the degradation of the sufferer betray the imbecility or delirium which accompanies these symptoms. The materials for this horrible picture are drawn partly from descriptions of accidental, involuntary abstinence, of the characteristics of famine as observed in Ireland, and from the personal experience of the last twenty years.

Complications of Disease with Abstinence.

It is not affirmed that no case in which abstinence existed as a symptom, perhaps for a quarter of a century, has terminated fatally. Diseases, especially those arising from debility, occur, are exceedingly intractable, and are attended with more than the usual mortality, as might be expected from the condition of those attacked; but no individual has perished from want, nor from its direct consequences. A lady, whose life had been preserved for upwards of four years, was seized with epilepsy; and, after illustrating the total revolution of the moral feelings produced by some convulsive affections, by demanding and taking food, she died; but, however intimate might be the connexion between the mental disease, of which the protracted abstinence was a symptom, and the epilepsy, her death could be attributed to the latter alone. Such complications tend to impede and impair the success of compulsory feeding. It has been necessary to feed a patient while labouring under consumption, to exhibit cod liver oil with the food as a nutriment as well as a remedy. A patient cuts the trachea in an attempt to commit suicide, and then refuses food, whose life must be prolonged by the use of the tube; it has repeatedly happened that alimentation was required where chronic diseases of the stomach existed, where the delusion arose from ulceration or schirrus, and where mechanical irritation could not fail to aggravate suffering, if not to accelerate the destructive action going

on. The presence of aneurism of the aorta has added to the difficulties and anxieties, which at all times surround such measures. Even the state of the passages themselves embarrass the operator. They are intensely red or denuded of epithelium; they are covered with pultaceous sordes or aphthæ; they are endowed with exquisite sensibility; the œsophagus is spasmodically, even permanently, contracted, as the stomach and bowels are known to be, offering greater resistance to the transit of the tube. The extreme emaciation and debility of the patient are sufficient to cause alarm. Syncope has occurred during the struggle which often precedes, or the exhaustion which follows, the perfect, forcible repose of the chair. These efforts might and have been prevented by the employment of chloroform; but the remote effects of the agent on the nervous system have not been ascertained; the supposed tendency to induce violent muscular contractions; the abolition of that sensibility which may be painfully but usefully acted upon, and the fact that although it might facilitate the mechanical process, it would either mar or modify the moral impression which it is desirable to convey; are all objections to such an expedient. Physical opposition is not frequent; but even where the patient consents and co-operates, the chair should be used as affording an amount of certainty and safety to all subsequent manipulations which cannot be obtained in any other way. Alimentation has been adopted, and successfully applied, during erysipelas of the head, face, neck; in dysentery, diarrhœa, and various other diseases, a course demonstrative of the facility and applicability of the resource under difficult circumstances. Phthisis has been arrested by remedies exhibited in this manner, and medicines can at all times be so given without exciting suspicion or disgust.

There were, however, a number of tedious and troublesome efforts to overcome the difficulties presented by such cases before the present plan was adopted. The primitive process, which is not yet antiquated, was to hold the patient, force open the jaws with a key, then to introduce a spoon containing food, and lastly to shut the mouth and nostrils, so that swallowing or suffocation must take place. That the latter ever did take place, or that other injuries could be avoided, is not the present inquiry; but the whole arrangement was rude, cruel, and inoperative. The gums were bruised, lacerated; teeth were broken; congestions both of the brain and lungs could not be avoided; severe injuries were inflicted, strength exhausted, and fury

roused in the struggle which preceded the opening of the mouth; and it was rare that an abundant or sufficient meal entered the stomach. The next step in advance was the use of metallic tubes, which, passing between the teeth and along the tongue, depressed it; and, being attached to a funnel placed at right angles to the point of connexion, the food was conveyed to the pharynx, from which it was expected to pass into the stomach. A more decided improvement was the substitution of flexible for rigid tubes, which were introduced into the pharynx, and even into the stomach, and, connected with a funnel, from which, when raised sufficiently high, liquids descended by their own gravity. An instrument was devised, which consisted of a funnel fixed to three metallic tubes, open at both extremities; one was a continuation of the food receptacle, the others ran along the side of the central tube and funnel, opening at the upper part of the latter within the lid; so that while the food was flowing down the central pipe, whatever air might be expelled during any effort on the part of the patient to breathe or blow back the fluid passing along the lateral tube, entered the cavity of the funnel, acted on the surface of its contents, and forced them downwards. The invention of the naso-œsophageal tube was supposed to obviate the necessity for opening the mouth, and to meet all the difficulties, and remove all the dangers that might be encountered. A slender India-rubber tube having been passed through the nostrils into the throat and stomach, was fitted to a syringe, and fluids readily administered. It has been attempted to place a membraneous tube in the nostrils, one end of which was perforated for the egress of the food, the other fitted to receive a funnel, and to allow it to remain in the passages as long as the patient remained obstinate; but this procedure presupposes permanent coercion. Even now metallic and inflexible sounds are used; as well as elliptical pieces of wood, which are fitted to the size of the mouth, and pierced for the admission of a tube, armed with a valve to prevent the return of the aliment; and various other contrivances of greater complexity. But all such arrangements are obnoxious to serious objections. In all these is an absence of any provision for opening the mouth, except by keys, spoons, or instruments like a carpenter's chisel; and the naso-œsophageal apparatus, which evades this difficulty, is now rarely resorted to—1st. Because it conveys nothing but the most limpid fluids; 2d. Because it may bend forwards on entering the pharynx,

and discharge its contents into the mouth, the operator being unable to detect this accident except by separating the jaws; 3d. Because it may enter the glottis, and destroy the patient by pouring the food into the bronchi. This has happened in the hands of a most careful and distinguished physician. Nor is there any provision for fixing the patient's body in any of these plans. It is writhing and jerking in the grasp of the attendants; the movements of the arms and chest cannot be entirely restrained; and as much strength is expended in the preparatory measures as may be imparted by the restorative qualities of the fluid. There is again no certainty that the food will reach the stomach; for, besides the voluntary efforts by the tongue to reject it, there may be convulsive movements of the jaws which produce the same result; and unless the tube penetrates to the stomach, an act of expiration often forces back the food through the nostrils. The calibre of the tubes has been such as to convey liquid ingesta only. So formidable is the process considered, that M. Guislain, who has much experience in the matter, has recently written—"Cette operation est entoureé de difficultés et suppose une grand habilite." It is suspected that the difficulties and dexterity depend entirely upon the defects of the plan pursued, and of the instruments used. So simple, so infallible, so safe are the measures generally adopted in this country, that attendants have been taught to carry them into execution, should no medical man be accessible; and even patients have for months introduced the tube, and fed themselves artificially. In place of controlling the patient by holding the head between the knees of one servant, while another, after a fierce personal conflict, sits upon his pelvis; he is placed on a stuffed, immovable chair; the extremities, chest, abdomen, so secured by broad bands or stuffed leather as to render motion impossible, the head sinks into a depression or hollow cushion, where it is held between the hands of an assistant at the back of the chair, which is movable, and can be lowered or raised to any angle required to facilitate the subsequent steps of the operation. Should there be, and, as abstinence is so often associated with disorders of the stomach, there generally is, a decayed tooth, or the slightest open space between any of the teeth, and especially between the molars, the point of Newington's forceps is introduced, the limbs of the instrument slowly separated by the action of a screw, and the jaws forced open whatever may be the muscular power or determination opposed to the effort. When sufficient space is obtained, a piece of

smooth wood or ivory, perforated in the centre, is placed between the jaws, and the forceps withdrawn; if necessary the tongue is depressed by Green's spatula, and the tube slipped along the groove. It should be of considerable calibre and length, and have a large opening at the end. Of this size it produces less irritation, conveys food in larger quantities, and of a more solid description into the system, and appears to prevent regurgitation. In causing it to glide into the pharynx, the efforts to cough, vomit, and oppose its progress are sometimes strenuous; but they speedily cease, the pipe moulds itself to the parts, and is pushed forward without difficulty. It should not be permitted to touch the surface of the stomach, as vomiting may ensue; it is not, indeed, necessary that it should go beyond the cardiac orifice. It should then be retained steadily in the hand of an assistant. Before attaching the free extremity to the syringe, the opening should be held towards a candle to prove that no air rushes in or is expelled, although, from the size of the instrument, it is scarcely possible that it could pass through the glottis. It is prudent for the operator to stand at some distance from the patient, so that he may not be disturbed by any jactation, escape the return of the food, which sometimes occurs, and be able to place the basin with the food on a table; and for these reasons the tube should be at least two yards in length, and when attached to a large and powerful syringe, capable of delivering at least an ounce at each stroke, natural deglutition is much more closely imitated than by allowing the food to descend in a continuous stream from a funnel at a height above the head. The meal may consist of any fluid or semi-solid materials, from milk and chicken soup, up to minced meat, rice, pemmican, and bread. The mixture should be from 90° to 100° in temperature. With this mess there may be mingled vegetables, fruit, condiments, wine, malt liquors, and all the constituents of a luxurious repast; as well as medicines of all descriptions. It should be pumped in slowly and regularly, the quantity being regulated by the nature and history of the case. In every case two meals should be given in the day; but more frequent alimentation may be necessary, either where the exhaustion is far advanced, where the stomach can only receive small quantities, or where medicine must be given at stated intervals. After a considerable pause the tube should be gradually withdrawn, except when passing through the fauces, when the movement should be rapid. The wooden wedge being turned so as to relieve the

separated jaws, an act of swallowing may be induced by closing the nostrils; and the patient should be allowed to remain for some time in the chair to secure the absorption of some part of the fluids, and to guard against efforts to reject it.

Conclusion.

If then it be true that a low degree of vitality, that scanty nourishment, whether it be voluntary or involuntary, is inconsistent with mental health, and that dyspepsia, indigestion, loss of appetite, and other affections of the assimilative organs, be premonitions of mental disease, it becomes evident that, should curative efforts commence during this stage, every man, to a certain extent, possesses a control over his own destiny: a certain power to prevent or accelerate his own destruction. And this is true, not only in reference to the physical condition, but as to the thoughts and feelings dependant upon that condition. Until the blood is impoverished, vitiated, or diminished in quantity, the will is free and energetic, erroneous impressions may be resisted, understood, excitement may be allayed, and the very effort to emancipate the judgment may prove tonic and invigorating. Up to such a crisis external support and consolation may be sought for and applied; and the internal resources, which a calm conception of danger and a determined resolution develope, will and have averted impending evil. The process must resemble the struggle of the virtuous mind in subduing passion, or in soaring above temptation; and the same elements may be engaged in the strife, and the same help from the source of all intelligence may be given. If such enquiries as the present contribute to promote this victory over disease, or to point out from whence the danger comes, and how it is to be met or escaped; then the beneficial influence of moral medicine is legitimately extended, and the experience derived from the difficulties of conducting the treatment of mental disease, will obtain a reward and usefulness unsought for and unanticipated.

W. A. F. BROWNE.

11th November, 1854.

I.—TABLE OF AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20 ...	7	1	8
... 20 and 30 ...	12	5	17
... 30 and 40 ...	15	9	24
... 40 and 50 ...	8	9	17
... 50 and 60 ...	3	5	8
... 60 and 70 ...	4	6	10
... 70 and 80 ...	1		1
Unknown, ...	11	4	15

II.—TABLE OF SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	61	36	7	14
Females, ...	39	17	7	11

III.—TABLE OF CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	13	12	25
Unmarried, ...	43	26	69
Widowed, ...	4	1	5
Unknown, ...	1		1

IV.—TABLE OF FORMS OF DISEASES OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...	1		1
Imbecility, ...	2	2	4
Fatuity, ...	9	3	12
Mania, with delusion,	1	2	3
Mania, ...	7	9	16
Affections of Sentiments.			
Melancholia, ...	13	10	23
Monomania of Fear, ...	5	2	7
... Pride, ...	4	5	9
... Superstition,	3	1	4
... Suspicion,	3	3	6
... Vanity, ...	8		8
Affections of Propensities.			
Dipsomania, ...	1		1
Homicidal Mania, ...	1	2	3
Kleptomania, ...	1		1
Demonomania, ...	1		1
Choreamania, ...	1		1

V.—TABLE OF EMPLOYMENT OF PATIENTS.

Professions.	Males.	Females.	Total.
Advocate, ...	1		1
Attorney, ...	1		1
Baker, ...	1		1
Banker, ...	1		1
Barrister, ...	1		1
Blacksmith, Wife of, ...		1	1
Bobbinwinder, ...		2	2
Butcher, Widow of, ...		1	1
Cabinetmaker, ...	2		2
Clerk, ...	6		6
Clergyman, ...	4		4
Coachman, ...	1		1
Coachsmith, ...	1		1
Coalheaver, ...	1		1
Collier, ...	1		1
Engineer, ...	1		1
Farmer, ...	2		2
... Daughter of, ...	0	3	3
... Son of, ...	2	0	2
... Wife of, ...		2	2
Field Labourer, ...		2	2
Gentlewoman, ...		3	3
Lawyer, ...	3		3
Labourer, ...	8		8
... Wife of, ...		2	2
Lathsplitter, Wife of, ...		1	1
Mason, ...	1		1
Merchant, ...	2		2
Milliner, ...		1	1
Millworker, ...	1		1
Painter, Decorative, ...	1		1
Physician, ...	2		2
... Daughter of, ...		1	1
... Wife of, ...		1	1
Proprietor, ...	1		1
Sailor, ...	1		1
Sempstress, ...		4	4
Servant, Domestic, ...	1	10	11
Servant, Farm, ...	3		3
Shopkeeper, ...		1	1
Shoemaker, ...	2		2
... Wife of, ...		1	1
Student in Theology, ...	3		3
Surgeon, ...	2		2
Teacher, ...	1		1
Tradesman, Wife of, ...		1	1
Watchmaker, ...	1		1
Weaver, ...	1		1
Wood Forester, ...	1		1
Unknown, ...		3	3

VI.—TABLE OF CAUSES OF DISEASE.

	Males.	Females.	Total.
Amenorrhœa, ...		1	1
Anasarca, ...			1
Blows on Head, ...	3		3
Bronchitis, ...	1		1
Cerebral Concussion, ...	1		1
Cholera, ...	1		1
Cold-Water Cure, ...	1		1
Devotion to Study, ...	7		7
Diabetes, ...	1		1
Dissipation, ...	6	1	7
Disappointment, ...	3	2	5
Dysentery, ...	1		1
Epilepsy, ...	3		3
Excitement in Chase, ...	1		1
... Trade, ...	1		1
... Moral, ...	3		3
... Physical,		1	1
Family Misfortune, ...		1	1
Fear, ...		1	1
Fever, ...	2		2
Grief, ...	3	1	4
Hœmorrhoids, ...		1	1
Idiocy, ...	1		1
Imbecility, Congenital, ...		1	1
Indolence, ...	1		1
Influenza, ...		1	1
Masturbation, ...	5		5
Meningitis, ...	1		1
Paralysis, ...	1		1
Phthisis, ...	1		1
Pride, ...	1		1
Poverty, ...	1	1	2
Puerperal State, ...			2
Quarrel, ...	1		1
Unknown, ...	9	26	35

VII.—TABLE ILLUSTRATIVE OF THE INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity,	18	13	31
Hereditary tendency to Nervous Disease, ...	10	1	11
Hereditary tendency to Scrofula,	1		1
Hereditary tendency to Rheumatism, ...	1		1
No hereditary tendency traced in	31	25	56

VIII.—TABLE OF DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	34	23	57
More than 1	11	2	13
... 2	3	2	5
... 3	2	1	3
... 4	3	4	7
... 10	6	3	9
... 20		4	4
... 30	1		1

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV.
Males, ...	34	13	5	9
Females, ...	23	5	6	5

X.—TABLE ILLUSTRATIVE OF SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	10	6	16
Have meditated do.,	11	10	21
Intention not manifested or known,	40	23	63

XI.—TABLE ILLUSTRATIVE OF AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	18	4	22
Well educated, ...	14	3	17
Can read and write, ...	19	19	38
Cannot read or write, ...	3	4	7
Unknown, ...	7	9	16

XII.—TABLE OF CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, ...		1	1
Convulsion, ...	3	2	5
Cholera, ...	1	1	2
Diarrhœa, ...	1		1
Dysentery, ...	2		2
Enteritis, ...		2	2
Erysipelas, ...		1	1
Heart, Disease of, ...	1		1
Hematemesis, ...	1		1
Hydrothorax, ...		1	1
Intestines, Ulceration of,	1		1
Lung, Gangrene of, ...		1	1
Paralysis, ...	1		1
Pneumonia, ...	1		1
Peritonitis, ...		1	1
Phthisis, ...	1		1
Scrofula, ...		1	1
Suicide by Strangulation,	1		1

PUMPHIN—PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

SIXTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

L U N A T I C S,

DUMFRIES,

11TH NOVEMBER, 1855.

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LIEUT.-COL. GRIERSON, Bardennoch.
ADMIRAL JOHNSTON, Cowhill.

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The Right Hon. the EARL of SELKIRK.
The LORD-LIEUTENANT of the Shire of Dumfries.
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The MINISTER of St. Michael's Church, Dumfries.

for 1855-6. CCG

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MRS HEARDER, Matron.
AND. HENDERSON, Superintendent.

R. ADAMSON, Esq., Treasurer. Rev. G. COWANS, Chaplain.

Patients in Institution, 11th November, 1854, - - -		294	
Ditto Admitted since, - - - - - -		100	
			394
Discharged as Recovered, - - - - - -		54	
Ditto Improved, - - - - - -		13	
Died, - - - - - - - - -		14	
			81
			313

SIXTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION FOR LUNATICS, DUMFRIES.

General Results.

THE close of a year affords no pause nor suspension in the efforts and projects recorded. The history of an Asylum contains no grand eras. There is not time to scrutinize nor analyze the phenomena as they pass. The prominent duty is to relieve rather than to observe. But the impression conveyed by the rapid succession of sufferings relieved, of irremediable misery, of ruined and of restored intellects, is, that while the most trivial causes involve insanity, the resources of treatment are inexhaustible, that every quality in the unsound mind itself, and every external circumstance, may be converted into instruments of cure and directed against the disease, and that the grand object of solicitude is to discover the mode of their application. It is a remarkable feature in this Establishment, that the Benefactress who created, still watches anxiously over the progressive course of the community, suggests additional means of amelioration, and aids by personal inspection those to whom the execution of her benevolent designs is committed. It is satisfactory that, with many failures and imperfections, inseparable from the nature of the enterprise, and perhaps inherent to such attempts, the results of the past year have been such as to exhibit extended usefulness, and to prove that the confidence which has hitherto strengthened and supported, is still extended to the sincerity of the endeavour to alleviate human suffering.

Increase of Mental Disease.

The opinion that mental disease is becoming more prevalent has been universally adopted. It is confirmed by the experience of all those who have to deal with the crimes, the misfortunes, the diseases of mankind; by the observation of all who watch the progress either of individuals or nations. It obtains more precise corroboration from the number of insane now in seclusion; from the inadequacy of existing Establishments, and the vast provisions required for urgent cases, or for patients who are still at liberty or detained in work-houses, prisons, and unsuitable homes; and from the increasing burdens imposed upon the affluent for the support of the lunatic poor. The number of pauper lunatics throughout England has increased

during the last eight years not less than sixty-four per cent. It is true that this view must be somewhat modified by the considerations that our knowledge of the extent to which former generations were affected with derangement is vague and imperfect; that the sores and sorrows of society are more deeply probed, more fully exposed, than in earlier times; that the standard of mental vigour and usefulness is raised; and that greater and more sustained and more public calls are made, and more severe tests applied to intelligence, so that deficiency, or perversion, or error, is more easily detected. It is probable that the minor degrees of aberration, such as among barbarous tribes would pass unnoticed, or be consecrated by superstition, are now secluded, not merely because they are useless or burdensome, but because they are curable. But still it is worthy of remark, that in this district application has been made for the admission of two hundred and fifteen cases during the past year; and that advice has been given to a hundred and five whose malady scarcely justified the deprivation of liberty, whom it was desired to place within the influence of the Institution, but not within its walls. They belonged to that unhealthy element, at all times pervading society, which may be called into activity by a great revolution, or even by those events which give a new or intense direction to opinion or ambition. The introduction of a heresy in politics, as well as religion, has not only its enthusiasts and martyrs, but its ruined minds.

Applications for Admission.

One hundred patients have been admitted, sixty into the Southern Counties' Asylum, forty into the Crichton Institution. Three hundred and ninety-four have been under treatment, of whom fourteen have died; thirteen have been discharged improved; and fifty-four have recovered such a degree of sanity as to justify their friends or guardians in restoring them to their original position in society.

Mortality.

If it be recollected that every patient admitted labours under some constitutional disease; that many are sent in extreme old age, in the last stages of decay, with broken limbs, debilitated frames, worn out by grief, or fear, or anxiety, or dissipation, exhausted by the long duration of their malady; that all are liable, and in the same proportion, to the diseases of the general community, as well as to the casualties incident to their own condition; the number of deaths will appear small. It must be remembered at the same time, that the health of the population has been good, and that the cases received, although there has been no selection nor preference, except in favour of the

worst and most exigent, have been less intractable than formerly. The majority have succumbed from diseases prevalent among the insane. Three have died from apoplexy; three from epilepsy; two from general paralysis; one from phthisis; one from asthma; one from diarrhœa; one from anasarca; one from bronchitis, and one from the consequences of an accidental fall.

Introduction of Educated Classes among Paupers.

While all patients from the district have been admitted at once, it has been necessary to reject forty-eight cases belonging to the affluent, and seventy-seven to the indigent classes, advancing claims as urgent, and presenting forms of disease as lamentable, as those accommodated. On the rich such a refusal may entail but slight hardship or disappointment; but to the poor, and especially to those who are not entitled to parochial aid, it is a positive misfortune. Among the patients received into the Southern Counties' Asylum, as well as those denied admission, there have been a number of governesses, daughters of clergymen, and gentlewomen belonging to respectable but impoverished families, or to those classes who have educated or refined themselves in order to obtain a livelihood. It often happens that the struggle to obtain and enhance the qualifications for such a vocation, to strengthen and elevate the mind, destroys it; and elegance and accomplishment become an evil. It is equally painful to receive and to reject such candidates. If rejected, they are cast back upon their own sordid home and pecuniary embarrassments, they are deprived of their only hope of alleviation, of emancipation from the pressure of absolute want, as well as of imaginary misfortunes, and they are consigned to the oblivion of imbecility and a work-house. If received, they must be content with frugal fare and humble garb; they must be associated with persons so different in manners, so inferior in cultivation, so coarse, it may be, in their habits, so unable to appreciate their position, that new poignancy is given to grief; and what is intended as, and what in some respects actually is, a boon, becomes a punishment and a misfortune. Every effort is made to soften these grievances, to remove these difficulties; but under existing arrangements no satisfactory remedy can be found. It should, however, be considered in any contemplated extension of the Establishment that this exigency is great; that a very slight modification of the internal arrangements would provide distinct galleries for individuals such as have been described; where they would be separated from paupers; where they might be supplied with occupations congenial to their tastes and pre-

vious habits; where they might derive some benefit from the training which had raised them above their original rank and position; and where calm and happiness, and the light of reason, would more probably descend upon their troubled spirits than amid the hard and severe simplicity which necessarily and properly, and the ignorance and vulgarity, if not the wild turmoil and debasement, which naturally characterise the wards of a pauper asylum.

State of Southern Counties' Asylum.

The simplicity and economy of the plan of the Southern Counties' Asylum have received such sanction as is afforded by their adoption, by several architects, as a model for similar buildings. The moderate expense renders such an Establishment nearly as accessible to large communities as a work-house, and might have served as an incentive, as it was intended to be, to the inhabitants of districts where there are no provisions for the lunatic poor. It has been the legitimate boast of Scotland that Asylums have owed their origin to private individuals; that the charity of her affluent inhabitants supplied spontaneously, what is exacted by law from the whole population of other countries. It may be a dangerous principle to trust entirely to individual benevolence for the relief of any form of suffering; but it cannot be unwise to accept of such a provision where it is offered, where it is adequate to the necessity of the case, and where the administration of the charity is under the direction of those most deeply interested in economising public burdens. As there exists a prospect that this resource will expand to meet the increasing demand for accommodation, it is hoped that this peculiarity may continue to distinguish our national polity.

Inadequate Accommodation.

So far as an incomplete building could be expected to meet the wants of such a community, the pauper department has done so. But it is now totally inadequate to contain the patients for whom application is made. At present there is not a vacancy; and in order to receive the claimants from the three Southern Counties, individuals belonging to distant and unprivileged counties must be removed. It was intended to contain one hundred and ninety-four; the inmates now amount to two hundred and three, which have been received without crowding or inconvenience. It is, however, believed to possess higher qualities than structural simplicity. The interior is well lighted, ventilated, and heated; the clothing is adequate, among the females superior to what they ordinarily possess; labour is prescribed as remedial; exercise enjoined as an enjoyment; the health of the inhabitants is most satis-

factory; of two hundred and fifty-four patients under treatment, only eight died during the past year; a library is gradually increasing; pictures appear upon the walls; there are meetings for instruction and amusement, independently of those in which the patients of both Houses are associated; and a spirit of cheerfulness and tranquillity prevails, which must originate rather in the mode of management, and in the friendly relations of the governing and the governed, than in rigidity of discipline, or in the triumph of authority over the fears and follies of the weak and the wayward. Three escapes only have been attempted. One could be traced to impatience of control; one youth wandered away in search of a distant home; and another paid a visit to a parent, and then willingly returned with his attendant. All its advantages, if such they be, are afforded at a rate of board strongly contrasted with what is fairly exacted in similar Institutions, and with what appears to be justified by the high price of provisions.

Visit of Commissioners in Lunacy.

The Commissioners in Lunacy have visited the Asylum, and in terms of the resolution of the 1st May, "every information and facility were afforded in their investigations." It is believed that this inquiry is directed chiefly to the condition of the lunatic poor, and especially to that portion of them which is consigned, at low rates of board, to Private Asylums, where, whatever may be the care and accommodation afforded, a principal object is gain. It is impossible, and we have no right, to anticipate the results of this investigation, or whether any legislation will follow; but it is admissible to express the opinion that the best mode of opposing and counteracting this evil, if it be an evil, is to accommodate the pauper insane in Public Asylums, and to undersell private speculators; and to hope that no future modification of the law may interfere with the inspection of the local legal officers, which has been fraught with so much benefit to Asylums, and may fairly be designated philanthropical and paternal.

Physical State of Patients admitted.

It may be held to be an axiom, that there is physical disorder wherever alienation is manifested. It may be concealed by the habits, the shame, the selfish interests of the sufferer: it may have escaped his notice, it may elude scientific research, it may not directly involve the nervous system: it may have long preceded the mental change; but its existence is certain. The affection of which derangement is a sign, may not even legitimately be designated a disease: it may consist in some of those grand constitutional changes which

introduce or complete the different phases of life, or of those conditions which are developed by external circumstances, and which are incompatible with vigour and activity. The growth of the frame and imperfect nutrition assume, when viewed in this light, the rank and importance of a disease. It should be noted that the influence of moral causes in inducing derangement is not doubted; but these act by and through the physical changes or conditions of which the moral phenomena are the consequences and symptoms. If fear passes into incontrollable sleepless terror, it is through cardiac disturbance; if grief introduce despair, it is by depressing the powers of assimilation. When thus examined, and when such cases as depend upon congenital deformity, amounting to five, have been deducted, the morbid conditions of which insanity may be regarded as the sign, and of the origin of which any information has been obtained, may be arranged in the following groups :—I. Profuse discharges, leading to a diminished quantity or impaired quality of the blood, were connected with eight cases. II. Disease of the spleen, or of other organs, preventing the formation of healthy blood, existed in eight cases. III. Voluntary abstinence, vegetarianism, preventing the introduction of the elements necessary for the formation of healthy blood, influenced five cases. IV. The substitution of stimulants for food, the necessary elements for the formation of healthy blood being withdrawn, while a poison was conveyed to the nervous structure, was associated with aberration in seven patients. V. In six, bile, urea, and other poisons had been introduced into the circulation. VI. The puerperal condition existed in three. VII. Rheumatic affections, entailing heart disease, chorea, panphobia, were traced in three. VIII. Strumous tendencies were obvious in seven cases. IX. Uterine affections in six. X. Blows on the head, insolation, producing effects upon the brain, its investments or circulation preceded alienation in four cases. XI. Changes in the nervous structure indicated by paralysis, epilepsy, ushered in the disease in four cases. XII. Actual disease of the intestinal membrane interfering with digestion or nutrition affected the functions of the brain in five cases.

Mental State of Patients admitted.

The life as well as the liberty of individuals may depend upon the existence of partial insanity, upon the solution of the question whether the integrity and responsibility of the mind can be preserved when a mode of action, or a particular impulse, has been impaired,

or exalted, or misdirected. It is possible that the presence of a single delusion may influence every combination of thought into which it enters, and no other: and it has been proposed to exonerate from the consequences of all acts which fall within the sphere of such aberration, and to regard all other acts as the result of a healthy will. In the application of such a doctrine it will be equally difficult to distinguish those mental processes into which a particular morbid tendency may or may not enter, as to trace particular acts or courses of conduct to specific motives. A broader and more enlightened philosophy is to admit and treat all mental peculiarities, however trivial may be the deviation from health, as capable of affecting the reason and will, and to estimate the amount of that influence by a consideration of the history, the education, and bodily condition of the individual. It may be useful to regard the condition of the patients admitted under this aspect, so that the relation of the disease to one power, or class of powers, to the general intelligence, may be ascertained.

Errors of Sensation.

The inlets of knowledge, the channels by which mind is nourished and stimulated; thoughts in their rudimentary condition, simple sensations, become abnormal and disturbed. Seven individuals have laboured under errors of the external senses. Three of these have heard voices when there was no sound to impress the ear; in two the words uttered have been calumnies, disclosures of foul plots and conspiracies; in one, they were the entreaties of children to be restored to their parent. To a man of weak and illiterate, but rather refined mind, objects of a blue colour imparted exquisite pain; while green was a source of gratification. So exalted was the sense of touch, that he could not take food except from a smooth horn spoon, which was his constant companion. There are opinions which seem irradicable from the human mind. There are hereditary thoughts as well as dispositions. Prejudices linger through generations and centuries; and, when apparently extirpated, re-appear under new circumstances and new conditions. Morbid tendencies obey a similar law; and some of those grotesque and extravagant forms of disease, which were contemptuously supposed to be buried in the midiæval darkness in which their origin is shrouded, occasionally demand attention. The leaping ague is again met with in Forfarshire. When thousands danced, and whirled, and whooped, and the half of Europe was involved in, or threatened with epidemic dancing

mania, the visitation was regarded as local, temporary, transitory; yet a case has occurred during the past year where an individual was agitated by paroxysms of dancing, not as an expression of her feelings, for she was miserable, and in opposition to her will; but as the effect of imitation. Although the rigours of the law, the terrors of persecution, and the return of reason, arrested the course of maniacal flagellation, an individual is occasionally encountered who inflicts upon himself the forty stripes save one; or who, knowing nothing historically of the disease or its symptoms, emulates, as in the case recorded, the hatred of certain colours, and the tendency to leap and climb, exhibited by the earlier victims. An aged woman, who has spent her life in good deeds, is condemned to gradual extinction by poison; she detects it in the blandest fluid; she even tastes it in that which pleases her palate. Another is fully convinced that the arrow-root exhibited is whiting, the pudding yellow ochre, and the wine red or black ink. This hallucination refers to the colour of the food, and may originate in the blindness of the patient, who has never seen light, and who is unable to correct the errors of one sense by the superintendence of the others, a process necessary even in the sane. A lady is persecuted at all times by the stare of a wan and withered face, deeply scarred by small-pox, from a particular window, and by noxious effluvia, which are diffused around as an indignity and a pestilential contagion.

Errors of Perception.

When such impressions are faithfully communicated to the mind, when they come within the direct dominion of the understanding, and are perceived, combined, or separated, new forms of morbid action are developed. The reality of the sound or taste is not doubted, but its nature is misinterpreted. Three patients have accurately distinguished the objects around, but they have failed to recognise their true relations; they receive qualities from the prevailing mental condition. A timid female, feeling all the privations of a sudden removal from home, saw in every one who approached the friends she wished to meet. Her eye embraced the figure and dress presented to her, but she perceived, notwithstanding all disparities and discrepancies between the real and imaginary person, and welcomed the friend she wished to perceive. A hypochondriacal female conceived that she was becoming blind, and, already partially shorn of her powers of vision, was separated from the world by a thin but palpable veil of mist. Another hypochondriac was impressed with the

belief that he had been immured for nights in a dark subterranean cellar; while he was actually the inmate of a sick-room, surrounded by light, and heat, and comforts.

When it is necessary to recal such impressions, or their signs, disease may be manifested by general impairment, by the abolition of the memory of particular classes of ideas or words, or by an inability to combine these in their original, or in an intelligible form. These affections are frequently associated with organic disease of the nervous structure; and in three of the cases under observation such disease exists. In one of these the patient is a shy, suspicious maniac, who announces himself as bearing one name in Scotland and another in Ireland, rarely articulates, uses monosyllables, and is at once perplexed in his attempts to recognise the persons by whom he is addressed, and to recal the modes of expression necessary to explain his difficulty. In a second, only a few phrases were retained, and they were employed incoherently. The words "Fine ladies" bore, and could bear, no reference to the various occasions upon which they were used. A few hours previous to death, language became much more copious, correct, and intelligible. A female, who is supposed to have suffered from paralysis, rarely speaks, more rarely originates a word; but repeats with accuracy again and again whatever phrase is addressed to her. A fourth patient, who presents a cheerful and animated countenance, has uttered only two words during a residence of twelve months. In joy or anger, when reprimanded or encouraged, when presented with or deprived of a halfpenny, his only response is "Bad boys, bad boys." It may be important to append a table of the affections of language that have recently come under observation :— Errors of Memory.

1. Extreme volubility, irresistible rapidity of utterance.
2. Involuntary utterance of certain words or phrases.
3. Forgetfulness of classes of words
4. ———————— particular words.
5. ———————— parts of words.
6. ———————— orthography.
7. Limitation to particular words.
8. Transposition of words.
9. Substitution of one word for another.
10. Use of jargons.
11. —— of unknown tongues.
12. Substitution of cries of animals.
13. ———————— natural signs.
14. Dumbness.

15. Mutism, taciturnity.
16. Mispronunciation of words, use of diminutives, infantile expressions, impersonal pronoun, &c.
17. Singing or chaunting all language.
18. Rhyming.
19. Attempted use of foreign language.
20. Soliloquising.
21. Somniloquising.

While the affections are generally privative, this faculty sometimes appears to obtain additional scope and energy amid the ruin and wreck of others. Fever in Mezzofanti is recorded to have swept away in an hour his vast acquisitions of sixty languages; in other cases it has recalled dialects forgotten for half a century; while, in a third class, it destroys the capacity for general knowledge, but developes that for individual events. A gentleman, who has been imbecile since boyhood, who, in many respects, remains a child, who never emits an observation except that he has been maltreated and misdirected, who requires guidance in the performance of the simplest mechanical act, and who has no conception of history as a connected series of events, can supply in a moment, and with great accuracy, the date of a vast number of the great transactions, and especially of the battles, that have been recorded since the Norman conquest. This talent has been tested in various modes, by reference to chronologies where the recollection of the inquisitor was defective, by a repetition of the interrogatories in a different order; but they have served to demonstrate its general accuracy and extent. It is conjectured that this facility has been acquired by some mnemonical process which the possessor neither remembers nor can explain; but the acquisition illustrates the theory of the possession of special and independent powers, and proves that mere knowledge will not create, nor call into activity, nor preserve the reason or reflection.

Errors of Attention.

When these impressions are submitted to consciousness they may be fugacious; they may pass away beyond the control of the will or the memory. This is a form of disease in which the sane may share. There are minds which, after a certain age, receive no new ideas, or views, or principles of action, which, although assailed on all sides by myriads of powerful and exquisite sensations, remain cold, and stolid, and inductile, as little affected as the glass through which a sunbeam passes. One case of this kind has presented itself. A person, with pretensions to talent and education, who boasted of his powers and triumphs in

literature and oratory, and prefaced all his communications as to the trifles which engaged his solicitude by the pompous intimation that he had addressed and moved the masses; remained a member of a group of ten patients for seven months without acquiring a knowledge of the names of its members. He read attentively, conversed acutely, argued ingeniously, but never advanced beyond the point from which he started, the intense heat of a stove, which he imagined accompanied him to bed every night. But when impressions are arrested, when they are retained permanently before the attention, when they do not furnish materials for thought, but are themselves the act and object of contemplation, when they cannot be removed, the condition is equally morbid. There is disease in the tendency to dwell upon one thought as well as in the inability to dismiss it. Concentration is the privilege of strong, the peril of weak minds. Four patients have exhibited intense fixity of thought. The external deportment is a reflection of the mental state. The eyes gaze intently and uninterruptedly at one point; the body occupies the same position; there is a disinclination to motion; sensibility is dulled or abolished; and there is indifference or independence and unconsciousness of all that passes around. One man stood for two days in the same spot, was dislodged by force, and declares, and attempted to demonstrate by a public suicide, that he would rather die than be disturbed. Another is absorbed in the thought of returning to a certain place, and gazes into vacancy as if she could discern it. Two are mute, motionless, rivetted by some profound emotion which they cannot reveal.

Errors of Will

Volition may not only be inoperative or powerless in interrupting or dismissing particular trains of thought; it may become incapable of guiding and governing any mental process; of regulating the conduct, or of imparting that firmness of purpose which gives the dignity of consistency even to the delusions of the diseased mind. Nine patients have presented this feature in different relations to the general character. In two, where there is a distinct conception of the impropriety of the act, there arises an irrepressible impulse to shout, and sing, and swear, during the night, and under the most unsuitable circumstances. Silence provokes the noise. A lady changes her position and purpose every second; pauses to sing an Italian song; rushes along the gallery, amid its cadences, in pursuit of some new object; enters into conversation, and leaves her sentence unfinished;

and is kept in perpetual movement by her fickle and frivolous will. In two, there is an inability to form opinions, or to abide by them when formed. They are impelled by the will of others; or the temporary circumstances in which they are placed would mould and modify their best and noblest aspirations. In one, there exists the power to detect what are her caprices, captiousness, and unreasonable demands, but the power to correct the error she sees is defective; in a second, modesty points out the indecency or impropriety of acts which her will fails to prevent; and in a third, passions and propensities have, when no external discipline or control interferes, become the mind itself. In one individual there is waged a constant struggle between the strength imparted by excitement, and the consciousness that the vigour in which he glories is disease. During this contest a legal adviser was sent for to obtain liberation, but the patient advised that all proceedings should be postponed until he became better. Two patients act under indomitable, inflexible obstinacy. One indignantly casts off all advice, and sympathy, and kindness, under the suspicion that there is a design to bias her intentions, to bind up her vagaries. She belongs to a family that never have yielded, not even to reason. Another opposes every proposal, even when coinciding with his apparent wishes and interest, because his will is to oppose. He is determined to wear out his limbs by kneeling, to starve, to die; and his whole energy is concentrated in these acts of martyrdom.

Errors of Conscientiousness.

The difficulty to distinguish what are the dictates of duty, and the inability to obey these when they are determined, leads within the scope of that power which instinctively suggests what is right, and good, and true. There have been periods in the history of every nation when the conscience was stricken and alarmed, when thousands were prostrated by wild panic, and rushed into crusades, and pilgrimages, and humiliation. This form of mental affection is now more rare. There is either more enlightenment, more distinct and sober views of what constitutes duty, or greater confidence in the means and power of performing it. The melancholic is at present more occupied with the loss of riches, than with the loss of salvation. Six patients suffer from the doubt which precedes, or the despair which follows, the overthrow of their religious hope, or the obscuration of their convictions of truth and justice. They have weighed their faith, or piety, or purity, and found them wanting; they have

trusted in strength or merit which they did not possess; they have been imposters, professing a creed which they did not believe, pursuing conduct which they did not approve, acting a lie. The fertility and ingenuity with which conscience torments and wounds itself is only equalled by the cunning displayed in extracting palliations and anodynes from unexpected and remote resources. One ingenuous youth, upon two occasions, abandoned lucrative situations from the conviction that the responsibility was too great for his powers; but at the same time discovered that the size of his place of business would have injured his health. A second is again and again paralysed by the regret that he did not earlier pursue that manly and obvious course of active exertion which would have saved him from melancholy and torpidity. A third deplores injudicious training, wasted powers and opportunities, and the neglect of those warnings which proclaimed his course to be ruinous and sinful. To one the world had become a god; another saw in herself perfection, and worshipped it. She dreads to pray, lest the selfishness of the act should cancel its sincerity; she dreads to expire, lest she should breathe her last; she is a nonentity, yet on the brink of an "eternity of eternities." A man of science, whose researches seem to have encouraged scepticism, after doubting all but his own existence, and attempting to destroy it, is agonised by his fears, and has ever before him the phantasms of those powers of evil which he had contemned and ridiculed. Co-operation is sometimes met with in the mind of the patient in the endeavour to dissipate such errors. There lingers a doubt of the soundness of the views advocated; there is a suspicion of fallibility; an effort to recover what has been lost or impoverished; a painful strife for dominion between the healthy and diseased elements of the character. The mental eye has examined its own errors, marked day by day its structure crumbling to decay, and even recorded the process of disorganisation. Some patients have fled from active life and impending evil; and ten voluntary captives have been refused. One individual is conscious of infirmity, but is prone to think that health consists in detecting error. He distinguishes between what are his own acts and those of the demon by which he is possessed. Another, haunted by a voice that commanded obedience in the name of God, doubted, resisted, tested this assumed divinity. Imperfectly recollecting a passage in Milton, he argued, if the Omniscient Deity addresses me, he can give the quotation correctly. The

voice repeated the words; but on reference to the poem was proved to be inaccurate, repudiated as false and deceiving, and recognised as the involuntary expression of his own thoughts. It is true that the training which enables the mind to enlighten its own darkness, to analyse and select the impressions by which it is to be regulated, to cast out its own errors, to care for and cure itself, must commence with education, must be life-long. The prerogative is not granted even to powerful minds. Genius rarely possesses it. But there are splendid instances in which the gifts acquired by education, the energies strengthened by use, have been directed to detect the approach of insanity, to prepare for the moral death, and even to modify and to ameliorate the incipient desolation. Our greatest naturalist for years felt the ebb of reason, provided for his intellectual death, and named those who were to guard his mortal remains. Pascal, and a great modern statesman, were haunted with horrible visions, but preserved reason in the very face, on the verge of insanity. There will be failures in this warfare, every Asylum is peopled with such; but the confessional and consulting-room of the physician display innumerable triumphs. Swift perhaps foresaw, he certainly foreshadowed, and painted with frightful exactitude himself when reduced to be "a driveller and a show."

Errors of Imagination.

The mere aspiration for the beautiful and the ideal may merge into disease. The source of romance and poetry; the faculty which gives elevation to passion; which imparts to the highest operations of intellect the character of inspiration, and which arranges, and harmonises, and adorns every series of impressions, however discordant their nature and unattractive their origin; contains the germs of disease within itself. If fed and fostered, it suggests morbid sentimentalism, visionary speculations, and day-dreams, which have had an apostle in Hartley Coleridge, a special literature, even an Augustan age: if unbridled by judgment, it diffuses these wild hypotheses, these extravagances in opinion, that blind credulity, which obtain access even to healthy minds, but act as a preparation for disease and disorder, and, if associated with excitement, create these delusions which are to the insane motives and principles. Ten patients have laboured under affections of the imagination. One gentleman sees all nature radiant: the future propitious, and no limitation to his happiness or power or wealth. To one, destiny predicted physical prowess, heroism; he walked forwards for days in a straight line, fording rivers, and disre-

garding roads, and enlisted in order that he might conquer the Crimea. A third covets distinction in the same field; gazes at stars for guidance, and peoples the air with voices that are to him oracular. One individual is a victim of spiritual agencies; he is a mere automaton under their influence; but while they move and animate him, while he feels them and hears their rapping, the only articulate communication consists in the words, "Can you flute, can you pipe, Guadalquiver." A humble millionaire acquired his enormous wealth in a few minutes, by the sale of a pound of tea. A lady sees her children, or the dress of her children, her grandfather or his hair, in various persons and objects. A farmer divides his attention between reclaiming waste land and Christianising his countrymen; but, as a mean of effecting the latter, describes a Free Church, of exquisite proportions, that descended from Heaven, and now rears its lofty spire upon his own farm. To one the conversion of the Jews, and gypsies, and unthinking, is at once an occupation, and the fulfilment of one of the predictions in the Apocalypse; while to another the 1st January will inaugurate a reign of glory and omnipotence. A long course of imaginary victories in the East is not sufficient to satisfy the ambition of another; but he has become of towering height, and colossal proportions. That condition of touch or of the muscular sense, which suggests delusions as to the size of the body, is generally premonitory of paralysis; and grave anxiety is experienced as to the fate of another inmate, who attempts to compress himself into such a small bulk as will escape observation, of a second who is convinced that she has expanded so enormously in volume as to be unable to pass through a door of ordinary dimensions; and of a sexagenarian, who affirms that he is an infant requiring suckling, cradles, caudles, and all the arrangements suitable for his age and size.

Errors of Sense of Personal Identity.

Every group of the insane contains its princes, potentates, its saints and martyrs. There is a boast of pompous superhuman powers, where there is no claim to pompous titles. There are transmutations into inanimate objects, or an impersonation of the lower animals. Individuals have declared themselves to be ice, wood, teapots; and a respectable shepherd recently emulated the cry, the progression, and habits of one of the animals committed to his charge. It is doubtful how far the feeling of personal identity is obliterated or affected in such cases; whether, and how far, the patient loses the consciousness of self-existence, confounds his former history with his

present convictions, or ceases to believe that he ever was something that he is not now. This primitive idea appears to be rarely abrogated or destroyed. Where rank, or wealth, or omnipotence, is arrogated most pertinaciously, the patient carries with him into his assumed condition his antecedents, his loves, his hatreds; he is found defending or explaining the incongruities or inconsistencies which his pretensions involve; he is industrious in removing difficulties which obstruct his own belief, even where that belief is strongest, most inexpugnable, and would have been attested in former ages at the stake or on the scaffold; and it is observable that there is no abolition nor repudiation of former experience, but the impression of a progression, of a change, of an elevation, of an intervention of Divine power. There are two heroes from the Crimea; but they do not deny nor forget, the one that he reared, and the other that he slaughtered, bullocks before he joined in the charge of the six hundred. A female contends that she is changed, that the individuals who visit her are not her husband and children, as they profess to be; but there is no interruption in the chain of thought which constitutes her the same person she was before the change took place. A well-educated gentleman affirms that he is the Almighty, and the Son of God; designates his apostles, and adduces his own genealogy in demonstration of the truth of his statement; he uses the knowledge and accomplishments cultivated in youth to convince the disbelievers who reject his appeal, and directs their attention to the cicatrix of a wound in the side, as the work of the spear, and to excoriations of the scalp, which his own fingers have produced, as the wounds or buds of the crown of thorns; and it is in writing to his wife and children, whom he addresses as such, that he attaches the signature of God. It has occurred in the case of a patient now restored to health, that a long period and a multitude of impressions and acts during a paroxysm of excitement have been extinguished, that he has lost a portion of himself; but the conviction of being the same person at the opposite sides of this gap in his moral being is unshaken and complete. He is even able to mark the moment, the point in memory, when he ceased and when he began again to be.

Errors of Sentiment.

When certain impressions are conveyed to the mind, various emotions arise, painful or pleasurable, transitory and trivial, or intense. When these feelings attain such power and prominence as to exclude the influence of other faculties, as to resist the will or the suggestions

of prudence, as to derange or destroy the ordinary laws of mental action, disease is present. It is not necessary that the reason should be subverted, if it be deprived of its legitimate control; it is not necessary that delusions should exist, although the impressions are often delusive; it is only necessary that a sentiment should be called into intense activity, disproportioned to the cause, the circumstances, and the object. Fifteen individuals have been admitted of this class. Four of these have been profoundly dejected. The sources of their sorrow were different; the mode in which they suffered, in two, led to deepest despair; in two, to patient resignation. Their condition harmonised only in deep, blank, irremediable melancholy. In three, fear is the predominating feeling. One dreads bodily injury; one mortal disease; a third is terrified by all things, even that her apprehensions may alarm others. In a female, the extreme timidity of youth has been exaggerated into shyness, which precludes intercourse; while doubt and suspicion have overmastered a robust mind, and inspired taciturnity and isolation. Of two patients the egregious pride seems to be religious; of one, intellectual; while vanity is manifested in a third, by a desire for a dress of a bright colour.

Errors of Propensity.

Divested of the capacity to judge, to recognise truth, to act in compliance with the dictates of the higher sentiments, the mind becomes instinctive, the individual is the sport of the passions, his vocation is to combat, to destroy, to love or hate; his enjoyments are animal, and to every impulse is given unbridled energy and unrestrained licence. There is not in all cases of mania, fury and ferocity. The aspect of the malady is determined by the original tendencies, by the encouragement which individual propensities may have received, and the moral and prudential control and regulation to which they have been subjected. The most violent patient in the Establishment never swears or strikes, while agitated by the wildest frenzy, because such acts are incompatible with his priestly functions. It is from this form of alienation that popular pictures of the insane are drawn, and upon which, unfortunately, popular opinions are founded. In four instances the agitation may be traced to amorous feelings, but the origin has not softened nor elevated the character. In one the predominating craving is for food, which is devoured with an avidity and eagerness which could only be imitated by animals of prey. In another there is an irresistible appetite for stimulants, which is affirmed to have originated in the thirst of fever, but to have desolated the mind

through health, and prosperity, and peace. In two, there occur sudden and involuntary paroxysms of anger, menaces, maledictions, and malicious calumnies. In one, the impulse is to oppose, to struggle, until debility and fainting ensue. In two this disposition is extended to the destruction or injury of the opponent. There are cases which it is difficult to classify, in which the motives elude scrutiny, in which it is conjectured that the disease consists in the absence of motives, or in which motives of a different nature from those which exist would be predicated. These affections constitute exaggerations of those innocent eccentricities which disturb society by their singularity and absurdity, or destroy its harmony by systematic contravention of its rules. There are three patients who will not swallow their saliva: there are three who pull out the hair from the eyebrows, as well as from the scalp: there is a female who is neither incoherent, nor actuated by delusion, who will not sit down, who will not remain where she is, nor go elsewhere, nor dress nor undress as directed, whose whole life is a succession of struggles, free from violence or vindictiveness, against authority, and custom, and comfort.

Three individuals are supposed to entertain homicidal designs. One of these destroys the unoffending lower animals; another would destroy her companions if opportunity offered; and a third attempted to strangle a helpless and dying inmate of the same sick-room. An individual who asserts his interest in a particular spot, would destroy life in defence of his right. The impulse is involuntary, momentary; has caused the loss of teeth, and the effusion of much blood; but the moment subsequent to the most frightful outrage, the aspect is calm, the pulse tranquil. Five patients were agitated by that desire for motion, by that incessant restlessness, by that display of muscular power and activity, which is itself an instinct, and which gives a strength and invulnerability which would be most formidable had it an object. One gentleman is provoked to ungovernable irritation by all authoritative interference, by remonstrance, sometimes by persuasion. He at first objects, then admonishes, next threatens, then condemns, then anathematises; speaking eloquently, loudly, forcibly; gesticulating wildly, becoming at every step of the process of objurgation more and more furious and excited, and terminating in an orgasm of rage in which he can do nothing but shriek maledictions.

Seclusion. It is in such cases that seclusion is resorted to. If the vehemence be left undisturbed, it is propagated; passions are roused, excitement

is encouraged, order subverted, occupation interrupted, and the tranquil panic struck. The offender deepens and confirms his malady. He is conveyed to darkness and solitude, for his personal, as well as for public safety, peace, and tranquillity. The withdrawal of all provocation; of irritated attendants, offended companions; of the stimulus of light and noise; as well as the opportunity afforded for reflection, repose, sleep, seldom fail in re-establishing calm, if not contrition. It is said to have been necessary to prolong this expedient for months. It is rarely allowed to exceed days or hours in duration. In cases where the agitation is permanent, other arrangements are accessible; but to prolong separation indefinitely, converts it from a moral precaution into a process of physical deterioration and punishment. It becomes a struggle between the authority of the rule, and the obstinacy or endurance of the patient. And in this contest the offender is weakened, etiolated. No new impressions reach the senses, delusions may be fostered by the twilight and uncertain sounds that prevail: monotony is accompanied by weariness, irritability, langour, callousness, indifference; and torpor and hebetude simulate concession. Imbecility, the loss of language, and of reason, have all been results of protracted solitary confinement. It should be proportioned to the character of the patient. A maniac, recently admitted, becomes infuriated by terror if placed in a sleeping-room alone. Repeated visits should be made, temporary emancipation should be enjoined, even during so brief a period as has been indicated as the maximum, to prevent that feeling of vengeance which may spring up, and that subjugation of spirit which is to be dreaded more than recusancy.

Errors of Intelligence

When the intelligence which is received from the external world, or when the operations of the mind itself can neither be compared nor abstracted; when impressions fail to become objects of reflection to stimulate emotion, or to follow in a certain order of association, disease is presented in one of three forms.

Idiocy.

I. The defect is congenital; there has existed a natural incapacity to receive knowledge, the powers are rudimentary, and insusceptible of development. Four examples of idiocy have been admitted. In one all powers, except a perception of music, were defective. In another undeveloped power of acquiring language, or a limited familiarity with certain phrases, rather than the use of words, is observed. A third displayed a knowledge of numbers, and of various qualities of external objects, especially the colour and

physiognomy of pigeons, to which he was devotedly attached. In a fourth there is conjoined, with great mental weakness, avarice, cunning, and suspicion. Special Institutions are now created for such individuals; and while it is certain that in the majority of cases training and tuition can only develope the intellect within the limits apparently assigned by imperfect organisation, a school seems better adapted for their condition than an Asylum. It would be nearly as wise to place children in an hospital, as idiots in an Asylum.

Cretinism.

There are in certain Alpine regions, whole tribes of men of imbecile mind and decrepid form. They are instinctive, degraded. Their chief characteristics are the enormous size of the head, a pendulous wen in the front of the throat, and distortion of the limbs. They are idiotic dwarfs. These phenomena are attributed to the insalubrity of the dark and profound valleys in which the race lives; to their poverty, their inadequate protection from the weather, and their imperfect nourishment. They transmit their infirmities from sire to son; and thousands of helpless beings of loathsome aspect, infantile intelligence, and brutal passions, burden and perplex the community. They have in certain districts been excluded from the pale of Christianity, as well as of humanity, and they have been abandoned for ages as outcasts and incurable. Traces of the disease exist in the mountains of this country, and in this valley consultations occur in cases where goitre is complicated with some form of derangement. Not less than eight cases have been under observation during the past year. It is a form of scrofula, of a disease of which mental impairment, or the arrestment of mental development, is a symptom. But amid the dense population of our imperfectly constructed, drained, and ventilated cities, a condition of body and mind closely approximating that of the Cretins is encountered. The pale, stunted, stolid, ignorant, and sometimes imbecile classes which are lost amid and below the mighty mass of industry, and wealth, and intellectual grandeur around; which inhabit squalid cellars and obscure lanes, constitute a substratum of weakness and vice, of feeble frames and minds, out of which spring the crimes which seem folly, and the insanity which merges into crime. The pestilence which desolates all ranks, the moral contagion which peoples prisons and penitentiaries, and the mental imbecility which crowds Asylums, have often the same source. The gradual extirpation of this scourge in some portions of France, by removal to higher and healthier localities, by drainage, by

the introduction of suitable dwellings, dress, food, affords a striking illustration not only of the amelioration of the physical condition of a people, but of their elevation in the moral scale, of their recognition as fellow mortals. Agriculture becomes a remedial agent, a regenerator of degraded races. These effects likewise indicate in what manner the domestic arrangements for the comfort of the insane, the luxury of air, and light, and water, and exercise, may, and do reach the remote and hidden springs of thought, the impulses which destroy the capacity and usefulness of the individual, interrupt the advance of the race; and why the poor are more susceptible of improvement than the rich.

Fatuity.

II. The defect may be the result of disease in mature life, the last stage of a series of constitutional changes, and involves enfeeblement of the affections and hebetude of the understanding, as well as impairment of the memory. In four patients now secluded, there is either a total inability to determine, to ascertain, to remember the relations in which they are placed, or an indifference to the inquiry. They have severally arisen from anœmia, acute mania, and rheumatism.

Incoherence.

III. The defect may consist in the loss of power to combine, or voluntarily to regulate, the combination of ideas as they pass through the mind. The language is incoherent or inconsequential; the progress of thought is rapid, irregular, and extravagant; no law, nor order, nor connexion, can be detected in the succession; and although a particular class of thoughts may be developed, the meaning which they are intended to convey cannot be discovered. Seven patients may be placed in this category. In all, the faculties seemed to be simultaneously active, and to act independently; feelings were interwoven with abstract ideas, the present sensation was associated with recollections of the past; while in four, the language indicated total confusion and chaos, the words coalescing and passing in their terminations into inarticulate jargon and cries.

State between Sleeping and Waking.

The psychologists of other countries have devoted much attention to the condition between sleeping and waking. It is supposed that at this time the external senses are awake, and receive impressions; but that the consciousness and capability of judging of these are dormant. Observers have held that during this state may be committed many of these acts of atrocity which appear in themselves incompatible with mental health, and are irreconcilable with the previous character of the perpetrator. Men of gentle disposition have risen from sleep and murdered their wife and children under impulses

arising during dream, or from temporary delusions dependent upon their semi-consciousness; and recent events have imparted an interest to this subject. Such a condition is of rare occurrence; and it is difficult to determine its existence or nature, as the phenomena are transitory only, or chiefly cognisable by the individual in whom they take place. Epileptics, especially after an attack, pass long periods in reverie, when they perceive surrounding objects, but fail to discover their real relation to these; they are likewise liable, both before and after a seizure, to receive erroneous impressions, distorted images, peculiar effluvia, exaggerated sounds; and have destroyed life while thus deceived. The insane, even when composed and during lucid intervals, experience seasons of suspended consciousness, while they are engaged in their ordinary avocations, and in the performance of acts demanding care, exactitude, and delicacy of manipulation; but of which they retain no recollection, and which they cannot identify as their own. It is probable that these states may be analogous to that now under consideration. As the profoundness of sleep, the extent to which the faculties are suspended or resist the effect of stimuli, differ at various periods of life, in health and disease, in different persons, it appears that the rapidity and precision with which the mind awakes and resumes its functions are very various. One individual is roused at once, and passes from deep sleep to the complete possession and activity of all his faculties; another awakes, gradually enjoys the luxury of drowsiness, and emerges from a transition state of lethargy and imperfect volition; a third recovers consciousness, but it is not at once; and even after the senses have perceived the light, the forms of objects, disabused of the vision which disturbed his sleep, he carries his dream with him into the concerns of day. It is probable that this is the effect of disease, of peculiarity of nervous temperament, or of ill-regulated habits of thought. It is generally associated with other indications of mental aberration. Patients have been recently under treatment who became insane while asleep, who traced their loss of reason to the panic inspired by a dream; and, without inquiring how far such an event, or the imperfect lucidity which momentarily succeeds sleep, should exempt from the consequences of such acts as might follow, it is important to determine the reality of such a condition. There are in one department of this Asylum two night watches, one for each sex; in another, where dormitories exist, the duties of the attendants are

prolonged into the night; in a third section, the suicidal, the mutilators, the restless, are assembled for observation, and whenever sickness demands, a guardian is appointed; so that a large portion of the inmates repose under direct and incessant inspection. The quiet, the absolute stillness, which prevail even where hundreds of the insane are congregated, is often accepted as a proof of the judicious management of the community. There may be restless, or joyous, or discontented disturbers of such tranquillity; but if occupation, amusement, and exercise and bathing, form part of the daily course of treatment; if a sense of security exist, the sleep of the inmates of an Asylum is generally sound and sweet. Sleeplessness is the symptom of recent mental disease, and of certain forms, but not of its chronic stages. The fatuous sink into the deep slumber of children; the vain, the proud, all obtain repose; but the watchfulness of the maniac, the acknowledged benefits of sleep, and a hackneyed quotation, have led to the invariable exhibition of opiates, and to the conviction upon the part of the patients that such a drug is a right, as well as a remedy. The mere activity of the faculties, the rush of vivid ideas through the mind, is as instrumental as sorrow or suffering in inducing vigilance. Two maniacs were visited and watched for months, but could never be detected asleep. They heard, and saw, and felt their thoughts. The symptom may, in many instances, be traced to the state of the system upon which the mental phenomena depend. In plethora, the sleep is profound; in anœmia little is obtained, and hence it is believed melancholics are vigilant. In certain affections of the kidneys it amounts to coma; and a patient labouring under diabetes, and perhaps consequently under urœmia, fell into slumber when engaged in work, and remained standing with the eyes closed amid light, and noise, and remonstrances; and unconscious of his situation. Affections of the heart either prevent sleep, or render it troubled and frightful. One woman, who has suffered from rheumatism, and is suspected of labouring under such disease, is awakened by the cries of her children; another, evidently suffering angina pectoris, dreaded, and would have avoided, sleep as she dreamed of pain. An individual of enfeebled constitution, who had braved death in many forms, recoiled from sleep at one time as extinction, and at another as real life, as an entrance upon the spiritual and unseen existence, as an approximation to the emancipation of mind from matter. A female, who for many months exhibits considerable

intelligence, and many amiable qualities, but of variable temper and hysterical constitution, suddenly, in consequence of caprice or jealousy, abstains from food, and retires to bed. When visited there, it has repeatedly happened that she apparently awoke, raised herself upon her elbow, gazed around, saw and touched the persons near her, clutched at objects which were not within her reach, spoke to an absent attendant upon matters unconnected with the questions addressed to her, and to which she did not reply. The pupils were dilated, the pulse tranquil, and there appeared to be insensibility of the surface. She gradually emerged from this condition, seemed unconscious of what had occurred, and resumed her usual manner. At first she continued during five or ten minutes, but latterly she has remained for hours so far roused as to perform various acts, and even, under provocation, to have committed crimes; but certainly not so completely awake as to be sensible of her real condition, or capable of regulating her actions.

Duties of Attendants.

It has been conceived that the minds of those long and constantly associated with the insane suffer in equanimity and self-command. They live in an atmosphere impregnated with delusion and exaggeration, and the standard of moral health is lowered. Like those who become habituated with physical suffering, their sympathies for mental decay are dulled and deadened. Accustomed to have falsehood and fable presented with all the plausibility of truth; assailed by specious sophistries, cunningly devised hypotheses, eloquent incoherence, and every perversion which the morbid imagination can suggest, they have failed to distinguish between truth and error. It is certain and inevitable that such intercourse does deteriorate weak and ill-regulated minds. If it be conceived that to one individual may be committed fourteen patients: that he must at once be their governor and servant; that, even with impaired or alienated minds, they may be his superiors in talents and training; that, even where they are not actuated by suspicion nor animosity, he must bear their caprices, their sneers, their insults; that one must be protected from his suicidal designs; another from the tyranny of his companions; a third, from habits which may aggravate disease, although they do not endanger life; that he is deceived, flattered, cajoled, as the humour or selfish objects of his charges may dictate; that he has to meet every argument, pretext, dilemma; that it is his interest, as well as his duty, to preserve order, and peace, and friendship, without a sacrifice of

authority, it will become clear that the tax and strain upon forbearance is great; that the discharge of even a moiety of such duties demands the highest qualities of our nature; and that while the temper, and vigilance, and virtue of the guardian may and do suffer under such a severe ordeal, the exigences of peculiar cases can receive but a divided attention. This inference has of late suggested the experiment of confiding patients, whose moral or physical condition indicate particular provisions or management, to a special attendant. Such an arrangement must, to a certain extent, be restricted by pecuniary considerations; but when the disease is recent, the importance of such a precaution is undoubted, both as a mean of observation, and of anticipating those dangers which so often occur during this stage, and which seclusion itself creates. A determined suicide, who having tried the effects of opium and chloroform, who had slept with prussic acid under his pillow, resorted to precipitation, prostrating himself upon the fire, plunging his head into the water-closet; has been preserved until the tendency has been eradicated or enfeebled, by constant association, by living in the grasp of an attendant, whose sole duty consisted in watching and defeating the tendency. A gentlewoman, naturally of exquisite sensibility, and occasionally desponding, becomes the special care of one who is to guard, without appearing to watch, to minister without the betrayal of her office. Abstainers have been confided to custodiers, whose duty is to economise strength, to preserve warmth and comfort, to seize every opportunity for the administration of support. Denuders and destroyers have been controlled by this mean. To the timid a companion is given; to the restless a check and an encumbrance. Patients have been made responsible for patients. It has been elevated into a duty that one should prevent the escape of another, should induce his charge to eat, to sit, to walk, as may be necessary. All such arrangements have been repeatedly resorted to as expedients to meet pressing difficulties: they are now advocated as a principle of treatment.

Specialization of Duties of Insane.

It is somewhat interesting that at the very time when the necessities of vast armies developed unequivocally as principles what had long lurked in the human heart as hopes and aspirations, that a higher motive than gain is required to secure suitable nurses for the sick and the wounded, and that the educated, and even the refined mind is a more useful instrument amid dangers, and disease, and

Lectures to Staff.

difficulty, than ignorant obedience; there was made in this remote province the first attempt to educate the attendants upon the insane, to expose and explain the nature of their duties, and to raise them at once to a due appreciation of their responsibility, and to a capacity to discharge the duties imposed. A course of thirty lectures was commenced in October, 1854, and continued weekly until May, in which mental disease was viewed in various aspects; in which the relations of the insane to the community, to their friends, and to their custodiers, were described; in which treatment, so far as it depends upon external impressions, the influence of sound minds, of love, and fear, and imitation, was discussed; and in which it was attempted to impart attraction, by illustration and narrative, and to convey instruction by examples drawn from the actual inmates. The descriptions were powerfully aided by portraits of patients familiar to the auditors, most graphically executed by a patient who had lost, but regained, his genius as an artist. The grand objects were to impress the understanding, and to rouse the affections, by the demonstration that mental aberration was a malady, a misfortune, a misery, which was to be relieved, which it was, so far, within the power of every kind word and consoling look to mitigate; and that it was not a brutal passion that was to be opposed, a perversity that was to be resisted or resented, or a strife that was to be prosecuted until victory was obtained. Secondly, to distinguish the various forms under which alienation might be presented; what was to be apprehended and hoped in each; what was to be guarded against; and what might be accomplished by a judicious selection and adaptation of the means of alleviation. And thirdly, to shew that every individual with whom the insane came into contact might, and must be instrumental in increasing or diminishing happiness; in building up or destroying the fabric of mind, and in guiding those to or from light and knowledge, who may literally be said to have eyes and see not, ears and hear not; and that this influence must be proportioned to the intelligence and humanity of the agent, to his sense of the high and holy mission intrusted to him. It is possible that much was said which met no response nor assent; which was unsuited to the previous training of the auditors; or that all might have been clothed in a more pleasing and useful garb; but it is certain that interest of some kind was awakened and sustained. The class consisted of the officers, the male and female attendants, some of the patients who belonged to the

medical profession, and occasionally a visitor. The attendance, although perfectly voluntary, was numerous, attentive, and grateful; and the conviction is believed to be general, that although these inquiries and suggestions may have fallen infinitely short of the objects contemplated, they elevated the tone of those engaged, formed a pleasing communion between the different members of the staff, and have left many recollections of intellectual enjoyment.

Lectures to Patients.

However limited the extent of the knowledge conveyed, or of the good effected, the result seems to justify and encourage a prosecution of the experiment. It is proposed to extend to the patients the advantages of public lectures by the officers. On former occasions the object of such efforts was not so much to pluck from the mind its rooted sorrow, as to lead it from the contemplation of that sorrow; to introduce new, and pleasing, and tranquilising matters for contemplation; to substitute external observation for self analysis; and to bring discussions on art, or science, or literature, within the compass of amusement. That these attempts were, and will be instrumental in conveying happiness and healing to the wounded mind, under the guise of instruction, and of temporarily engaging the attention where they neither instruct nor elevate, cannot be doubted. They constitute great discoveries in moral medicine. But the intended course has a higher range and more systematic object. The endeavour will be made to combine information and amusement with the exposition of some of the sources of delusion and hallucination. It will thus happen that in listening to an explanation of the physiology of the external senses, the causes of fallacy to which they are exposed from derangement of their organs, or from external circumstances; and of the various intentional deceptions, illusions, and impostures which are recorded, and are matter for every-day observation; individuals may hear a refutation of their own erroneous convictions, a lucid dissipation of their fears, an exorcism of their familiar spirits; and that an explanation of the real nature of the Mirage, or of the Giant of the Brocken, and of the Whisper of the Memnon, or of the Gallery of St. Paul's, may lessen the power of the visions and voices which assail the audience. The plan under consideration is, that one of the medical officers should deliver a popular answer to the question—How do we see? demonstrating the organs of the sense, the laws by which images reach the retina, impressions the mind; that another should devote his attention to the flowers we see, their forms,

hues, and most striking qualities, the modes in which their minute structure may be seen, and the instruments by which vision is aided; and that a third should direct attention to the atmosphere through which, and the light through and by which, these colours and forms reach the eye, embracing various atmospherical and astronomical phenomena. Such an undertaking must fail in accomplishing all that is desirable, for it is certain that hallucinations depend upon physical causes which no demonstration can remove; but it may succeed in raising the general tone, and enlarging the scope of reflection, and place the mind in a better condition to bear, if it cannot cast out its own errors.

Literary Provisions.

Library.

One tendency of the present age is superficial, rapid, desultory reading. But the number of readers has likewise increased: the number of those who depend upon books for a large share of their enjoyment, who extract from this source their opinions and tone of mind, and to whom study is a daily stimulus. There is a reflection of these tendencies in Asylums. Where formerly a book could not have been placed, and might have been destroyed, the tables are covered with standard works, recent publications, even collections of engravings. There is no gallery, not even for the refractory, unprovided with books; and it is a matter of boast that during the past year not one has been destroyed, and that the amount of injury done is insignificant. They have become familiar as furniture, necessary as luxuries, cherished as rewards. Whenever they arrest the attention, they become substitutes for restraint. The best librarians are patients. During the past year four hundred volumes have been added by voluntary contributions from former patients and from enlightened benefactors to the collection, which now consists of several thousands, and which has, from its commencement, been obtained, with few exceptions, from similar sources. But although to this store are to be added the private collections of inmates, the contents of libraries and book-clubs in Dumfries, the supply is inadequate, and every effort is made to extend and vary the literary gratification of the educated classes.

New Moon.

The *New Moon*, to which the Library chiefly owes its origin and magnitude, after an existence of ten years, after carrying to foreign lands the tidings of intellectual enfranchisement even under captivity, continues to be a vehicle for the opinions, a record of the public life, and a stimulus to the legitimate ambition of a considerable number

of the inmates. It serves as a chronicle of events, as well as a reflection of the predominating tendencies of the community. In its pages it will be found that dramatic representations commenced twelve years ago, are still encouraged, still regarded as a mean of dispelling gloom, caricaturing extravagance and delusion, holding the mirror up to life, and of enlisting patients in the treatment of patients. Among its announcements are recorded balls, soirees, concerts, excursions, of which fifty have been made during the summer; contributions to the Museum, which has received acquisitions; and all the games and gaieties, which constitute the agreeable aspect of seclusion.

Education.

The idiotic mind has been trained to greater grasp, while the frame has been strengthened and tranquilised by military drill: the deficiences of early education have been partially supplied by tuition in writing: the mysteries of crochet have been taught in classes: instructions in drawing have been given to a large number: public reading is pursued in the work-rooms, and, wherever it could be accomplished, information of a higher order has been communicated by lectures. To these efforts to impart mental culture and order and muscular precision, must be added instructions in dancing. Classes of convalescent and tranquil patients were formed; a respectable teacher employed; rigid discipline instituted, and systematic training pursued. The Egyptian treatment of mental disease embraced sacred dancing; and in more recent ages an epidemic madness is said to have been relieved by gyration and dancing; and although it would be vain to claim for these assemblies so high an object, or such miraculous effects, it is probable that benefit may be conveyed in teaching the regulation of motion, in inducing numbers to act in concert, and in the amiable feelings which such intercourse establishes. Such class training is assuredly to be preferred to the promiscuous and tumultuous meetings which are supposed to embody mirth. Even the walls of the Southern Counties' Asylum are made to teach. The benevolence of strangers is clothing them with good engravings and lithographs. If it be true that the mind is affected, enlarged, or contracted by every impression, these pictures may he regarded as object lessons. They may be selected to serve as narratives. They are suggestive of former thoughts and accomplishments. The beauties of the forms and colours may elevate and refine; and their humblest office may be to break in upon the continuity of wall, which is said to be so painful to the captive, and to predispose to monotony and hebetude.

Like the window flowers that carry the longings of the pent-up artizan where "wild woods wave and waters run," they may fill and expand the imagination, and transport the vision of the insane from the immediate contact with disease and decay to more pleasing realities of life; to the deeds of bold, and heroic, and virtuous men; to the grand epochs of history.

Anniversaries. Christmas Tree.

To create a future, to project the mind beyond itself and its present misery into some distant and anticipated scene of gratification, is a necessity of human nature. The anniversaries in Asylums are founded upon this law. The Costume Ball is an established festival. The rites of Twelfth Night have been celebrated. The first Christmas Tree which it is supposed has flourished in an Asylum in Scotland, was raised here, and decorated upon the appointed day. For months every ingenious and beautiful device was constructed, or obtained, to adorn its branches. Some of these contained an acceptable gift; others conveyed a lesson or an encouragement. Disordered imaginations received a new direction, lethargic temperaments a new stimulus. The spectacle was inaugurated by carols and music; and while its lights blazed and its green branches bent under the load of trophies of art and taste, its origin, history, and objects were stated; and the distribution of its productions was accompanied by such illustrative, or mirthful, or admonitory remarks by the medical officers as the occasion suggested; and either from the novelty or nature of the scene, from the combination of pleasing impressions, or their variety, an amount of hilarity and happiness was diffused which more elevated kinds of recreation have failed to produce, and which still furnish topics pregnant with interest and gratification.

Games.

The interest in bowls became of late so strong, and the players have exhibited so much dexterity, that private matches merged into struggles between the inmates of the two Establishments; and ultimately into a series of contests for the championship and the possession of a medal, which was much coveted; and ultimately into a meditated challenge of all clubs beyond the walls. All such pursuits and predilections are seized upon as opportunities for giving a new and healthy direction to the faculties, as withdrawing from a contemplation of self and of uniting the discordant elements, of which such a community consists, in common purposes, sympathies, and enjoyment. The commencement of a bazaar, to contain works of taste, contributed by females in the Southern Counties' Asylum, is conceived worthy of

inauguration, and a simple ceremony; and the examination of the articles, and light and music, and a biscuit, diffused cheerfulness through a hundred hearts. The services of a patient, who has enthusiastically acted as musician at such meetings for fourteen years, are to be rewarded;—and a nominal subscription, the presentation of a snuff-box, bearing a suitable inscription, by a fellow patient in the Theatre, the speech, the reply, assimilated the transactions to the proceedings of ordinary life, gave exercise to the social sentiments without excitement, and forms a resting-place for wandering thoughts.

Exercise. Exercise is a connecting link between amusement and physical labour. The whole community may be affirmed to enjoy it. Not above ten have permanently restricted themselves to the airing courts. Every gallery sends forth its pedestrian party, and in many instances every inmate is included. Even the aged, the infirm, and paralytic slowly make the circuit of the grounds. The invalid may be found on a sunny bank, or under the shade of a tree. The agitated are accompanied by one or two attendants; and groups of the tranquil, extending to forty or fifty individuals, may be met marshalled by two attendants. The extent to which the practice is carried may be gathered from the recorded achievements of the members of one party, thirteen in number, who have been prevented from walking in the grounds or beyond them, by weather, sickness, or other causes, only thirty-five days, from 1st May, 1854, to 1st May, 1855, and who, in that time, traversed 3326 miles. The exposure to the external air, "the harvest of a quiet eye" cast over the distant slopes of the valley, the intimate intercourse with natural objects, the sense of partial liberty, the new and tranquilising impressions received, are of even more importance than mere muscular exertion. For those in whom toil and fatigue may prove a substitute for vehemence, may exhaust strength which would be less innocuously applied, in whom there is a positive pleasure in activity, trenching has been provided. A party of ten or twelve gentlemen have been engaged in this occupation for the past year, and have turned many acres. To inmates of the Southern Counties' Asylum, who require close and constant superintendence, who are untried, or unworthy of trust, or have recently recovered from the first stage of mania, the same employment has been prescribed. Sixty men are constantly employed in digging, sowing, pruning, breaking stones, in the tailor's

carpenter's, and shoemaker's shop; but these may be designated the industrial classes of the population.

Rustication.

Members of the community have passed the summer in the country. The connection with the Institution has been maintained by constant visits from the officers; so that while the pursuits and pleasures of rural life poured balm into the troubled spirits, the influence and advantage of discipline was less perceptible, but not relaxed. The emancipation from monotony, which is as irksome to some minds as restraint, and the total change of impressions secured by this expedient, have not been counterbalanced by any accidents or difficulties. It must be restricted to the affluent. The west coast of Scotland is brought so close to Dumfries by railway communication, that a party enjoyed the benefits of sea-side exercise, as well as of change of scene. One party paid a visit to Ireland and England, which demonstrated at least the practicability of such an arrangement. Among absentees may be mentioned two of the medical officers. One of these visited many of the Continental Asylums; a second examined the most celebrated institutions in America. Both returned with enlarged experience, better qualified to discharge their duties, and provided with ample proof of the universal assent extended towards the system pursued here, and in a remarkable manner to the foundation of rational moral treatment of the insane upon the habits, pursuits, and even recreations of the sane. In one Asylum, and that situate among the descendants of Pen and of the Pilgrim Fathers, three evenings in each week were set apart for amusement. This seems a large portion of time to be dedicated to relaxation. Even unsound minds have a higher destiny than to laugh and to sing; but if compared with the hours claimed for remission from labour, and for calm repose, if not for active enjoyment by all men, and perhaps required to relieve that high-wrought energy and tension which prevail, it will not be regarded as disproportioned to the place or the purpose. Until amusement be esteemed as curative, it is contemptible; when it is added as a solace, a support, and when judiciously administered as a remedy,—and the ball-rooms and museums in recently erected Asylums are admissions of this,—it must assume a higher rank than has hitherto been conceded. It may be recommended as a mean of conveying instruction, and of softening much that is rigid and forbidding in necessary discipline; but its highest

praise is as a modification of occupation, as mental exercise without toil, as accessible to large classes who cannot trench, or toil, or sow, who decline all servile exertion; and of carrying unconsciously into the mind hopes, and memories, and associations, and sympathies, which could not reach their destination by any other channel, which would be rejected if presented in any other garb. The prosecution of this system is insisted upon as securing a vast development of new resources, by which mind acts medicinally upon mind.

State of Staff.

It must not be conceived that these efforts, and in some measure these victories over obstacles and difficulties, are the result of a single will. They are the aggregate of the united and harmonious co-operation of many understandings, many sympathies, many anxieties. It is impossible to apportion the share of each participator in the noble work. They are not, and ought not to be conscious of their own usefulness: the only conviction or gratulation allowable is, that all have conjointly been labouring effectively in securing "the greatest amount of good to the greatest number of their suffering fellow-men." It is obvious that the nature and measure of qualification must differ widely: it is true that grave imperfections and errors must characterise such exertions: it is true that there have been experience of misplaced confidence, of dereliction of principle, such as seemed to justify the suspicion of mental disease; it is true that with all the instruction, and encouragement, and inspection bestowed, errors will continue to be committed, cherished projects will be frustrated; but it affords ground for satisfaction, and for trust in the continued usefulness of the Institution, that its present officers and staff, with a consciousness of their limited powers, are acting together cordially and earnestly in carrying out the realisation of those objects to which they are devoted.

The chaplains must likewise be regarded as contributing largely to multiply the benefits conferred. Their aid is afforded most willingly, judiciously, and in accordance with such suggestions as the condition of the inmates demands. Sunday has been viewed as monotonous within the walls of an Asylum; and when all occupations are suspended, when exercise was interdicted, and books were inaccessible, it might be expected that the despondent would be more depressed, that the violent would be more intractable, and that discontent, and disorder, and insubordination would prevail. As, however, the services have become more frequent; as the exhortations delivered

have been specially adapted to the condition of those addressed; as the day has assumed the aspect it presents in a well-regulated, enlightened, Christian household, a greater amount of cheerfulness and tranquillity have been observed. The insane no longer feel that it is a portion of time in which they are denied their usual privileges; in which they are more directly and painfully reminded of their isolation and degradation by increased repression; in which sanctity meant severity, and piety privation. The difference in the domestic arrangements is calculated to encourage repose, and to induce them to regard the day as the "couch of time;" for with the insane, as with others, rest is rather a change in the mode of activity than a cessation of action; while the calmness of all around, the multiplication of pleasing though innocent impressions, the assemblage in public worship, the accustomed ritual, the music, the words of hope, must impart the feeling that it is—

"A day most calm and bright,
The fruit of this, the next world's bud."

With this body may now be identified that philanthropist who, after a noviciate of a year, prosecutes her labours zealously and courageously with undiminished sympathy and increased experience. Her position was at first anomalous. Her motives were so pure and disinterested, so little in keeping with the traditions of the scene of her labours, that they could not be understood nor appreciated, even by those for whom she was making such sacrifices, or who were directly benefited by her unwearied kindness and judicious guidance. But the suspicion, the doubt, the indifference engendered by disease, as well as by the novelty of such offices, have passed away, stubborn wills have been conquered, and prejudices uprooted; and there now remain general respect, gratitude, and love, and that docility which is only yielded to healthy and energetic minds. It would be well if such instruments of good could be indefinitely multiplied. Their presence not only checks the harsher manifestations of that authority which in itself is indispensable, but elevates the motives of those to whom it is intrusted. Their education would render them fitting channels for new hopes and desires. Their own unselfish and gentle spirits would penetrate the harder and sterner natures with which they are associated; while their intelligence and discrimination would appreciate and secure the judicious application of the higher moral means prescribed, and establish communion with minds that are

sullen, because they do not expect sympathy; that do not understand the motives of others, because their own are not understood. It has been said of one so constituted, and who so ministered, "that there was a light around her steps."

W. A. F. BROWNE.

TABLES.

I.—AGES OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	1	3	4
... 20 and 30, ...	18	13	31
... 30 and 40, ...	11	12	23
... 40 and 50, ...	10	12	22
... 50 and 60, ...	3	9	12
... 60 and 70, ...	4	4	8
... 70 and 80, ...			
... 80 and 90, ...			

II.—SEXES OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	47	32	8	9
Females, ...	53	22	5	5

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	9	14	23
Unmarried, ...	38	33	71
Widowed, ...		6	6

IV.—EMPLOYMENT OF PATIENTS.

Professions	Males.	Females.	Total.
Brewer, ...	1		1
Butcher, ...	1		1
Carrier, Wife of		1	1
Charwoman, ...		1	1
Clergymen, ...	2		2
... Wife of, ...		1	1
... Daughter of,		1	1
Collier, ...	1		1
Farmers, ...	5		5
... Daughter of, ...		1	1
... Wife of, ...		1	1
Gardeners, ...	1	1	2
Gentlewomen, ...		12	12
Hand-sewers, ...		3	3
Ironfounder, Wife of, ...		1	1
Ironmonger, ...	1		1
Lath-splitter, Wife of, ...		1	1
Lawyers, ...	3		3
Manufacturer, Wife of, ...		1	1
Mercantile Clerk, ...	1		1
Merchants, ...	6		6
... Wife of, ...		1	1
Miner, ...	1		1
Officer in Army, ...	1		1
Physician, ...	1		1
Sailor, ...	1		1
Sempstresses, ...		2	2
Servants, Domestic, ...		16	16
... Farm, or Labourers,	6	3	9
Shepherd, ...	1		1
Shoemakers, ...	2		2
... Wife of, ...		1	1
Soldier, ...	1		1
Surgeon, ...	1		1
Surveyor, ...	1		1
Teachers, ...	3		3
Weavers, ...	3		3
Unknown, ...	3	4	7

V.—FORM OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...	1	1	2
Imbecility, ...	2	2	4
Fatuity, ...	4	7	11
Mania, with Delusion, ...	9	4	13
Mania, ...	10	16	26
Affections of Sentiments.			
Melancholia, ...	4	5	9
Monomania of Fear, ...	3	7	10
... Pride,	5	1	6
... Superstition,	4	1	5
... Suspicion,	3	4	7
... Vanity,	2	1	3
Affections of Propensities.			
Dipsomania, ...		1	1
Erotomania, ...		3	3

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Ambition, ...	3		3
... Disappointed,		1	1
Affection, Disappointed,	1	4	5
Amenorrhœa, ...		1	1
Anger, ...	1	1	2
Anxiety, ...	2	3	5
Cold, Exposure to, ...	2		2
Congenital Malformation,	2	3	5
Critical Period, ...		1	1
Depravity and Intemperance,	7	3	10
Enthusiasm, Religious,	2	3	5
Epilepsy, ...	2		2
Excitement of Imagination,	1		1
Fear, ...		1	1
Grief, ...		2	2
Insolation, ...	1		1
Prosperity, Effects of, ...		1	1
Puerperal Condition, ...		2	2
Paralysis, ...		2	2
Self-pollution, ...	3		3
Stomach, Disease of, ...		1	1
Struma, ...	3	2	5
Study, Excess of, ...	1		1
Training, Injudicious, ...	1		1
Variola, ...	1		1
Unknown, ...	14	22	36

VII.—INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity,	16	20	36
Hereditary tendency to Nervous Disease, ...	6	5	11
Hereditary tendency to Scrofula,	5	1	6
Hereditary tendency to Gout, Rheumatism, &c., ...			
No hereditary tendency traced in	20	27	47

VIII.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	29	33	62
More than 1	7	6	13
... 2	4	3	7
... 3	1	4	5
... 4	1	1	2
... 10		4	4
... 20	1		1
... 30	2		2
Unknown, ...	2	2	4

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. OR MORE.
Males, ...	28	12	3	4
Females, ...	34	12	2	5

X.—SUICIDAL TENDENCIES.

	Males.	Females.	Total.
Have attempted Suicide,	6	8	14
Have meditated do.,	5	9	14
Intentions not manifested, or unknown, ...	36	36	72

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	9	8	17
Well educated, ...	14	7	21
Can read and write, ...	17	32	49
Cannot read nor write, ...	3	2	5
Unknown, ...	4	2	6

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Anasarca, ...		1	1
Apoplexy, ...	3		3
Asthma, ...		1	1
Bronchitis, ...		1	1
Diarrhœa, ...		1	1
Epilepsy, ...	3		3
Fall, Consequences of, ...	1		1
Paralysis, General, ...	2		2
Phthisis, ...		1	1

DUMFRIES: PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

SEVENTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1856.

TRUSTEES.

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Lieut.-Col. GRIERSON, Bardennoch.
J. MACALPINE LENY, Esq., Dalswinton.

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The Lord-Lieutenant of the Shire of Dumfries.
The Member for the County of Dumfries.
The Sheriff of the Shire of Dumfries.
The Minister of St. Michael's Church, Dumfries.

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for 1856-7. cde
& for "1857"

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James Clement, M.D., Medical Assistant.
Mrs Hearder, Matron.
And. Henderson, Superintendent.

R. Adamson, Esq., } Treasurers.
S. Adamson, Esq., }

Rev. G. Cowans, Chaplain.

Patients in Institution, 11th November, 1855, - - -	313	
Ditto Admitted since, - - - - - -	82	
		395
Discharged as Recovered, - - - - - -	50	
Ditto Improved, - - - - - -	13	
Died, - - - - - - - -	25	
		88
		307

SEVENTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION FOR LUNATICS, DUMFRIES.

General Results.

The desire experienced to accommodate every case of insanity in which the symptoms of the malady or the condition of the sufferer demonstrated the expediency of seclusion, after the demands of the surrounding district had been fully satisfied, gradually led to the accumulation of a larger number of chronic cases in the Southern Counties' Asylum than the building was originally intended to contain, and than the Visiting Directors conceived to be consistent with the objects originally contemplated. No patient from the privileged Counties has been refused admission, no evil has arisen from the amount of the population; but the general movement of the Establishment was somewhat impeded and overburdened, the labour of the officers unduly increased, and the expectations of distant parishes raised beyond what the resources in existence could satisfy. It was at first proposed to discharge all patients who were not natives of the Counties of Dumfries, Kirkcudbright, and Wigtown; but as the House was not crowded, though full, and as the procedure would have entailed much inconvenience and expense upon the relations of those residing at a distance, and who might have acted under the impression that a permanent home was obtained for their charge, it was ultimately resolved to refuse admission to all individuals from unprivileged Counties, and to allow that gradual reduction of numbers by recovery, by removal during treatment, and by death, which annually effects such changes among the inmates of an Asylum, to bring about the desired result. It appears a trivial matter to decline the charge of an individual who has no legal claim upon the Establishment; but the act may involve the ruin of a family, even the safety of a community. The sufferer may prefer a particular Asylum, economy may regulate the wishes of relatives, the remoteness of similar retreats may determine the choice, and even purer motives may render such a refusal a positive misfortune.

Accommodation.

Admission.

Notwithstanding these restrictions, eighty-two patients have been admitted; twenty-four to the Crichton Institution, and fifty-eight to

the Southern Counties' Asylum. These have been selected from two hundred and twenty applications, one hundred and one belonging to the affluent, one hundred and nineteen to the indigent classes. Three hundred and ninety-five patients have been under treatment; while the number of those seeking advice during the premonitory stages, or under the milder forms of the malady, who feel or foresee the approach of disease, but who recoil from seclusion, whose presence is incompatible with the happiness of families, whose delusions are under control, whose temper and tastes are perverted, but whose understanding is unshaken, has been very great; so that the demand upon the resources at present at disposal has not diminished. It is very desirable that some retreat could be provided for such applicants, where there could be instituted discipline without restraint, where the law could sanction and support a voluntary and temporary resignation of liberty, or of some of its privileges, but refrain from treating or allowing its ward to be treated as a culprit and a captive. As, however, the grounds of selection consist in the urgency of the symptoms, and as the most chronic, and clamant, and intractable cases are admitted, the difficulties of management are increased, and the effects of treatment are imperfectly ascertained. It has become a great national object that accommodation should be available in every case; for although many of the patients rejected might derive benefit independently of isolation, it is certain that all curative means can be more efficiently applied under discipline; and that the interests of society, as well as of the individual, would be promoted by the immediate segregation of ungovernable passions, extravagant opinions, and debased appetites. The removal of monomaniacs and the fatuous to Poorshouses, in virtue of the dispensing power of the Board of Supervision, will aid the accomplishment of this object; but whether such Establishments should be allowed to become, as they must inevitably become, vast depots of the imbecile poor; whether the insane and indigent should be associated under the same management; whether such a decree of incurability as is implied in the order for consignment to a workhouse, is justifiable, or humane, or prudent; is extremely doubtful.

Removal of Paupers.

Fifty individuals, or more than fifty per cent. on the admissions, have been restored to their friends, in possession of such sanity or self-control as admits of the prosecution of useful trades or professions and the exercise of civil rights; while thirteen have been re-

Discharge.

moved during treatment presenting some traces of amendment, or in a state more amenable to the means of management in a family circle. Twenty-five have died—eight of the boarders, seventeen of the paupers; five a few weeks subsequent to admission, five suddenly, and the remainder of protracted and exhausting ailments, in a large number peculiar to, or characteristic of, affections of the nervous system. The mortality is considerable. As invariably occurs, the majority of the deaths are referable to affections of the lungs and brain. A number of patients are admitted to die; that due care and attention may be bestowed, and that the close of life may be spared those privations which poverty and desertion entail. The rate of mortality may be said to be regulated by the number of epileptic, paralytic, and phthisical patients admitted. From one Asylum these are rigidly excluded, on the pleas that their mental condition is incurable, that they are more fitted for the wards of an hospital, and that in one sense they may, however remote the issue, be regarded as moribund. Patients are constantly secluded while labouring under fatal affections, or so exhausted as to demand all the solicitude and watchfulness extended to the dying. Three patients died during the first fortnight of their residence. There are likewise, at all times, a number suggesting anxiety, as on the verge of sinking, prostrated by protracted excitement, covered with bed sores, or in that compromise between partial and complete death which separates paralytic attacks. But while such inmates incommode the general movement, and impart by their decline and death a sombre colouring to the department to which they belong, they are legitimate objects of care, as their physical condition is either the cause or consequence of the mental alienation; and as they engage the sympathies of their companions, and give a reality to that connexion with humanity which sometimes fades from the recollection of certain classes of the insane. It has been observed that the course of disease in the insane is rapid, its ravages more formidable and destructive, its issue more fatal, than in the sane. These facts have been explained by a vague theory of enervation, by an opinion that the withdrawal of nervous energy renders the tissues less durable, vigorous, and viable. It may be further observed that a majority of the deaths which occur in Asylums are sudden; and this may be attributed to the proclivity to epilepsy, apoplexy, and other diseases involving the nervous structure. After due deduction for the frequent supervention of coma, and various

Mortality.

Modes of Death.

modifications of suspended or impaired consciousness, the death of the insane may be fairly represented as rarely attended with suffering or struggle. Reason may not return, there may be no fervid aspirations after a new mode of being; but agony or despair, or even anxiety, are rarely observed. The delusion of a life may extend an influence to its close. There are individuals who believe in the immortality of their bodies, who cannot die, and to whose experience dissolution can never become a reality: champions of their creed, they would court such a test of its truth. To some, physical pain, and even extinction, appear insignificant compared with the knowledge of which they are the depositories, the omnipotence almost within their grasp. Pre-occupation often shuts out its terrors. Even the dread of death is more majestic, more terrible than dissolution itself; and the melancholic, whose history consists in a prolonged panic, dies unaffected and unappalled. A few die during sleep; and as delirium is often added to the chronic mental malady, as the wild fancies of fever are mingled with the habitual delusions, others may be said to die in a dream. Three patients died so suddenly, so instantaneously, that pain could scarcely be experienced, or the nature of the feeling appreciated. Six sank in the coma which succeeds epilepsy and apoplexy, placed in a moment beyond the reach of suffering, and anxiety, and apprehension. In one, deep slumber merged in death. Six expired in the firm conviction that their danger was magnified; that they were recovering, or already recovered; and that time, or rest, or strength were the only ingredients required to make their cup overflow. One, supported by his delusion, died complacently, joyously, in the full blaze of light of his own creation. There was not positive euthanasia in three individuals; but no dread, nor dismay, nor pain, so little conception of the issue as to render dissolution or the future appalling. In one, a stern and repulsive disposition was mollified on the approach of death; in three, habitual acrimony and discontent were aggravated. In one, there was a passionate eagerness to return home; in another, a craving for medical aid. It would appear that disease may attack psychical conditions of the existence and operation, of which all men, as well as the insane, are unconscious; those capacities which receive impressions which do not necessarily become cognitions, but which lead to changes in the economy independent of the will. An example of this is afforded in a lady now in an advanced stage of consumption, who never has expectorated, whose

will is perfectly unimpaired, and who is able to perform the act of expectoration. Although cavities exist in the lungs containing fluid, no intimation appears to be conveyed to the regulators of muscular action, no irritation is experienced, and no effort made to expel the contents.

Physical Condition of Patients admitted.

The difficulties in ascertaining the real physical condition of entrants is great. The mind ostentatiously lays itself bare; and in the exercise of imaginary powers, or in the confession of imaginary weakness, affords sufficient evidence of disease. But it knows not, feels not the pangs, the ravages, of that change in which its disturbance originated; it may spurn the suspicion of disease as an insult, it may studiously cloak and conceal suffering, it may be the character of its predominating sentiment to do so, and where there exists no spontaneous, no intentional deception, irritation of the cerebral substance masks and modifies, it may be even arrests the progress of great constitutional changes. To examine the condition of the heart of a maniac may involve a combat and danger to the patient; to receive the statement of a self-deceiving, as well as a self-tormenting melancholic, would insure error. Even those who have, during a life-time, been associated with the insane are led into error; the magnitude of the moral evil engrosses anxiety, and the incoherence, the estranged affection, or the extravagant delusions divert attention from physical decay and danger. But experience proves that however covert and disguised, and however remote from specific disease, normal conditions and great constitutional changes exist in every case, and to which the mental phenomena may directly or indirectly be referred. The cases under observation during the past year may in this view be grouped together as connected with—I. Profuse discharges leading to impoverishment of the blood, three. II. Arrestment of secretions or of long-established discharges, four. III. Anœmia, from abstinence, depressing passions, thirteen. IV. Plethoric condition, two. V. Hereditary and strumous diseases, fourteen. VI. Congenital deformity, malformation, two. VII. Alcohol, opium, urea poisoning, thirteen. VIII. Puerperal condition, one. IX. Alteration in the organs of reproduction, one. X. Organic diseases, implicating the nervous tissue, sixteen. XI. Organic affections of the organs of circulation, four. XII. Blows on the head, three: and XIII. In five cases it was found impossible to determine the morbid phsyical condition.

Mania Furibunda.

Acute mania is supposed to be the most curable species of derangement. It is allied to the delirium ferox of fever; it frequently depends upon bodily derangement, obvious to observation and accessible to treatment. It consists in the supremacy of the animal and instinctive over the reflective powers, and implies exaltation rather than perversion. The delusions are more the suggestions of the frenzied passions than affections of the external senses or misinterpretations of real impressions. The incoherence is the result of the rapidity of thought, the simultaneous activity of different powers, and not of the abrogation of the ordinary laws of association, or loss of the significance of language. Of the eleven maniacal patients admitted, all have recovered, are convalescent, or so much improved as to countenance the expectation that the restoration of reason is at hand. In three, extreme violence existed. They arrived bound, and escorted as if public safety were endangered. The external manifestation of the disease was limited to vehemence, impetuosity, opposition, strife. Two were restless, loquacious, incapable of regulated movement or thought; but were passive in their resistance to interference. In two, the excitement found relief in agitation, vociferation, and singing. In two, the cries were obscene and menacing. In another, indomitable pride, and the assumption of military command, were mingled with delusions and wild extravagance, every declaration of superiority, every accusation of perfidy closing with the words "Fire, fire, kill." A man of forbidding visage, who slept with a reaping hook under his pillow, who dragged his wife from bed by her hair, who threatened the life of his child with a razor, and carried a similar threat against a neighbour into execution; became pacific at once, and assumed the position of the oppressed rather than of the oppressor. Recovery and improvement often occur suddenly, contemporaneously with crossing the threshold of the Asylum, as if the influence of discipline, the helplessness, the effeteness of a single will, the absorption of personality in the general movement of a large Establishment, and the order and restraint which obtain, acted as great revolutions in the economy in rousing, recalling consciousness and control.

Nudification.

Voluminous treatises have been devoted to the subject of the modes of dress. The impulse or principle which leads to the adoption of covering for the body, and the period in the progress of different races at which it came into operation, have escaped the investigation.

Climate, pursuit, example, may have determined the particular garment, or the texture and form selected; but it would appear that the awakening of mind to a consciousness of its destiny is marked by a discovery of the evils of nudity, and that the first humble teachings of sanity and civilization are of the necessity of bodily covering and clothing. It is probable that the characteristic of savageism consists in the poverty of experience, rather than in the feebleness of capacity. Certain inlets of knowledge in the barbarian are cultivated at the expense of others. He sees and hears with a precision and acuteness surpassing the powers of the lower animals; but he bears the minor degrees of suffering with a stoicism, he moves through a land of beauty, is surrounded by exquisite perfumes, and regards delicious sapors with an indifference which indicates imperfect perception, or total unconsciousness, of such impressions. There is an education of sensation: there is even a training and developing of the power of detecting and appreciating the particular classes and modifications of sensations, and it may be that the wakefulness induced by a rose leaf, the death of aromatic pain, contain or conceal a truth illustrative of exalted, and perhaps morbid, conditions of the sense of touch. This sense may share then, as well as the sense of shame, in the mode of life imparted by knowledge. Activity of consciousness, as well as new and intense and repeated external impressions, may impart increased susceptibility, and the enlargement of the objective relations, the multiplication of sensations, may necessitate and determine the protection of the surface of the body. The monoideaism: the intense and powerful passions, equally with the lethargy and indolence of the savage, are calculated to diminish the influence of all impressions which are not intimately connected with safety or the gratification of the wants and the sensuous indulgences which distinguish the advanced stages of society, or the teachings of luxury are neglected and unknown. When man is approaching the unreclaimed or natural condition of his race, either by the annihilation of the qualities which have enabled him to govern and guide his instincts, or by the usurpation of these instincts, his habits are assimilated to the rudimentary forms of society. In the maniac there are witnessed not only the blood-thirst, the ferocity, the cunning, the insensibility to pain of the savage, but his preference for nudity. History has preserved examples of this symptom from the earliest times, and it still constitutes one of the sources of perplexity and difficulty in all Establishments for the

insane. It may result from mere impatience of conventional restraint, from uneasy sensations, or impressions dependent upon the exalted or perverted sensibility of the surface, or from delusions connected with the garments worn; that they are poisoned, soiled, on fire, or the trappings of the tomb; or it may be dictated by an erroneous opinion as to the natural and proper condition of man, shared by a philosopher reputed to be sane and entitled to guide all reflecting minds; or it may constitute the manifestation of those dark and obscure suggestions which lurk under many of the extravagant or less repulsive manifestations of the insane. Occasionally such a tendency is encountered as an expression of excitement or of the increased temperature of the skin by which it is accompanied. Maniacs, in the early stage of their malady, denude themselves without design, and apparently with only a partial consciousness of the impropriety of the act; and these fanatics, impelled by fear, or the ferocity which attends intense suffering, who obtain prominence during great calamities, as during the siege of Jerusalem and the Fire of London, uttered their prophecies and denunciations in a state of nudity. Actuated by some obscure impulse, or by some association of external impressions with mental conditions, or by the law of periodicity, individuals reject their clothes at particular times, glory in their emancipation, are luxurious of their liberty, and, after such a demonstration of independence, resume the dress which they have cast off. This most frequently happens during the night, when restraint and supervision are partially removed; and from this circumstance the inclination is often associated with noctambulism. Individuals watch and walk in a state of nakedness for hours, or until disturbed by the night guardian, preserve grotesque postures, or busy themselves in the arrangement or disorder of whatever may be accessible, as if discipline alone had imposed the appearance of modesty and moderation. Others, however, will not remain in bed who pay some attention to their toilet. But there is an intolerance of particular portions of dress or covering. One eschews blankets; several invariably remove or destroy their caps, but no other habiliment; stockings and shoes must be secured by padlocks, while the other garments are worn willingly. One inmate would convert the chemise into a robe of state; and there is a general repudiation of buttons, braces, and bonds. These eccentricities are not so numerous as under that system which conceded to every morbid tendency its coveted gratification, when every imaginary monarch strutted in his crown of straw, and a

modern Nebuchadnezzar indulged in grass, or the soil from which it grew. But now, as then, these features were not mere vague caprices, destitute of motive or explanation. They have their impress from the predominating feeling, their value as a measure of disease, their significance of its form and issue. The wool may prove an irritant to a highly susceptible temperament; the cap may be constructed of a material inconsistent with the original position, with the fancied dignity of the wearer; the boot may impede the movements of the winged Mercury, or augment that intense heat so often complained of. In the latter stages of the general paralysis of the insane, the incessant doing and undoing of the clothes may now be regarded as a pathognomic sign, and is legitimately designated, by those around, the button-mania. The skin is sometimes regarded as a dress, and all the additions refused as supererogatory, as if the feeling of personal identity were enfeebled as to a part, while preserved as to the whole body. During the persecution of the wolf-men of the Jura, they were arraigned as being clothed in the skins of beasts of prey with the hair turned inwards, and admitted the truth of the accusation, and must have depended for their convictions upon impressions derived from the skin, which justified the belief that it was an external and independent covering. If the habit disliked cannot be removed, it is torn to shreds; and should it resist the attempt, it is picked, rubbed, gnawed, burned. The disposition is so urgent, so indomitable, as to baffle all personal interference and vigilance; and dresses are now constructed of such a form, and provided with such contrivances, as generally to secure comfort and decency. The fabric selected for such intractable cases is canvas, and it can now be obtained striped and coloured, so as to resemble female apparel. The articles made are lined with flannel or quilted, in order to add to the strength and warmth; they may be so shaped as to appear the ordinary dress of the wearer, and the small button padlock may be employed under a great variety of circumstances. There is profound philosophical truth in the affecting words, "sitting clothed and in his right mind;" for not only is nudity a phase of alienation, but the cessation of the tendency is an indication of convalescence. But there is an antagonistic peculiarity. Patients refuse to undress; they retire to bed clothed; they resist all efforts to remove their apparel, and yield only to force or prolonged persuasion, or, it may be, to deception. The fatuous forget that coat or trowsers are worn; the

monomaniac apprehends theft, exposure revolts their delicacy, or their shirt has adhered to, has been absorbed into, or actually constitutes the skin. Examples occur in private where the same garment has been used for thirty years, and a similar course would be pursued in Asylums were opportunity offered. An extension of the same eccentricity leads to the use of numerous articles of clothing of the same kind. One gentleman wears three flannel vests; another appropriates all the pantaloons within his reach; and thefts of stockings, shirts, shawls would incessantly occur, did not authority interpose and reduce the wardrobe of each pilferer to its legitimate proportions.

Mania Errabunda.

There is a tendency in every mind, when tossed by strong emotion, to rapid movement. The diseased mind delivers itself up unrestrainedly to the impulse; and the individual marches, runs, rushes with the same impetuosity and reckless speed as his thoughts career before his consciousness. The act may be an automatic expression of the predominating feeling; it may be suggested by the high-strung tone or the irritation of the muscular system, by the pain, the thrilling, throbbing sensations experienced under excitement, or by that inclination to constant motion, which is itself a morbid psychical condition. There is not necessarily an object of desire or pursuit, no foe to flee from, no plan in view, no effort to escape from the tyranny of painful emotions; but a blind irresistible instinct, which hurries forward until fatigue or physical suffering, or interference, arrest its gratification. Such a condition has undoubtedly carried men out of civilization, beyond inhabited regions, and left them in deserts and forests, abandoned to their natural instincts, to inspire astonishment and horror whenever they are encountered as wolf-men, tree-children, and to suggest problems to philosophers as to innate ideas and the state of nature. Of four patients who have manifested this propensity, in combination with other symptoms of unsound mind, one left school repeatedly, and was found absorbed into the nomade population of London; mild, docile, infirm of purpose, he has shunned his friends, relinquished creditable and respectable situations, deserted from the army, and wandered without aim into new and strange scenes, been lost and mourned for until cast back by some surge or change in the tide of society by which he had been borne along. In a female, there was developed the desire to elude the observation and supervision of those around, to rush into the open air, unconfined space, to select the night for flight, and to wander forth without

object, home, route, or knowledge of any spot, except that in which she lived. A cunning, silent, furtive man may have gratified his ambition by frustrating the precautions adopted for his safety; but liberty thus gained is never employed for any purpose but to loiter or walk rapidly and fantastically to and fro. Another artisan, of weak intellect, after exhibiting considerable restlessness, left his home, directed his way across the country, despised roads and bridges, avoided houses, and continued his arrow-like journey for several days, and after traversing a wide extent of moors and mountains, was found naked, shivering, bruised, and bleeding, but still intent on his onward course. Intolerance of rest and quiet, rapid aimless movements, often precede apoplexy. Either these are indications of physical changes terminating in grave lesions of the nervous structure, or they result from that mental perplexity and predominance of the lower propensities which so often usher in that state, which extinguishes at once the inclination and power to move. A patient, who had been an inmate for a few hours only, whose history was summed up in sleeplessness and restlessness, moved incessantly to and fro, moved when speaking, eating, denuded himself to obtain greater freedom of motion, sat down and died, affording a valuable illustration of the thunder-stroke of French writers, and of the necessity for reconsidering the prevalent opinion as to the duration of life after mortal injuries to the nervous system.

Escape.

A lad left the Institution a month ago in a cunning and dexterous manner, but with no more precise idea of the use to which his enfranchisement might be applied, than that of walking to India. He had performed thirty miles of his journey, and relinquished his El Dorado reluctantly. On analysing the motives assigned for attempts to escape in this and other Asylums, the following statements constantly recur, that the fugitive wished to go to the fair, to attend business, a concert, to proclaim the advent of Christ, to commit suicide, to visit the Queen. Such attempts never succeed. Patients, whose intellect would be capable of defeating search, never resort to flight; while the cunning, that may momentarily elude vigilance, fails to organise means of preserving the advantage gained, and is prostrated or exposed by his own delusions, imbecility, or violence. In admitting the discomfort and monotony of confinement as suggesting escape, it must be considered that the pain of seclusion, of estrangement from all that renders liberty so especially precious, its mutual

relations, its social connexion, is much lessened by that selfishness or egoism which characterises alienation. The reality of their delusions is to the insane greater, if not dearer, than the temptations of the world. A member of a joyous household may deplore his solitude, a mother may yearn for her offspring; but the great majority of the insane separate themselves from the world before they are actually removed from it. They retreat within their own consciousness; all impressions are regarded not only subjectively, but connected with their prevailing and predominating idea or emotion. An artist, who conceives himself to be the apotheosis or concentration of Paganini, Lablache, and Turner, lives in and on his fond imaginings. Another artist has been persecuted at Court, and, in addition to "the proud man's contumely," has suffered evisceration. He has no longer heart or lungs; he cannot use his favourite instrument, and speaks of the ungrateful world as unworthy of his presence or powers. A melancholic has been persecuted by the police; even during the night they dazzle her eye by innumerable lanterns; she knows and finds no place of safety from their persecutions. A lady, whose blood has been extracted, lives constantly in the fear of death, and regards with indifference the mode and the place. Patients may covet freedom, but it is not for the purpose of employing it as they formerly did; it is not to perform the duties, to pursue the objects, or to enjoy the blessing which render it desirable; but to gratify passions, achieve aggrandisement, demonstrate propositions, not only incompatible with public order and safety, but inconsistent with their own nature, which are not the legitimate purposes of emancipation, but which must belong to a state of society, a world, utterly unreal and unlike that which they may regret.

The disposition to roam or run is met with connected with loquacity. Two individuals have exhibited this combination. They talked incessantly, loudly, and so hurriedly, that the words appeared poured out in sentences; no answer was demanded, no attention solicited, each exclamation corresponding to swift movements and gesticulations. These cases present the exceptions to the quiet and silence which obtain among the majority of the insane during the night. Soliloquy and noctambulism alone point out the necessity for the prolongation
Choreamania. of supervision into the night. However erratic these individuals may be, and however devoid of motive their wanderings may be, their actions are voluntary. Cases occur where the most rapid evolutions,

the most grotesque attitudes, the wildest gesticulations, are assumed in opposition to the interest, the object, the wish of the individual. He may will to move, and so far the exertion is successful; but the will to move in a particular direction is not only abortive, but eventuates in progression or in a position totally differing from what was intended or expected. This form of aberration is generally observed in the young, and is preceded by abstraction or fixity of thought. Two patients have been admitted: one of whom, distinguished at school for his attention and assiduity, appears unable to emerge from the concentration so long cultivated; silent, stolid, disinclined to move, resisting every external impulse, he clutches tenaciously at external objects, coils himself into constrained postures and the smallest possible size, and when put in motion, projects himself in leaps, gyrations, and grimaces; the other is twisted into various attitudes, but generally presents the face towards the back, for the purpose, he avers, of seeing himself; the arms are bent so as to approach each other behind, and thus contorted he remains for hours.

Development of Emotive Insanity.

Modern science seems to point out that the rudiments, the tendencies to physical decay and disorganisation, exist originally in every frame. Birth is but the commencement of a process of decay. The relations of organisation, the circumstances, the noblest aspirations of the individual, may develope the latent evil; but it exists independently of these, a part, a quality of the structure which it ultimately destroys. Similar views are entertained of the history of mental diseases. The germ may be traced in the early physical condition, as well as in the first dawnings of intelligence. Indications of unsoundness, of eccentricity, of weakness, and waywardness of the passions passing beyond the control of judgment and will, are found in all stages of progress, and under every mode of training. The "infirmities of noble minds" are said to afford proof of the existence of a substratum of unhealthy action, of the compatibility of gross sensuality, extravagant and untenable opinions, and erratic habits, with genius. The grasp of understanding, the brilliancy, the culture of other powers, may dazzle the observer and conceal the lurking taint or positive corruption; but were the veil withdrawn, or did exciting causes supervene, the presence of the elements of derangement would be revealed. Certain philosophers are now preaching a crusade against human virtue, directing criticism to the exposure of the hollowness, the hypocrisy of the great ones of the earth, to de-

monstrate the supremacy of selfish, corrupt, and debasing principles of action. It might be an easier task to prove that all men were mad. Those who have cast their eye most widely over humanity, or carried it most severely inwards, have recoiled in fear from the results of the survey. They have been astounded by the absence of wisdom, and order, and harmony, and wondered that society so composed, depending upon such discordant elements, should subsist; and dreaded that if religion, and law, and discipline were abrogated or weakened, men would not merely lapse into fanaticism and blood-thirstiness, but become maniacs or imbeciles. The truth seems to be, that in every mind there is an unhealthy current; there is a tendency to disease as there is a tendency to evil; that a contest is ever waged; that the sound mind is constituted by the mode of exercise of the faculties, rather than by their strength; that the triumphs of intellect consist as much in the subjugation and regulation of that which is anormal, inconsistent with peace and order, as in the clearness or profundity of its own acts. Whenever great predominance is given by original strength or culture to particular powers, it seems an inevitable consequence that others become enfeebled, irregular; and it is thus that in the monoideaism of artists, poets, and divines, foibles and oddities are laid bare, and the ordinary relations of society are forgotten.

Theomania.

The form of mental disease is influenced by current opinion. Not merely do individuals bring with them into seclusion the impress of the time; not only is every case modified more or less by the education, the position, the occupation of the individual, but the upheavings, the disputes, the conflicting opinions of mankind penetrate to the population of an Asylum. The prevailing thoughts, the dormant feelings and interests of many classes of patients, are found to be in accordance with the "vexed pulse of a feverish world." This is, in part, attributable to the intimate relations existing, and encouraged to exist, between the secluded and the free; but, in part, to those recent developments of the social and catholic ties which have brought men more into connexion, if not into sympathy, with the most distant members of the race, and which have rendered intercourse or intelligent relations necessary to the happiness and continued activity of the human mind. An Asylum is no longer an oubliette, a place of eternal sleep and forgetfulness, where those of ill-regulated passions or of perverted will are shut in, and the knowledge, and sympathies,

and ministrations of the healthy are to be shut out. It should be, and often is, a refuge from the agitations, and irritations, and noxious elements of active life; but, at the same time, a centre towards which all cheering and softening and purifying forces should gravitate. Dred is read with avidity, and no partisans are found for white slavery; the return to a patriarchal form of government is discussed, and the craving for fathership and fellowship, which prevail in society, responded to. But may not a reaction occur; and may not the suggestions of the morbid imaginations be propagated to the masses of mankind, mingle with the tide of rumour and belief, and ultimately assume the rank and character of a truth and a principle? One madman destroyed idolatry, converted the world to theism; and how far disease has entered into the epidemic fanaticism of successive ages, how far, even now, the theories of visionary, the actual delusions of distempered intellects, may swell the mass of error, cannot be determined. There may be encountered among the insane the germ or type of many of those opinions which have become the characteristics of schools of philosophy or religious truths, and can boast of disciples and proselytes. One gentleman believed in transmigration, contending that such a system may be compatible with the truths of Christianity, as it does not necessarily destroy the individuality of responsibility; that he may, as an animal, have been a preadamite; that sin began in Heaven before the fall. His only hope was, that if Satan, he might still, when the scheme of Providence was completed, be annihilated. The millennial period may have existed for fourteen years, and be known to a few only. Another denies the existence of matter, as he has only cognisance of psychical impressions; and of God, as all proofs of the existence of such a being are material. He cannot believe in anything except it be demonstrated; he is sceptical as to the reports of consciousness, as he can possess no evidence of its trustworthiness except through itself, and he is accordingly forced into what he designates the condition of nothingness.

Disease of the religious sentiment presents many aspects. It may possess the features of intense elevation of devotion; it may degenerate into dogmatic errors, or into wild irreverence and profanity. The designation embraces not merely the two extremes of piety, the abnegation of self, the abstraction, the reverie which approach the characteristics of quietism, and the extravagant formalism and observance of an objective worship; but the delusions as to supernatural

agency, Divine intervention, the conviction of special grace, unequalled penetration into the workings of Providence, and all the fancies, and follies, and presumptions which are generated by error or excitement. Periods marked by great sincerity and fervour of purpose, not only produce, but define and distinguish the types of feeling, to which such manifestations are to be referred. It would appear that in the pre-reformation era, mysticism and a passionate craving for intimate relations with Deity obtained a prominence, foreshadowing the moral convulsion that approached, and that these conditions were often associated, even in the pure and holy, with extravagant conceptions of the powers and privileges conferred upon the penitent or the proselyte. The very names and descriptions are applicable to the species of alienation daily presented to observation. To a certain class of minds it has appeared rash to assert that powers, consecrated to so lofty a purpose, could attain excessive activity, or influence, or dominion, or should be regarded as affected by disease, because they existed in ill-regulated or feeble intellects. It is certainly true that the essential features of the affections are derived rather from the judgment which guides, or fails to guide, than from the impulse which suggests faith or worship. The tendency to believe, to trust, to hope, to obey, may be sound and vigorous, while the individual conceives himself an incarnation of supreme power, or a dispenser of Divine justice. But cases occur in which these sentiments are weakened in proportion to the extent of the delusion, and extinguished by the

Extacy.

obscurity and darkness which succeed. Two patients have been admitted presenting exalted pietism, and intense love and incessant adoration towards Deity. They shouted psalms and petitions, while engaged in strife and struggle with those around. They leaped up from rest and slumber to enjoy communion; they lay silent, contemplative, inattentive to external impressions; they prostrated themselves nude, abstinent, and absolved of all earthly ties; they were absorbed into the being they addressed, and for a season lost their individual consciousness. When recalled to their actual condition, the one became an impetuous and intractable champion of his own

Divine Favor.

will and passions; the other an impulsive and excitable girl. Three patients have been under treatment arrogating special favour and enlightenment, penetration into the sources of sin, capability to resist temptation, and impeccability. In one, there is the sullen pride of superiority: he is the victim of all the enemies of God, and while he

admits the laxity of his own morals and the dissoluteness and unprofitableness of his career, he hints that a certain latitude is allowed to those elected, as he is, to great destinies; in another, there was the calm placidity of perfect triumph, the self-satisfaction of one whose cup was full; in a third, the divine afflatus, which he boasts, had come accompanied by suspicions of mysterious changes in his person, and the conviction that his spine has been replaced by that of a shark. Three individuals are depositories of the will of God. They know Divine Will. His purpose, they have been in His presence, or have partaken of His counsels. In one, the revelations were vague and visionary; but the slightest allusion to inspiration, or its source, induced an irradiance of countenance, and an effort to describe her trance and heavenly communion, which was feebly supported by palsied limbs and impoverished language: in the second, the disclosures related to the state of the lungs and heart: and in the third, the power of composing a sermon in ten minutes, and delivering it in copious, eloquent, and persuasive phraseology, was associated with the idea of preternatural swiftness imparted to a horse, comfort to a house, and beauty to the valley in which he resided. The fourth form in which theo- Divine Power. mania has been observed, is where there is the assurance that the individual is God or God-like, or endowed with authority over nature, which could only be possessed by Omnipotence. Two examples have occurred. An ignorant labourer, whose vocabulary is meagre and ungrammatical, assumes that in him the Holy Spirit is located, that he therefore can speak all languages, and experiences great anxiety to display his acquisition. A well-educated gentleman has lived on this earth, which he created during forty thousand years: he is the Saviour of mankind, and reads prayers every morning without detecting the incongruity of petitions addressed to himself by himself. These are not fleeting nor fluctuating impressions, but remain indelibly interwoven with the character.

Infidelity has its victims. The mind, solitary in its isolation and abstraction, seeks a help, a stay, "the worship of something afar," and rushes into fanaticism, or sinks into desolation and despair. It may be that the latent doubt, the speculative faith, the rationalism, which are suspected to underlie modern religion, rather than religious feeling itself, is the prolific source of the theomania now met with.

It is worthy of remark that nearly one-fourth of the patients ad- Melancholia. mitted have laboured under despair and despondency. An explana-

tion of this large proportion, which has been observed elsewhere, cannot be discovered in public events, unless the settlement of the great question and quarrels which agitated the world, and must have penetrated to the humblest heart, may have permitted and encouraged that self-analysis which so often suggests fear, and doubt, and despair. Physical disease is said to retreat and disappear before the terrible majesty of a general pestilence; and it may be that the selfish sorrows, the anxieties, which are developed into alienation, exercise less influence during the intense interest, consternation, or hope, which prevail when mankind is involved in great contests or great calamities. Under different social conditions, the insane have dreaded a Jesuit or the police; the mental affection has originated in, or derived its colouring from, surrounding circumstances. But, in all the cases now under consideration, the source of distress or disturbance was personal; the imaginary misfortune, or misery, or shame, sprung from the guilt, or rashness, or ruin of the sufferer. In one, the feeling of depression constituted the whole disease. There was no delusion, no aberration; but there existed the complex state of despair suggesting that it was impossible to taste the happiness which others enjoyed. In one, pecuniary ruin, and unwillingness to encounter the consequences, suggested the abandonment at once of life and hope. In three, despondency was associated with fear. They sat for days or months mute, motionless, or swaying to and fro, or writhing, pale, cold, sometimes trembling. In five, the specific object of terror was the spiritual condition. They had deserted God, or God deserted them. They were already under retribution. The enormity of their crimes was such that they did not desire forgiveness: their nature so interpenetrated by corruption as to be insusceptible of purity or peace. To this, in another case, was added the dread of the extent and severity of the punishment entailed. Two mothers feared that it might become their duty to sacrifice their children; a third, that she had disgraced and ruined a favourite son by opium eating. One aged woman dreaded apprehension for an imaginary debt. She heard the clank of the chains, the steps of her pursuers: her destiny was a public trial, her home a prison. Another had murdered all the subterranean population, and especially the colliers, and must await the merited vengeance. A lady, who has lost her stomach, whose circulation has been arrested, recoils from the death which impends, and yet accelerates its approach by refusing food; another abstains, and is haunted

at all times by voices which proclaim her reprobate and an outcast; a third concentrates her mind upon her physical sensations, conceives that all superintending care has been withdrawn from her organisation, and dignifies her hypochondriasis by despair. Vague anxiety and depression as to the discharge of a duty marked the malady of a clergyman, whose fidelity to his charge, and excessive mental exertion, had exhausted his frame; while long-continued disregard of all responsibility in another, brought at length alarm, shame, and attempted suicide.

Monomania of Fear.

But morbid terror may exist independently of despondency. It may be the premonitory symptom of alienation. The mind sometimes sees and dreads its approaching overthrow. The apparition which superstition has conjured up, the instigation of a pained or perverted conscience, which is interpreted as the voice of God, may induce panic. It may haunt even the imbecile, whose intellect is not sufficient to impart courage, but sufficiently acute to perceive and exaggerate danger. But it may likewise be the characteristic of disease; it may paralyse reason, even when it is free from hallucination; it may suggest the objects dreaded, or magnify them beyond the dimensions which even a distempered imagination would confer. Five patients have laboured under panphobia. In two, no other conspicuous indications of disease could be detected. They awoke suddenly from sleep, shuddered, shouted for help; but they neither point out the cause of their apprehension, nor describe the nature of their horror. In one, a frightful dream overthrew the mind, and the patient awoke insane and terror-stricken, and fled, as long as strength permitted, into corners, under tables, from some hideous phantom. A lady is affected, after profound sleep, with agitation, anxiety, and tremor, which she can neither explain nor control. A prisoner dreaded his anticipated trial so intensely as to be seized with epilepsy, to attempt suicide during the night, and to become, from that time, partially fatuous. He retained the feeling of timidity, and trembled whenever roused to a recollection of his supposed doom. In all these patients the paroxysm occurred during the night: it may be because darkness and solitude are prescriptively associated with belief in the supernatural, but chiefly because ordinary impressions and distractions are withdrawn, and the strength of all emotions is augmented. In all there existed irregularity of the circulation, and perhaps cardiac disease, which is known, even where the will suffices to rule or

regulate the sentiments, to be accompanied by sudden anxiety, perturbation, fear of dissolution, and to suggest these feelings most strongly at the moment of awakening from sleep. There may be doubt of the intentions, disbelief in the integrity of friendship of those around, and blind credulity in the existence of hostility, stratagems, conspiracies, unmingled with fear. The treason may be seen, exposed, and punished, with all the calmness and fortitude of heroism. Four patients, animated by suspicion, have been under treatment. In two, delusion suggested the suspicion; in two, the feeling originated the delusion. A shepherd, residing in a remote valley, traced writings on the wall, which he interpreted as intimations of his own disease, of his wife's infidelity, and the unkindness of the world: the imaginary visits of a clergyman suggested in a female the attribution of unworthy motives, a denunciation to the Sheriff of immorality, and the circulation of those reports which so often disturb and imbitter happiness and break up the bonds of society, which are so dexterously and inextricably interwoven with facts as to defy elucidation and defence, and illustrate the cunning, as well as the malignity, of the morbid and impure source from whence they spring. In a third, a sour and morose disposition represented all men as faithless and inimical, severed the ties of kindred, and created a gigantic plot against her life, and honour, and happiness. In a fourth, the jealousy of disappointed affection, nourished in solitude, has poisoned every spring of love and trust; and the murder of a favourite cat has demonstrated the existence of a society of Thugs, who meditate her own destruction.

Monomania of Suspicion.

Monomania of Pride.

There has occurred one example of the monomania of pride. Every word and look convey an announcement of dignity, and defiance, and contempt. The patient's exalted position exempts her from industry and exertion, raises her above all around, and isolates her from her relations. Except the conviction of her greatness, no delusion has been detected; neither is the nature of her pretensions explained, nor perhaps even to herself explicable.

Erotic tendencies are generally observed in youth, or in extreme old age. In the former, they are often connected with scrofula and tuberculosis; and it is believed that cod liver oil, and the preparations of iodine, have proved anaphrodisiac as well as nutrient. When this form of disease appears at an advanced period of life, it either follows cerebral congestion, or accompanies enlargement of the prostrate gland, or disease of some of the pelvic viscera. Medical, rather

than legal investigations should be instituted into those outrages upon decency and propriety, which may cloud the close of a life of probity and purity, and which prove as incomprehensible to the perpetrator as they are inconsistent with the character and conduct. Two cases have been received: one, a lady of sixteen; the other, a septuagenarian. In one, the propensity was solitary; in the other, it was connected with periodical depression and excitement.

Dipsomania.

It cannot be disputed that, whenever a propensity becomes incontrollable, whether it be injurious to the individual or society or not, whether it be regarded as a crochet or a crime, disease must exist. This must be true, whether the impulse has sprung suddenly and in irresistible strength, but unsolicited, from the depths of the original nature, or has been brought into activity by the will or habit, and been fed, and fostered, and favored, until its mastery is triumphant. The amount of responsibility may vary infinitely; it may rest exclusively with the victim; it may be divided between his pampered appetites and the social customs by which he is surrounded; it may fall upon the race from which he sprung, the climate under which generations have passed away; it may be traced back for centuries, and attached to a distant ancestry; but in the irresistibility of the craving consists the disease. The desire for stimulants appears to be especially connected with a certain transmissible condition of the nervous system. There are families of drunkards: noble and ancient races have been ruined and extirpated by their orgies. There is much difficulty in dealing with such cases. While under the influence of intoxication, the characteristics of derangement are obvious, and restraint justifiable; but when consciousness returns, the apparent attributes of sanity are displayed, and although the morbid appetite may be warping the whole soul, chained but not subdued, waiting, meditating, craving new excesses, seclusion is rarely resorted to, not because it is unnecessary or unjustifiable, or cruel; but because it is supposed to be illegal. The timidity of the law has generally been such, that unless the patient, conscious of infirmity and degradation, consent to be treated as insane, no adequate treatment can be adopted. Five cases of dipsomania have been admitted. Every patient has submitted to treatment voluntarily; affording an example of virtuous self-denial, of self-reformation, worthy of the noblest natures, and displaying how fully these individuals concur in the opinion that their condition was

intimately allied to, if not identical with, aberration; how utterly feeble or powerless their will, their struggles, virtuous resolves, penitential prayers, are against the instigations of this tyrannic force; how confident they are that the inability to gratify the propensity is the only preservative from its influence, the only rational mode of weakening and eradicating the power. A second difficulty is presented in the impatient submission to the rigidity of the discipline, to the hardness of the fetters, the duration of the captivity. It is clear that tendencies which have grown into habits, that habits which have grown with the growth, whose origin is lost in childhood, cannot be uprooted in a few hours, or days, or months; that the absence of the impulse, or the determination to abstain, do not afford a sufficient guarantee of health. This improvement may be genuine and sincere, but be nothing more than the immediate result of returning physical health, and of the emancipation of the system from a poison. It seems well established that the mere removal of temptation, the most rigid rule of abstinence, may do much, but will not eradicate the morbid tendency. The felon may in jail be a model of honesty; as the dipsomaniac may in an Asylum, or under a vow, be of sobriety. But as reformatories are required in the one case, long discipline, the displacement of old by the formation of new and healthy habits and tendencies, a re-education of all the powers, and a discouragement of the instincts, must form an important part of the treatment.

Monomania of Ambition and General Paralysis.

The fact that the sentiment of hope acquires an anormal exaltation in the most fatal disease of the nervous, as well as of the nutritive system, that it irradiates every new infirmity, gladdens the most gloomy and painful scene, and lingers to the close of life, has a moral if it has no psychological significance. Two patients, affected with general paralysis of the insane, were among the admissions. To the imagination of the one, a small coasting vessel assumed the properties of an argosy; to that of another, incredible swiftness was imparted to his horses, exquisite beauty to his residence, eloquence to his language, and he died in pain and prostration luxuriating in the anticipation of a feast. But these vivid and exaggerated visions are not confined to the palsied. Insane ambition may be found without complication. There may be monomania affecting the reports of one external sense. An offensive odour may haunt as well as a phantom; there may be the deletion of a single external object; of a cat or a rose; the patient may find sources of alarm in every object; or

he may at once fear, and suspect, and hate. A gentleman, of limited capacity and retired habits, has been deprived of liberty in consequence of an imaginary attachment, or of an attachment contracted on imaginary grounds of encouragement, to a lady of high rank with whom he has merely come into contact. The earnestness and importunity with which he urged his suit, and the obstinacy by which he is still actuated, justified seclusion; but no other indication of aberration can be detected.

Dementia.

In the survey of an Asylum there is encountered a large population of contented, even happy patients, whose features may present an expression of feebleness and repose; whose conversation is garrulous, puerile, or positively incoherent. They have adopted their residence as a home; they conduct its industrial operations; they attend, participate, and assist in its amusements, and may be classified by those peculiarities which either as the remains of their former disposition, or as the products of new mental combinations, occur in chronic alienation, and which may furnish elements of usefulness in the community with which they are connected. In certain dements, all the mental faculties may be manifested, but in a weakened, emasculated degree,—this is generally observed subsequent to acute mania: in others, particular powers, or special applications of those powers, are obliterated, the memory of time, words, may be thus affected,—this privation following apoplexy or epilepsy; or new endowments are observed to rise from the destruction of the original capacities, training, and tastes. Seven patients may be comprehended under the first class; but these are again distinguished by delusions or particular modes of thought. One mistakes her companions and attendants for her relatives; a second mistakes herself for another person; a third declares that pain in the head prevents her from thinking: a fourth, that he lost power of thinking in America. A domestic servant declares her inability to return home, as her native parish is so densely peopled that there is no standing room; another conceives that her industry should long since have propitiated an offended father; and an officer speculates constantly on the purchase of an Arabian horse. Four may be arranged in the second class. In one epileptic, all former tastes, except that for dancing, appear deleted; he gazes for hours on the same page and word, but names no impression; in a paralytic the calculation of time and the recognition of persons are destroyed; in an epileptic the perceptive powers alone remain; and in

another paralytic all mental acts, except the joyful recognition of one individual, are absent. In such cases, but especially in the similar condition observed towards the termination of general paralysis, the following psychological peculiarities are worthy of record :—I. Slowness of every act of mentalization : II. Tenacity of particular combinations of ideas : III. Receptivity of the first impressions of a series : IV. The gradual growth of thought, after a convulsive attack, and increase of capacity for receiving and communicating impressions. Under the third category may be placed a female, whose language is fervid, impassioned, poetical, who speaks in quotations from standard authors, in whom a cultivated imagination appears to have occupied the place of the higher powers ; and a blacksmith, who spontaneously, or when solicited, improvises with great fluency. His verses are incoherent, and of the rudest structure, but display a fertility of rhyme which is scarcely consistent with his education, or with the poverty of his capacity.

Development of New Powers during Insanity.

Phenomena are occasionally observed, which justify the opinion that powers and faculties are developed, or acquire an extraordinary prominence during and by disease ; which do not exist, nor are projected upon the ordinary sphere of action under common circumstances. How far delusions are waking dreams, or impressions received during sleep adopted as truths, is not inquired. How far visions are revelations and intense emotions, lofty aspirations, and developments of an inner life, is not inquired. But it is worthy of investigation, whether the fervid eloquence which overpowers, the subtle reasonings which distract, the predictions and denunciations which startle, and, above all, the convictions, the revolutions of opinion, sentiments, character, during alienation, are indications of the origination of new powers. Does the mind grow under excitement ; do its faculties enter into new combinations amid the ruin of early training, established habits, and cherished hopes ? Robert Hall recognised the invigoration of judgment as a compensation for the decay of imagination. A clergyman, recently discharged, conceived, and apparently correctly conceived, that he had acquired a greater copiousness and fluency of expression : a lady of sedate, even grave deportment, has become a humorist, and exhibits a felicity and profuseness of illustration, and a causticity in her wit, alike foreign to her capacity and disposition : another, of powerful intellect, has discovered strong grounds for belief in a previous state of existence, as she has penetrated to thoughts,

which are doubtless her own, and to impressions which she must have received, but which do not belong to her present condition. Another, of prosaic but excitable temperament, has acquired the power of composing verses. In another, the thoughts have become objective, her sins are presented to her visibly, her life is written on the walls, or passes before her a visible and tangible panorama. A third, holds that the world is animated, and that the changes upon the surface are not the results of a providential scheme, the designs and acts of a supreme intelligence, but vital processes, resembling decay and nutrition, and necessary to the preservation of its being. A fourth has lived forty thousand years as a cow, and possesses in his divine mind the archetype of all forms and harmonies.

Two cases of congenital idiocy have been added to the large number already secluded. Equally imperfect and undeveloped, their dispositions are strongly contrasted. A gentle, guileless boy, who does not recognise his relatives, who can only articulate a few vague phrases, has been confided to an amiable imbecile, whose whole moral nature has been roused and regenerated by the society and dependence of his charge. The other is cunning, sensual, degraded; but imitative and capable of tuition, could such be adequately supplied. Idiocy.

In contrasting the annual series of amusements, the arrangements devised to dissipate monotony and gloom, and the discontent which grows out of indolence—or in summing up the results, the hilarity or serenity imparted, and the intolerance of restraint and discipline which cannot be mitigated under the most favourable circumstances, the hostility which cannot be appeased by overtures of love, and peace, and enjoyment, and the weariness of hope deferred even amid efforts and appliances to support, and encourage, and occupy—it is difficult to conceive the state of mind which prevailed under a different system before such attempts were made, or contemplated, or conceived possible. The mental powers long resist maltreatment, mismanagement. Health, and order, and harmony return to the ruined and distempered spirit in despite of every opposing influence. It would appear that as hardship stimulates intelligence, and as squalor and suffering have often nurtured genius; cruelty, severity, and neglect may have roused from lethargy, strung the feelings and passions with energy, and necessitated that self-control which is so closely allied to sanity. But what must have been the privations of the inmates of an Asylum, even where no cruelty was practised, espe-

cially if they originally belonged to the educated classes, where all means of innocent recreation were discouraged or prohibited, where there were no classes, concerts, musical instruments, lectures, balls, books; and where these provisions, if introduced, did not approach the standard which now exists, but which is not found to meet the expectations, the wants, the wishes, of those for whose benefit that standard has been gradually but rapidly enlarged and extended. It may be that such means of amelioration now occupy a higher rank, and obtain a greater amount of consideration, than what those who place confidence in their efficiency originally intended; but should a further development of these resources be deemed invaluable, or even should less importance be attached to their influence, the positive benefits already conferred must prevent a return to the stern and sombre system formerly universal; to the curtailment of the hours appropriated to emancipation from active toil, to the economisation of light and mirth, to the exaggerated estimate set upon silence and sedentary habits, and the invariable and immutable rule that every individual must sleep or repose, or retire as the sun sets. There are difficulties in carrying out such innovations; but cordial co-operation may generally be expected from those who are to participate in the revolution, and the only actual sacrifice required is from those who have devoted themselves to secure the happiness and enlarge the mental range, by every approved means, of those whom they cannot restore to personal liberty; and whose powers of diffusing joy and gratification and instruction are actually as much the property of those whom they have adopted, as their experience, skill, or medical resources.

Moral Treatment. Lectures on Errors of Sense.

The attempt to systematise moral treatment, to apply its principles to the insane in groups, to act directly upon the mind itself, to uproot delusions by popular teaching, by a demonstration of their absurdity, or that they are explicable by the aid of science, has been successful. It is probable that the interest excited was partly attributable to the novelty of the subject, the curiosity which all men experience as to the laws of their own organisation, and the illustrations introduced, but the influence acquired was perhaps powerful in proportion to the unconsciousness of the auditors of the real object proposed; and a false faith may have been shaken, errors may have been corrected, and a healthier tone of mind imparted, by the attempt to criticise or refute the propositions advanced, and while the controversialist was altogether ignorant that he was the subject of an experiment. The

first lectures to the insane were, it is believed, delivered in this Establishment; but at present they form a part of the moral treatment in, at least, three Asylums in Scotland, and such a provision exists in the majority of American Institutions. The operation of such lectures, as were conducted during last season, may be threefold:— I. The understanding may be convinced. II. The personality of the instructor may be adopted, and the auditor may think through and by his thoughts; may receive his opinions and belief; may embody his feelings. Or III. The impressions conveyed may displace and dissipate the suggestions of disease. It might be difficult to adduce an example where these exposures of popular superstition, or of the misinterpretations upon which delusions depend, actually plucked from the mind its rooted error; but illustrations might be described where doubt was suggested, where new trains of association were originated, and where, for a season, the mind became clear and vigorous while witnessing its own dissection, gazing on its own reflexion. One educated individual, who had long been actuated by delusions of all the senses, and who sought and conceived that he had found a solution of his former difficulties by reference to the laws of light and sound, cordially approved of the project, joined in the enterprise, and presented the striking spectacle of employing his own experience in leading his companions back to truth and love, and in wielding his recently regained reason against the follies and fallacies from which he had escaped, but which still actuated many of those to whom he appealed with darkness and despair. The same principle may be said to have been carried out in a series of expositions delivered by Dr Smith on Photography. The audience was limited to such inmates as were fully capable to follow the history of the art, the physical and chemical laws and processes which are involved in its application, and who could accompany the lecturer in excursions to the neighbourhood; but no facts appear better calculated to dispute the dominion of mystery, to enlighten credulity, than those which prove that the most profound secrets of nature may be revealed, and the most wonderful triumphs over natural difficulties may be accomplished, by scientific penetration. Dr Dickson continued this mode of teaching or of treatment to a larger, but selected, audience during summer and autumn, by directing attention to vegetable anatomy and the laws of typical forms. Besides the immediate object of invading and disturbing that subjectivity and concentration which characterise so

On Photography.

On Botany.

many modifications of alienation, these inquiries into the laws and affinities of the vegetable kingdom had the higher aim and efficiency of conveying ideas of uniformity, and harmony, and design, where previously all was chaotic, or a congeries of isolated impressions.

Exchange of Lectures.

The estimate formed of the utility of these exertions may be learned from the arrangement recently completed, by means of which not only the diagrams, apparatus, and objects of natural history belonging to different Asylums are to be exchanged and employed, so as to vary and enlarge the field of observation and illustration, but such of the Medical Superintendents, as may be disposed, shall occasionally appear as lecturers before the communities under the charge of their fellow-labourers. This measure will lessen intellectual labour, introduce new elements of reflection to a succession of audiences, bring those who are, to a certain extent, isolated by the nature of their mission and functions into more frequent intercourse, by mutual co-operation, and by participation in working out the problem how far the powers of moral agents are, or may be, exerted over and in the cure of mental affections.

Literary Occupations.

Besides the literary tastes, the ephemeral productions, the general cultivation, of which libraries, book-clubs, lectures, and periodicals are the evidence, there is buried amid these ruins of mind, profound learning, the acquisitions of protracted study and of practical experience. The philologist will be found engaged in a critical analysis of a sentence in Sallust or Tacitus; an engineer is busied in plans and projects prospective of a new railway millenium. Controversies upon Schiller are waged in one room, while the Tales of Souvestre are translated in another. Three ladies meet to read morning prayers, alternately in German, French, and Italian. A theologian varies his studies of the French divines by reading the works of Bacon in folio; a physician is busied in Dutch, that he may exchange thoughts with Vanderkolk. An artist engages in the completion of a picture for the Academy, and multiplies pen and ink sketches of exquisite beauty. Anglo-Saxon antiquities are the choice of one scholar; and one omnivorous reader is engaged in noting and recording every peculiarity and eccentricity which reduce great men to her own level. A mathematician prosecutes his calculations with a severity and enthusiasm which has already been rewarded; a scientific musician presides at the organ; two patients are to conduct classes in languages; and concerts and dramas have been mainly indebted to inmates for their

excellence, success, and frequency. Mental exercise has become a necessity. Tuition is a part of the moral economy desiderated and demanded by the pupils, awakening the zeal and interest of preceptors, and prescribed by the physicians—not merely as a mode of filling agreeably the intervals between graver occupations, or of dispelling the monotony and tedium which fall most heavily upon those who approach most closely to health, but as restorative, as withdrawing the mind from its own acts; as imparting continuity of action, progressive developments; as engaging it in considerations not only abstracted from emotion and personal interests, but inconsistent with agitation, reverie, or abstraction, and those various modifications of morbid mental action which remain after the acute stage of alienation has passed away. The presence of an educated companion exorcised Pascal's familiar; the act of reading aloud has silenced the blasphemies of imaginary voices; the exercise of artificial memory, of recalling particular trains of thought, has restored calmness during a paroxyism of violent excitement; and the acquisition of new ideas, the effort to comprehend new principles, the accumulation of materials for reflection, must give present occupation, if it does not communicate a permanent direction to the faculties. A class for instruction in German was, during last winter, attended by fifteen pupils. The anxious preparation, the appeals for assistance, the friendly rivalry between students of the opposite sexes, and the regret experienced when the course terminated, afforded proof of the justifiableness of the attempt. This course is to be resumed, and arrangements have been made to meet the tastes, and preferences, and deficiencies of a greater number of the inmates, by providing regular instruction in Latin, French, and drawing.

Classes.

The accessibility to book-clubs, the cheap price of recent publications, might appear to render the accumulation of books in a library less important; but the incessant craving for variety, for artificial intellectual excitement, as well as a taste for the higher departments of literature, is brought with patients into Asylums: the newspapers and serials foster this predilection, the connexion of a large proportion of works with current events, the amount which they contribute to the materials of thought and conversation, render it necessary that the increment of books should correspond with the admission of patients. It is now a regular duty of an officer to convey books to and from the library, which, although ignored and

Library.

discountenanced twenty years since, is now elevated to the rank of a department.

Pursuits beyond the Walls.

While a select, and necessarily a small, number of the patients regularly attend worship in Dumfries; assist in the examination of seminaries of education; act as critics on theatres and concerts; copiests at lectures and picture galleries; admirers of flower shows; and spectators when the hounds throw off, arrangements are invariably made to introduce the scene of recreation or instruction within the walls, to present it before those portions of the community whose condition necessitates seclusion. A successful concert in town is repeated in the theatre, lecturers are invited to repeat their addresses; but it is necessary to record in an especial manner the kind co-operation afforded by Mr C. Harkness by bringing within the reach of so many who could appreciate the enjoyment the repetition of his investigation into the history of Madrigals and the illustrations by his class.

Excursions.

Patients have visited distant towns: have gathered the arbutus on the shores of Killarney: have mingled with the multitudes that crowd the Crystal Palace. If it be true that the exertions required in an attempt to escape have enlarged the capacity and promoted convalescence, that the removal from one place of seclusion to another has proved beneficial, that the emancipation during a few hours from the mildest discipline imparts new hopes and reanimates former predilections, how important must be the effects of a total separation from the badges as well as the bonds of their condition, of an escape from the consciousness of their isolation, and of an introduction to the impressions and enjoyments of the free, the healthful, and happy, of a reunion upon terms of equality with their fellow-men. The affluent can alone command such advantages; the partially sane can alone appreciate them. Upon a limited scale, however, such arrangements might comprehend a larger number than what has hitherto been conceived practicable. Forty excursions have been made to the environs; and where they fail as curative measures, they add to the amount of present enjoyment and pleasing recollection, deprive the sufferings even of the insane of some of their poignancy, engraft on disease mitigations of its bitterness, and convert delusions into sources of solace and satisfaction. A humble individual, who annually visits Newabbey, declares that it is his property, and extracts gratification from the gains which must accrue from the exhibition of the ruin;

and another prepares lists of the companions he desires during the season for excursion, months before the period arrives. The circle of rural amusements has been greatly enlarged. A corps of anglers has explored every stream, and many a lake, in the district. This sport has been sanctioned and encouraged by the most kind and liberal permission of the Duke of Buccleuch, Messrs Maxwell of Dinwoodie, Johnstone of Halleaths, Leny of Dalswinton, Dougal of Blackwood, Bell Macdonald of Rammerscales—by all to whom application was made. It is confidently believed that upon no occasion has this liberality been abused; while the pursuit of game was most enthusiastically prosecuted, the sportsmen were led into scenes of great natural beauty, and historic or romantic interest: were introduced into the grounds and woods, and sometimes to the hospitality of the proprietors, from which they have carried back impressions calculated to cheer the gloom of winter, and to displace the harsh and jealous thoughts sometimes entertained of their fellow-men. Pedestrian excursions have been made to the summit of Criffel; and either from that primitive instinct which prompts such ascents, the desire to contemplate a wide and varied expanse of country, from the feeling of temporary liberty, or that rivalry which arises upon such occasions, the indifferent became zealous, the lethargic became active and agile, and one assumed the lead who had been sedentary for months. Bowling and quoiting have many admirers. The annual medal has passed into new hands, and the contest for the championship was protracted for weeks. A new amusement is a new remedy. A skittle ground is projected and planned, and would certainly prove a boon during weather that does not provide smooth sward nor permit of exposure. In archery alone has there been a signal failure. History tells that Scotland furnished bows rather than bowmen; and either that the interest of the sport is not appreciated, or that tuition was arduous and imperfect, the attempt to suggest a new pastime was unsuccessful.

Angling

Archery.

Among other changes, the appointment of a conjoint Treasurer must be recorded. Although not required by the age or health of the incumbent, it is a manifestation of that caution, and consideration, and probity, which have distinguished all his proceedings during his long and most useful occupancy of the office he holds, which has constituted him not only the manager of the pecuniary affairs, and the legal adviser of the Establishment, but the enlightened and

Changes in Staff. S. Adamson, Esq.

faithful friend of all its officers and inmates. His son brings to the discharge of his important duties an intimate acquaintance with the affairs of the Institution, a knowledge of its traditionary, as well as of its written history, and a training amid the concerns he is about to superintend, and in a school worthy of all commendation for patient industry and rigid exactitude. Dr Smith, of the Southern Counties' Asylum, has been appointed Medical Superintendent of the Durham County Asylum at Bensham. His versatility of talent, his long domestication with large bodies of the insane, and his intuitive penetration into the disposition of those committed to his charge; his knowledge of mental disease and of the architectural provisions for its treatment, as presented in other countries and under different social systems, must especially qualify him for superintending the erection and commencement of a new Establishment. While such frequent changes, besides being expressions of confidence in the character and capacity of the individual officers, which are not to be rejected nor interfered with, are tacit but unequivocal tributes to the usefulness and success of the system, first introduced into this Institution, of converting an Asylum into a gymnasium, of rendering the duties of the junior medical officers opportunities for observation, means of training, a stage between general education and the prosecution of a speciality; and while such appointments diffuse what is good and useful over a wider surface,—they are attended with evils. They destroy abruptly those ties of friendship, and respect, and dependence, which constitute important instruments of cure, as well as sources of happiness, in such communities; they remove the officer at the precise time when his acquisitions and peculiar endowments are beginning to exercise influence upon those around, at the highest point of usefulness; and they invade all those systematic provisions for moral discipline which are only the growth of long association and combined exertion. These considerations have suggested the selection of one from the large number of candidates who presented themselves for the situation of Medical Assistant, who to higher qualifications added the determination to devote himself for a certain specified period to the study of mental diseases, and who is bound to yield back, in the duration of his professional and philanthropic ministrations, the first fruits of the experience which he may gather during his connexion with the Institution.

Dr Smith.

Admiral Johnston.

It may be permitted for those who so long laboured under his

authority and endeavoured to carry out his will and wishes, to record humbly their deep regret that Admiral Johnston is no longer here to examine the satisfactory results of another year, to check sanguine expectations and what he regarded as rash aspirations, but likewise to award praise, and support, and strength, where they appeared to him to be merited. His chief interest was in the fiscal details of the community; but in the administration of all its affairs there were apparent a simplicity and inflexibility of purpose which all could understand and execute; which obtained respect or acquiescence even from those who might not see its expediency or justice, as the obvious and unequivocal suggestion of an honest and independent conviction. He may be said to have seen many subjects intuitively rather than through judgment; but even when guided by impulse, his conclusions were often as sound as the deliberate opinions of other men, and bore with them the impress and influence of perfect uprightness and an energetic will. In all these decisions there was a single-mindedness, a purity of intention, a sense of duty and a devotion to what he deemed to be the interest and prosperity of the Establishment, which disarmed opposition, which redeemed that inflexibility of opinion inseparable from earnestness of disposition, and which gave an elevation to his character denied to other natures. Within a short period of his death, and when bowed down by suffering, he spoke to the writer with undying interest in the concerns which had so long occupied so large a portion of his thoughts. At such a meeting as this, from which it is believed he never was until now absent, and in the proceedings of which he took so prominent a part, it may justifiably be said "though dead yet he speaketh."

State of Staff and Conclusion.

Such arrangements, and such an assimilation of seclusion to the pursuits and pleasures of common life, even to the mode of life of the happy and enlightened, may lead to the erroneous impression that alienation is scarcely a privation, and that the restraints which it entails may be converted into golden bonds. It has become a fashion to paint Asylum interiors in brilliant and attractive colours. This error, as it is, may be the natural tendency of generous and sanguine minds to describe that which is hoped and expected and might be, as objects already accomplished,—to present the course which it may be a duty to tread, as a goal which has been reached. There is an opinion prevalent that the diminution or abolition of personal restraint not merely removed an evil and opprobrium, but formed the advent of a

brighter day, of a new order of things, in which the supremacy of perfect humanity was established, in which all that was necessary for the happiness and restoration of the insane consisted in the faithful administration of the dictates of benevolence and the precepts of science, and in which harmony and peace and order had sprung up and constituted the characteristics of communities for the insane. The narratives of individuals spontaneously surrendering their liberty, of remaining for years voluntary captives, and the actual benefits which have attended the diffusion of just views of moral treatment, have contributed to fill up the details, and to give an exaggerated tone to this picture. But much has still to be learned and unlearned, to be worked out laboriously and struggled for earnestly, and to be long hoped for as "a sight to dream of, not to see," before that standard can be approached which philanthropists have created, before that deep substratum of misery, of unnecessary suffering, of error and mismanagement, which may be concealed by the pleasing aspect, the artistic decorations, the indulgences, even the partial cheerfulness which modern innovations have produced, can be removed or be reduced to that minimum which may be inseparable from mental disease. It is the experience of all those associated with the insane that vast as are the advances made from gratuitous cruelty, and although we may have arrived at the commencement of a new era, though we may stand upon the threshold of a grand moral revolution, the boundary has not yet been passed: that the instruments, the machinery, do not yet exist by which this change is to be effected, and that there are obstacles and difficulties to progress which may never be overcome. The events of a single day or hour in an Asylum, even where amelioration is the professed object, even where the day is to be devoted to festivity, when the inmates are animated by the expectation of enjoyment, and cleanliness, and comfort, and decoration prevail, demonstrate this truth. There may be the traces of a struggle, injuries, the destruction of furniture, and hostility, which could not be, or was not, prevented. The premonitions of the progress of disease have been unobserved or unreported. Order, and subordination, and industry, have been subverted by rigidity or by equally injudicious relaxation of discipline. Favouritism, persecution, are detected. The passions of the governors are found to emulate or to suggest and rouse the morbid tendencies of the governed. A succession of degraded, exhausted, expiring beings are visited, who lack,

who may crave, and appreciate all the sympathies of a refined and elevated nature, who are treated as automatic. Schemes of practical utility are marred by ignorance, or perversity, or the collision of authorities; and the temper of the observer is tried, and it may be disturbed, by deceit, ingratitude, and failure, which no foresight could have prevented, which are connected with the character and imperfect views and training of the agents employed, and which may be elements of the disease which it is his mission to remove.

It has been necessary to discharge subordinate members of the staff for harshness or neglect. The grand and paramount object in all such communities is to elevate the condition, to extend the usefulness of the individuals intrusted with the immediate care of the inmates. It is to be feared that unless some other and higher motive than pecuniary reward (it may be sympathy, a sense of duty, or religious zeal) actuate such instruments, the full benefit of their influence and exertions cannot be secured. It is not enough to erect stately buildings, to lavish ornament, and comfort, and luxury upon the apartments, or to encourage occupation, and tuition, and amusement. It is not enough that the harsh and mistaken views of former times should have passed away, that the fetter is broken, the thong buried in ignominy, that all cruelty and neglect are prohibited and punished. It must be confessed that the progress towards the full development of the principles of enlightened moral treatment is insignificant, and must continue to be so until dissatisfied with negations; with the mere removal of what was barbarous, it becomes practicable to carry into the Asylum, in addition to the discipline of a vast and restless community, the merciful ministrations, the gentle and delicate attentions, the inexhaustible patience, the personal confidence of a home, and by the hands of an educated and enthusiastic brotherhood. This is no longer a Utopia. War, and pestilence, and physical suffering, have recently yielded fruits which peace and system failed to produce; and it has been demonstrated that the rich and noble, as well as the lowly, require only an adequate stimulus, a fitting field to engage in services more loathsome and perilous than attendance upon the insane. Time and training may be required to lead benevolence into such channels; but that the pent up affections and energies, the hitherto unproductive powers of one sex, at least, will be directed towards so legitimate an object, is inevitable. Until this moral gap can be filled up, until the new-born strength and schemes

of humanity be subjected to organisation, it is worthy of consideration whether a higher scale of remuneration, a retiring allowance, an improved moral status, might not induce individuals of higher qualifications, and a more liberal education, to engage and continue in the management of the insane. At one period attestation of character from the Superintendents of similar Institutions was adopted as a test of suitableness. Subsequently, membership in the religious body to which the candidate belonged was substituted. Again, the duration of service in former engagements; and latterly, the obligation to abstinence was added. But all these means have failed to secure the results expected; and although the great majority of those employed are most respectable, cases frequently occur which interfere with the most perfect arrangement, defeat the most judicious treatment, and impair confidence in the system adopted. It is easy to train to the performance of a certain routine of duties: it is difficult to inspire gentleness, and forbearance, and faith, in the rule of kindness. It is easy to procure domestics: it is difficult to discover those who are capable of combining the qualities of the companion with the ability and self-denial to discharge servile and revolting offices. In the separation of these duties may perhaps be found a remedy for some of the evils deplored; but until some plan shall be devised which provides for the insane the guidance and intercourse of healthy minds of their own calibre and culture, or superior in vigour and acquisitions, which shall bring refined and rational benevolence to bear upon the distresses and miseries, which are inseparable from discipline, which shall demonstrate even to the clouded intellect and suspicious disposition that the object of the curator is not to subdue or tyrannise or irritate, and the motive neither sordid nor selfish: the hopes of philanthropists, the humble expectations of physicians,—who are aware that even such a glorious achievement could mitigate only the sufferings they are called upon to treat,—the design of the Foundress of this Establishment; and, it may be firmly believed, the will of the God of love and compassion, can only, in part, be realised.

W. A. F. BROWNE.

TABLES.

I.—AGE OF PATIENTS.

	Males.	Females.	Total.
Between 10 and 20, ...	2	2	4
... 20 and 30, ...	16	9	25
... 30 and 40, ...	9	8	17
... 40 and 50, ...	6	13	19
... 50 and 60, ...	4	7	11
... 60 and 70, ...	3	2	5
... 70 and 80, ...	1		1

II.—SEX OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	41	23	7	13
Females, ...	41	27	6	12

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	12	10	22
Unmarried, ...	27	24	51
Widowed, ...	2	7	9

IV.—EMPLOYMENT OF PATIENTS.

Professions.	Males.	Females	Total.
Artist, ...	2		2
Blacksmith, ...	1		1
Carrier, Wife of, ...		2	2
Clergyman, ...	1		1
Clerk, ...	3		3
Coachbuilder, ...	1		1
Dressmaker, ...		3	3
Engineer, ...	1		1
Engine-driver, ...	1		1
Founder, Wife of, ...		2	2
Gentlewoman, ...		7	7
Governess, ...		1	1
Housekeeper, ...		7	7
Ironmonger, ...	1		1
Labourer, ...	3		3
Laundress, ...		2	2
Man of Letters, ...	1		1
Manufacturer, Son of, ...	1		1
Merchant, ...	4		4
Officer in Army, ...	1		1
... Wife of,		1	1
... Navy, ...	1		1
Physician, Wife of, ...		2	2
Proprietor, ...	2		2
Saddler, ...	1		1
Sailor, ...	3		3
Schoolmaster, ...	1		1
Servant, Domestic, ...		5	5
... Farm, ...		3	3
Shepherd, ...	1		1
Shoemaker, ...	1		1
Shopkeeper, ...	1		1
Soldier, ...	1		1
Student in Literature, ...	1		1
Tambourer, ...		1	1
Warper, ...		1	1
Weaver, ...	3		3
No Trade, ...	3		3
Not known, ...	1	4	5

V.—FORMS OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...	2		2
Imbecility, ...	1	1	2
Fatuity, ...	2	2	4
Mania, with Delusions, ...	5	3	8
Mania, ...	9	11	20
Affections of Sentiments.			
Melancholia, ...	4	7	11
Monomania of Fear, ...	5	3	8
... Pride, ...	5	2	7
... Superstition,	2	3	5
... Suspicion,	2	2	4
... Vanity,	1	3	4
Affections of Propensities.			
Erotomania, ...	1	2	3
Dipsomania, ...	2	2	4

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Amenorrhœa, ...		1	1
Anæmia, ...		1	1
Apoplexy, ...	1		1
Blow on Head, ...	3	1	4
Chorea, ...	1		1
Congenital Malformation,	2	1	3
Depravity and Indulgence,	2	1	3
Disappointment, ...	2	2	4
Disappointed Affection,	1	1	2
... Ambition,	1		1
Distress from Blindness,		1	1
Disease of Heart, ...		1	1
... Kidney, ...	1		1
... Liver, ...	1		1
Dyspepsia, ...		2	2
Excitement, Religious, ...	1		1
Epilepsy, ...	3	1	4
Erotic Feelings, ...		1	1
Fear, ...	1		1
Fever, Rheumatic, ...		1	1
Grief, ...		6	6
Hæmorrhoids, ...	1		1
Intemperance, ...	4	2	6
Jealousy, ...	1		1
Mental Exertion, ...	3		3
Opium Eating, ...		1	1
Paralysis, ...	1	2	3
Puerperal Condition, ...		1	1
Scorbutus, ...	1		1
Seclusion, Habits of, ...	1		1
Self-pollution, ...	1		1
Struma, ...	1	2	3
Not known, ...	6	12	18

VII.—INFLUENCE OF HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Hereditary tendency to Insanity,	13	9	22
Hereditary tendency to Nervous Disease, ...	7	7	14
Hereditary tendency to Scrofula,		2	2
Hereditary tendency to Phthisis,	1	2	3
No hereditary tendency traced in	20	21	41

VIII.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	23	23	46
More than 1	6	7	13
... 2	3	2	5
... 3		2	2
... 4	4	4	8
... 10	3	1	4
... 20	1	1	2
... 30	1	1	2

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	21	10	3	7
Females, ...	20	7	5	9

X.—SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide,	4	4	8
Have meditated do.,	4	6	10
Intentions not manifested, or unknown, ...	33	31	64

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly educated, ...	6	8	14
Well educated, ...	12	3	15
Can read and write, ...	13	23	36
Cannot read nor write, ...	7	3	10
Unknown, ...	3	4	7

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Apoplexy, ...	2		2
Bronchitis, ...	1	1	2
Broncho-Pneumonia, ...		2	2
Enteritis, ...		2	2
Epilepsy, ...	2	1	3
Erysipelas, ...	1		1
Fever, Fatty Degeneration of Kidney, ...	1		1
Heart, Fatty Degeneration of,	1		1
Ileus, ...	1		1
Paralysis, ...		1	1
Paralysis, General, ...	2		2
Phthisis, ...		3	3
Pneumonia, ...	1	1	2
Pulmonary Abscess, ...	1		1
Struma, ...		1	1

DUMFRIES: PRINTED AT THE HERALD OFFICE, BY W. C. CRAW.

EIGHTEENTH ANNUAL REPORT

OF THE

CRICHTON ROYAL INSTITUTION

FOR

LUNATICS,

DUMFRIES,

11TH NOVEMBER, 1857.

TESTAMENTARY TRUSTEES.

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J. MACALPINE LENY, Esq., Dalswinton.

STATUTORY TRUSTEES.

His Grace the DUKE of BUCCLEUCH.
The Right Hon. the EARL of GALLOWAY.
The Right Hon. the EARL OF SELKIRK.
The LORD-LIEUTENANT of the Shire of Dumfries.
The MEMBER for the County of Dumfries.
The SHERIFF for the Shire of Dumfries.
The MINISTER of St. Michael's Church, Dumfries.

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JAMES GILCHRIST, M.D., Resident Physician.
Mrs SOFTLEY, Matron.
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AND. HENDERSON, House-Steward.
Mrs RAMSAY, Superintendent.

SOUTHERN COUNTIES' ASYLUM.

HUGH STEWART, M.D., Medical Assistant.
Mrs HEARDER, Matron.
AND. HENDERSON, House-Steward.

R. ADAMSON, Esq., } Treasurers.
S. ADAMSON, Esq., }

Rev. G. COWANS, Chaplain.

Patients in Institution, 11th November, 1856, - - -	307	
Ditto Admitted since, - - - - - -	77	
		384
Discharged as Recovered, - - - - - -	40	
Ditto as Improved, - - - -	15	
Died, - - - - - - - - -	24	
		79
		305

To those who have read the previous Reports of this Institution, and received them as the reflexion of the progress of a peculiar community which accompanied, and in some respects anticipated, the march of improvement, and of the opinions of an earnest man who had lived for a quarter of a century with the Insane; who had loved them, and been loved by them; who expected, and was willing, to devote his whole life and mind to develope new or apply improved means of amelioration; and who, conscious of his own deficiency and of the inadequacy of the remedial agents at his disposal, panted after farther observation and greater enlightenment; it may not appear extraordinary that the production of the last of the series should prove a difficult and painful duty. Such a composition must prove a record of unfinished labours, of inchoate projects, of views and convictions which must either be committed to the execution of others, or pass away abortive and forgotten. But it must further contain the announcement of the disruption of ties, and associations, and habits which have been the growth of a generation, and the cessation of a connexion which has been characterised, during its long continuance, by harmony, confidence, and friendship, and which has had, on both sides, the single and unselfish purpose of carrying healing and happiness to the sorrowing and suffering, of restoring useful members to society, and of protecting from themselves, and from evils which they can neither foresee nor avoid, the waifs and strays, the weak and wayward of our race. These documents show how gradually, perhaps how timidly, but how certainly, has been the growth of that principle of philanthropy which suggested the foundation of this Institution; how its base has been widened; how its applications have multiplied; how fear was cast out by love; how what was attempted as an experiment, was recognised as a discovery; how doubtful innovations became familiar usages; how moral treatment assumed a form, meaning, and importance; and how the whole subject of Insanity, its treatment, its bearings upon society and the destinies of our race, ceased to be regarded and shunned with horror and repugnance, and took place and equality with the great questions which appeal to the heart of nations as well as of individuals. The

General Results.

Close of Series of Reports.

eighteenth Report, now submitted, will, like many of its predecessors, afford ground for satisfaction and congratulation.

Admissions, Crichton Institution.

During the past year there have been precisely one hundred applications for the admission of Patients belonging to the upper classes. Of these, accommodation could only be found for twenty-six; and even at this season, when the number of inmates is diminished by discharges and removals, there is great difficulty in receiving even clamant cases; and the entrance of a new patient is a source of disturbance of those nice adjustments by which the wants of the stationary population are provided for. It has become a practice to transmit patients without previous correspondence or warning, in the hope that the nature of the case may excite pity, and obtain shelter. It has been necessary to prevent the arrival of other cases, and to cause their removal to other Establishments; and it is satisfactory that the condition of the chartered Asylums in Scotland is such as to justify this recommendation, and that the relations of the Crichton Institution with these are so intimate and friendly, as to secure attention to the appeal. These applications do not in any degree represent the wants of the district; they proceeded from all parts of the kingdom, the majority from England, and serve to indicate the wide surface over which the reputation of this Establishment has spread, and to sanction an immediate provision to meet a growing confidence, and, unfortunately, a growing need.

Admissions, Southern Counties' Asylum.

One hundred and twenty-two applications have been received from Inspectors of Poor, or the friends of indigent patients. Fifty-one, or all those belonging to the district, have been admitted. Exclusion was resorted to, solely because the individual was not a native of the Southern Counties, and because it was most desirable to lessen the daily average in the Pauper Asylum. Either from doubts as to the operation of a recent legislative measure, or from more cautious and judicious views of the precarious nature of convalescence, there has been considerable reluctance manifested by these parochial authorities to remove individuals, apparently rational, and presenting the calmness and industry of a lucid interval; and the result is, a surplus population of the Asylum. This has been further augmented by the disinclination of several patients to abandon, at this season, comforts and advice which they could not obtain beyond the walls.

Report, Commissioners in Lunacy.

The only condemnatory clause in the Report of the Royal Commissioners in Lunacy affecting this Establishment, was directed against

the crowded state of the Southern Counties' Asylum. The complaint was, and would now be, well founded. The Directors had long pointed out, and the Superintendent had struggled against, and endeavoured to lessen, the evil. But the influx of entrants, although limited rigidly to the three Southern Counties, and although less than what may be expected from the number of lunatics ascertained to exist in the district, is steady and continuous; while the corresponding accumulation of chronic and incurable cases proceeds, and constitutes the great source of difficulty in managing such Establishments. Such over-population of Asylums is an evidence of the confidence reposed in the mode of treatment pursued; and of the prevalence of rational views as to the disposal of such cases. It may even be argued that the physical and moral evils created by the crowded state of a moral hospital are infinitely less than the miseries and misfortunes which follow refusal of admission, which is often tantamount to the confirmation of the disease, and the casting back of the sufferer upon strangers, or friends actuated by the motives of strangers. The wards of the worst regulated Asylums have more of the attributes of home, and are, at least, more conducive to the restoration of reason than the bare and bald poverty, the exhausted sympathies, as well as resources, the cold indifference, the bonds and privations, to which insanity condemns the indigent. The physical evils of crowding are, obviously, positive physical disease, or a low health point. While due care should be exercised in their distribution and application, no niggard economy should exist as to air, light, heat, and water, in an Asylum. The ventilation of the two Houses is satisfactory: in the Crichton Institution the chief difficulty experienced is in keeping the temperature sufficiently low; in the Southern Counties' Asylum, where during winter cold was experienced in galleries at the extremity of the building, new boilers on the principle of Thomson's patent have been recently introduced with good effect. There are dark spots in the Crichton Institution, but these are inseparable from the presence of central towers; but the parts of the building inhabited by the patients are cheerful. There has, however, been experienced great scarcity of water, especially in the pauper department. This depends partly upon the defective supply from the Water Commissioners, partly upon the faulty arrangements for its distribution through the building. It has happened that for days, or for many hours of each day, no water could be procured in the upper galleries.

The moral evils of a vast assemblage of incurable cases in one building, are greater still. The community becomes unwieldy; the cares are beyond the capacity of the medical officers; personal intimacy is impossible; recent cases are lost, and overlooked in the mass; and the patients are treated in groups and classes. An unhealthy moral atmosphere is created; a mental epidemic arises, where delusion, and debility, and extravagance are propagated from individual to individual, and the intellect is dwarfed and enfeebled by monotony, routine, and subjection. So pressing have these evils become, that remedies are anxiously looked for. The construction of smaller establishments increases the expense of maintenance so much; that additions to the staff of officers, the subdivision and classification of the inmates into distinct bodies, and the erection of separate buildings dependent upon a central administration and economy, and the introduction of the system resorted to in Belgium, of placing fatuous and tractable cases in the houses of respectable peasants, but under constant medical superintendence, and where their labour is received in payment of maintenance, have all been pointed to, as fully or partially meeting the difficulties. The objection to the scheme of erecting colonies for the insane, such as exists at Gheel, which was originally founded on religious views, subsequently persevered in for economic ends, and has latterly been placed under an enlightened policy, are first, the incompatibility of such a plan with the general economy of villages or parishes in Britain, with the tenure of property, and with the habits of the people; secondly, the doubt whether the arrangement, if diet, clothing, and medical attendance were supplied, as in Asylums, would prove remunerative; and thirdly, the certainty that hardship, cruelty, and neglect, would spring up, where the responsibility was so slight, the temptations to peculation and tyranny so many, and the chances of detection so few. An experiment of a somewhat similar kind in Arran terminated in failure. Even in Asylums where the supervision is sleepless, where there are trained and respectable attendants, whose most selfish interests, as well as their character and ambition, are involved in the well-being, health, and love of their charges, violations of duty and humanity daily occur; and these derelictions are as frequent where the imbecile and gentle are concerned as the furious. Even the homes of the patients are converted into prisons and shambles, from positive callousness, or sordid selfishness. The hopes

of philanthropists rest upon the combination of the cottage system with that of a central Asylum, where the families of the attendants would represent the peasants, or where peasants would become tenant-servants within the grounds, under the rule and direction of the Medical Governor and his staff.

Enlargement, Crichton Institution. Removal of Offices.

As a preliminary step to the enlargement of the Crichton Institution, the laundry has been removed from the front to the back of the central wing; and whenever the changes now in operation have been completed, it is proposed to erect the stables, work-shops, &c., on the north angle of the grounds. These offices have long been regarded as occupying an unsuitable site, as obstructing the view of many beautiful parts of the valley, and as filling the galleries with smoke and effluvia, which, if not positively injurious to the inmates, was destructive to furniture, and incompatible with comfort. In the course of the ensuing summer it is hoped that the erection of the south and south-west wings will commence, and that the frontage and approach will assume more the aspect of a broad sweeping esplanade than of a walled court. To erect a large portion of these additions the walls of the airing-yards long since turned into flower gardens, will contribute. The conversion of the sword into the ploughshare was formerly esteemed the signal triumph of peace: there is here the conversion of the materials of a prison into those of a dwelling-house, the abolition of another means of restraint, the demolition of all that remains characteristic of a Bastile in the modern Asylum; and the exposure of a majestic structure in its natural and noble proportions. Walled gardens, such as these have long been, may be the most suitable spots for exercise in certain cases; but the preparation for immuring every inmate in what has been defined as a well with a stripe of turf at the bottom, and a spot of sky at the top, was dictated by a timid and expiring policy.

Approach.

It is important that the first impressions on admission to an Asylum should be agreeable, unmingled with fear, or suggestive of captivity and isolation. The whole course and success of the subsequent treatment may depend upon the mode of admission, the reception, and the opinion formed of the building and of its inmates. An approach, a striking façade, a glimpse of a smiling country, may thus become instruments of amelioration, may predispose the entrant to form pleasing anticipations, to contract new relations, and to repose confidence. The majesty of discipline is sufficiently vindicated by restrictions and

admonitions; the external arrangements and decorations may safely be left to speak of peace, and freedom, and enjoyment. The first days of residence in an Asylum, however kind and judicious may be the ministrations, however numerous the means of consolation and encouragement, are painful and trying. The estrangement from home and friends, the inability to perceive either cause or kindness in the measure, the vague dread and perplexity and agitation natural to all minds and inseparable from disease, under such circumstances, cannot be compensated for, cannot be met. There is superadded to this unavoidable suffering, the suggestion of disease, the supposed realization of long-harboured apprehensions, the triumph of foes, the desertion of friends, which it is the object of seclusion to remove. This object is gained, however, not by the amount of pain inflicted, but by the change of associations, and impressions, and influences. There is an exaltation of sensibility, as well as of sensation, in the insane; and trivial occurrences assume to them an importance which aggravates their condition. Boyle fainted on hearing the splash of water; Robert Hall attributed his relapse to gazing constantly upon a flat country. A lady affirmed, during convalescence, that the rapid and rash manner in which a door was shut in the face of her companion, when she was left alone in a vast community of the insane, nullified for weeks the benefits of the real sympathy and succour she received.

The proposed addition will afford accommodation for about forty patients of the middle classes, and will give the means of better classification than can exist at present. It is intended that one gallery should be reserved for those who obtained the education, and retain the manners, and can appreciate the intercourse, of refined life, but have been reduced to poverty. This arrangement will meet in part only the demands from those classes which differ from the parochial pauper in little except in independence of spirit and culture, who crave the simplest and plainest home for their afflicted members, but who recoil from the base and grovelling associations supposed to be inseparable from ignorance and privation; or who seek a shelter as much for the delicacy, and tastes, and artificial wants imparted by training, as for the infirmities and enfeeblement inflicted by disease.

Evils of presence of Workmen in Asylum Grounds.

It is highly desirable that the project were urged forward and finished. The necessity for more ample accommodation is as clamant as it has for years been; yet the confusion and disturbance created by the presence of bodies of workmen in all parts of the grounds, is most ob-

jectionable and injurious. It is subversive of that tranquil privacy which is a basis of moral treatment; it interferes with ordinary arrangements; it exposes what is the office of humanity to conceal; it imposes restrictions at other times unnecessary; and it distracts the attention and vigilance of the guardian, and excites his charge. As if the independent action of these intruders had roused dormant desires, and suggested the idea of freedom, eight attempts to escape were made within a few weeks subsequent to the commencement of these operations, and by men who have enjoyed the same opportunities for years, and whose movements were little watched, as their faithfulness was never doubted. An attempt was made to conceal these operations by the erection of pallisades, but it failed. It may be a triumph of modern management, and an argument in favour of an enlargement of the privileges conceded to the insane, that workmen and industrious patients have mingled together, and no accident occurred; that even now a company of twenty individuals are engaged in forming the road which is to connect the new offices with the entrance, and within a few yards of the contractor's works, and pursue their task as if unconscious of the presence of strangers; but the mere avoidance of evil, the animation of the scene, and the ample occupation, do not compensate for the abrogation of discipline and long-established rules. Much merit is, however, due to the contractors and to their workmen for quiet, orderly deportment, for doing what must be done in the least offensive manner, and for adapting their proceedings to the special nature of the place.

New Lunacy Act, Cl. LX.

If the calculation that there are seven thousand lunatics in Scotland be an approximation to truth; and if it be recollected that these do not include the vast numbers of dipsomaniacs, eccentrics, and partially insane, who mingle in society; and that both classes influence the happiness and involve the health of an equal number of families, it would appear that the insane population demand the special attention of the Legislature, not merely upon the ground of humanity, but of the health and well-being of society. It is equally evident that while the inspection of the confined insane, at least as carried out in this county, afforded a sufficient guarantee for due care and proper treatment, it had become absolutely necessary that some provision should be made for ascertaining the condition and securing the judicious management of the unconfined insane, of those residing with friends or confided to the charge of strangers, and ultimately for pro-

viding such accommodation as might be required to facilitate the recovery of recent cases, and the removal of the helpless and excitable and degraded from those associations where they are often neglected, and where their presence may be positively hurtful to those around. A measure has accordingly passed during the last Session of Parliament embodying the two great principles of inspection and accommodation. In this Act, Clause LX., this Institution is specially required to receive the Pauper Lunatics belonging to Dumfries, Kirkcudbright, and Wigtown, and these counties are constituted a District, "upon the conditions provided and prescribed in respect to Pauper Lunatics sent to District Asylums," so that while its special privileges are preserved, it will remain what it was originally intended to be, the Asylum for the Southern Counties; and the district is thus already, by the wisdom of the Foundress and Directors, in the same position as the other Districts of Scotland are intended ultimately to be placed. It is still further satisfactory to find, that receiving the statement contained in the last Report of the Board of Supervision as correct, and that the three counties contain 224 lunatics, in whole or in part dependent upon parochial aid, there is already provided sufficient, although barely sufficient, accommodation for the whole number that could be secluded. On this day there are in the Pauper Department 201 patients. Of these 77 belong to the County of Dumfries, 39 to Kirkcudbright, 26 to Wigtown, and 59 to other Counties; so that if the latter number were discharged, without taking into consideration the possibility of admitting additional cases, there would be accommodation for 201 of 224, which is as large a proportion as could be expected to require confinement. There is, however, no provision for the possible increase of the malady, nor for the inevitable augmentation of the incurable inmates.

Discharges.

The proportion of cases restored to society is encouraging. Forty patients have been discharged as recovered. But it is incumbent to confess, that the nature of what there is a disposition to describe as cures, is not satisfactory. The subversion of reason involves not only present incompetency, but a prospective susceptibility of disease, a proclivity to relapse; and it entails the suspicion and distrust, even of friends, as to the reality and stability of the improvement. Years are required to establish the confidence, both of the sufferer and of the circle in which he moves. The mind does not pass out of the ordeal unchanged. It is difficult to obliterate healthy impressions;

it must be equally so to expel recollections which, although known to be false and hideous, were once acted upon, formed part of the moral being, and may still be associated with what is real and true. Great tragedians have experienced difficulty in casting off, laying down their assumed character; and delusions, intense, enthusiastic, potent delusions, must, like dreams, influence, where they have ceased to rule. Recovery sometimes consists in the weakened power, rather than in the expulsion of such sources of action. It may be little more than the exercise of great cunning, or self-control, in concealing the signs of error and extravagance. The intellect that recovers its balance may not always recover its strength. The subsidence of violence, the relinquishment of objectionable habits, the manifestation of taste or talent, may be accepted as tests of health, and serenity recognised as sanity. There may be merely uniformity to established usage or to paramount opinion. Reason may even be re-established while delusions linger on its confines; or while retaining its vigour, it may be shorn of its acquisitions, its brilliancy, and accuracy. These facts have inspired in one class of minds scepticism as to the curability of mental disease; and in another an ardent desire for the formation of homes for convalescents, sanatories, or some provision which would protect the newly discharged patient from the shock, the difficulties, and dangers which attend dismissal from an Asylum. To many such a step is the commencement of a new attack.

Mortality—Modes of Death.

The mortality has been nearly the same as during the previous years—greater than at the commencement of the Institution, less than the ordinary proportion. Under ordinary circumstances, medical observers rarely witness the deaths of their patients. It has been the practice that an officer should be present during the last moments of the dying. There is often much instruction to be gained in such crises: there is the nobler object of performing the duty of distant or indifferent friends, of imparting confidence and hope, and, it may be, physical aid. The insane, although often living in fear of death, do not generally believe in its near approach. This may be from a belief in the immortality of the body, but more frequently from an inability to accept debility and pain as the natural signs of decay and dissolution, as otherwise than proofs of malice and machination. To some, life has been a dream or an agony, and they care not as to its close. In many, the delusions which have given a colouring to life, irradiate its close; and home is at hand, wedding garments are laid out, and

gold and gems are scattered around. The last intelligible words of an optimist, who had thirty gold watches in his stomach, and sacks of dollars around his cottage, were "watches, garden." Of twenty-four deaths that have occurred, three were so instantaneous that thought could scarcely intimate the change. One had no language to describe his distress. Three lay for days in that semi-conscious state which is a part of death, but conceals its approach. In two there was irritability excited by pain, intolerance of the relief afforded, and defiance of the circumstances under which they were succumbing. One boasted of new strength, of the establishment of perfect peace and order in his spirit, and sunk in a struggle with his own weakness and an argument with his attendant: one sustained a character of querulousness to the last: two experienced no pain, wondered that others did, and died in the conviction that others alone did: two were busied with their wardrobe: one with her children: one craved the presence of his companions, and extemporised burlesque ballads when they came: one rose a short time previous to dissolution to engage in a game with those around: one expired in bursts of song: one passed days in a reverie of companions, and scenes of mirth and revelry—one only of the whole number was truly sensible of his impending fate, and recoiled from that which he had for years courted, and partly induced by protracted abstinence. After he could no longer read, or be read to, he coveted the touch of his Bible, and died with it beside him.

Physical Condition of Entrants.

It is a popular error that Insanity is compatible with good health. This is countenanced by the intercourse which is permitted with certain classes of the inmates of Asylums. In the grounds and re-unions there appear to be a fair proportion of ruddy and robust persons, who differ little from the population beyond the walls, either in aspect or deportment. They present the pleasing features of the malady; they have passed through the most perilous stages; their organisation, grievously changed though it may be, is compatible with life, and with a certain amount of enjoyment, but not of its higher development or relations. In them the mind has become accommodated, reconciled to a new state of the system, to limitations and privations, and acts freely, and in a certain measure efficiently, under these conditions. But it is necessary to witness alienation in its incursion, to visit the refractory wards, the sick rooms, and dormitories, where the excited and the infirm are distributed, in order to ascertain the truth. The

greatest number of recoveries and deaths take place during the first months of the attack. The phthisis, of which so many forms of monomania seem to be the symptom or accompaniment; the paralysis, which depends upon the same change in the nervous structure; the disease of the kidneys and dropsy, which are so often associated with melancholia; the pneumonia, which follows suspicious and suicidal mania; will all be found to have victims which present a strong and instructive contrast to the busy and active, and even festive scenes around. But even where there has been detected no specific ailment, there exists a large amount of physical debility and unhealth, which necessitates incessant care and solicitude, which is ever supplying occupants for the Infirmary, and which is the real sphere for the humanity and scientific skill, and can best be combated by hygeinic arrangements, or measures which act upon groups of the inmates. It may be confidently affirmed that aberration is invariably connected with alteration in structure, which may generally be detected, and which, if so detected, is susceptible of alleviation. The condition of the Patients admitted illustrates these observations. They may be arranged in three groups: 1. The dying, of whom there were five; 2. The positively diseased, of whom there were thirty-one; and 3. Those whose constitution had been impaired or vitiated by previous circumstances or existing practices, of whom there were thirty-four; and seven could not be placed in either of these categories;—or they may be classified as connected with—I. Profuse discharges, leading to impoverishment of the blood, five; II. Arrestment of secretions, or of long established discharges, five; III. Anæmia from abstinence, depressing passions, four; IV. Plethoric condition, one; V. Hereditary and strumous diseases, six; VI. Congenital deformity, two; VII. Alcohol, opium, urea, bile, poisoning, fifteen; VIII. Alteration in the organs of reproduction, five; IX. Organic diseases implicating the nervous tissue, sixteen; X. Organic diseases of the organs of circulation, four; XI. Organic diseases of the organs of assimilation, seven; and XII. In seven cases it was impossible to determine the physical lesion.

Mental Condition of Entrants.

Delusions are to the insane convictions, opinions, motives. They are held with a sincerity and devotion which seem to sanctify error, and which are rarely now found in the maintenance of creeds and causes for which men in former ages died. To uproot these impressions is to cure the disease, and to describe them will afford a

fair estimate of the features of the cases added to the community since last Report.

Convictions of Power and Impeccability.

Mania appears to be an affection of the muscular system, as well as of the mind. The actual development of enormous strength, the craving for rapid motion and violent exertion, and the endurance of fatigue and suffering, indicate a morbid condition independent of the will, or over which the will exercises only partial influence. There is a belief in the possession of this additional force, and a consciousness of the acquisition of a formidable quality calculated and expected to extort respect and obedience. This faith may suggest to the mind the conviction of power and impeccability, so often observed in this class of affections. It is a fallacy of sane minds to claim moral grandeur for physical strength, and to infer from the prominence of one faculty the presence of others. Of eight individuals, boasting of their omnipotence and purity, seven were maniacs; one a paralytic. One of these, who nightly reduces her bed furniture to shreds, and renders her room loathsome and disgusting, can walk any distance, sing any song, perform any domestic act: a second danced, and declaimed of her noble friends and their distinguished doings, or of her own happiness, for days, and in support of her pretensions, which were not disputed, but were sadly at variance with old age and abject poverty: a third engages in historical composition, and the cure of his fellow-patients, in poetry and pugilism: a fourth, in the latter stage of consumption, could remove his own malady, could convert the heathen, and would have engaged in trenching: a fifth courted temptation, and rushed unprepared into moral conflict: a sixth objected, opposed, denounced, demanded, domineered: a seventh broke glass and heads, in order to demonstrate that he could oppose, resist, overcome. The eighth, when scarcely able to write his own signature, engaged in calculations to show his power and wealth, and that his discoveries in working metals were the source of a revenue amounting to millions. To this class generally belong the disturbers of the peace of an Asylum. Yet the perfect quiet and silence which obtain at all times, but especially during the night, has excited surprise. Such tranquillity is chiefly met with in certain communities, and in buildings of a certain construction. It is the characteristic of industrious, well-nourished paupers, who sleep in associated dormitories. To remove a vociferator from such a group, is to relieve his companions, but to favour the indulgence of his propensity. Noises,

Noise in Asylums.

however, are still heard; there is the moan of pain, and the shriek of fear, the wail of sorrow, which might be and is soothed by companionship; there is the song of praise and jubilation, the execrations or defiance of passion, which might be repressed by authority. These sounds occur chiefly on retiring to rest; and when both the joys and miseries are more freshly and fully realised in the morning. It is most desirable that the night life of such men were shorter and less solitary. Light dispels the visions of one; the visits of a night guardian hush the ejaculations of another; and sympathy for the vigilance and annoyance occasioned to a companion, has checked the loquacity of a third. Noctiloquism is rarely the suggestion of a perverse desire to disturb. Loud noise is essential to the happiness of certain lunatics; garrulity is the characteristic of many forms of monomania and fatuity; and to shout in mania, appears to afford relief of the same kind as to exert and exhaust the muscular force. Of seventy-seven patients admitted, only eight have occasionally disturbed the general tranquillity during the night. One of these was roused by the introduction of vipers into his bed, and by a flood of scalding water: a second conceived it to be his duty to sing psalms, even in the silent watches: one, in the agonies of suffocation, whispers that he has no breath, no lungs, that his chest is gorged with food: one fights with, and anathematises imaginary foes: a fifth replies to voices which salute him from the wall: and another sings from the pleasure she derives from music, and as an accompaniment to her labour of destroying all that is destructible: two bemoan the loss of riches, and denounce the robbers. In the Crichton Institution, where a special and most exact record has for nearly twenty years been kept, and is still kept, of such circumstances, noises have been made during the past year by forty-eight males, and by twenty females: nineteen of the whole have spoken or struck the door of their apartments once only; seven have done so upwards of a hundred times; and one gentleman has chaunted or sworn three hundred and forty-nine times. Many of these sounds are uttered during sleep, or that state of imperfect consciousness in which so many of the insane pass the night, and which may be described as delirium in sleep. To give opiates in such cases, and where there is no cerebral irritation, is to prescribe for the benefit of the community, and not in order to secure rest to the recipient. Even when not uttered during dream or reverie, such ejaculations are involuntary

and contrary to the will of the speaker: they occur at periods when it is probable volition is enfeebled, and may be accepted as premonitory of convulsions, or paralysis, or as significant of changes in organisation, of which the sufferer is altogether ignorant.

Seclusion.

Circumstances have directed much attention to seclusion as a mode of ruling or regulating the noisy, or turbulent, or disobedient inmates of an Asylum. It has been denounced as a substitute for physical restraint. It has been extolled as a cure for violent passions and an obdurate will. To some it suggests the idea of darkness, solitude, desertion, and unrestrained indulgence in extravagant or gross instincts. To others is presented the picture of a well-ventilated room, without furniture, partially lighted, but removed from all sources of irritation and excitement, where self-examination and self-control are encouraged to resume their dominion. It may be dispensed with; but it may be applied wisely, humanely, and curatively. It is resorted to not solely to quench and quell insubordination, as is supposed, but from various motives, and for various objects. In this Establishment seclusion in padded or strong rooms has become very rare; while detention in a bed-room may be said to be frequent. This may be voluntary. A powerful maniac, who is carried to bed, remains there for weeks, and would remain longer, defying imaginary foes, or conferring imaginary titles upon imaginary friends. Patients require to be forced from their apartments. Seclusion may be punitive; inflicted for acts of immorality, or for violence or mere defiance of discipline, which come within the scope of the offender's sense of responsibility, where he knows the nature of the act and the consequence, and is able to resist the temptation to commit it. Seclusion may be protective, adopted where blind fury exposes the individual and all around to danger. Seclusion may be remedial, prescribed where the bodily condition requires rest, or where it may be necessary to repress pride, to curb anger, or to inspire that respect for order and tranquillity which is the basis of all sanity and serenity of mind. When any record of the employment of this agent is made, it is indispensable that such distinctions should be noted at once as a check upon its indiscriminate application, and as a ground for philosophic inquiry.

Convictions of Divine Power.

It may be asserted that the religious element in the present age assumes the aspect of a philosophy rather than of a worship; that the devout mind deals rather with a dogma than with the persons of

the heavenly hierarchy. This may influence the features of theomania, as presented in Asylums. There are fewer impersonations of Deity, of Apostles, of Saints, and less pretension to inspiration. Four individuals have been admitted who boast of signal manifestations of Divine favour, but who claim no Divine rights, powers, or privileges. One of these felt so satisfied of the special interposition of the Almighty, so assured of happiness and immortality, that he ceased to engage in work, or to support his family, but spent his life in joy and jubilee: a second is an accredited messenger and conqueror, who is to extirpate wickedness, subdue pride, and bring the lords of the creation in chains to her God; and who announces her mission in obscenities and blasphemies: a third is specially taught and enlightened, and, at the instigation of his teacher, cut off his nose as an act of obedience and humiliation: a fourth saw God face to face, heard the songs of the heavenly host while engaged in praise, obtained plenary enlightenment, and is constrained to obey the dictates of her conscience, rather than the laws of man. Of this class are many of the martyrs who have obtained a monument, of the impostors who have unsettled old faiths and introduced new. In all these individuals there have been suffering in support of their convictions, inflictions which strengthened their faith, and in one case proselytes who gave countenance, if not credence, to the delusion. It is worthy of remark that these individuals participated in the ordinary means of religious instruction, were submissive to the ordinary teachers, and belied their opinions at the very point where they were tested, and where their triumph should have been complete.

Convictions of Supernatural Agency.

It might be rash to inquire how far belief in direct communion with the unseen world is consistent with health. The most powerful, as well as the purest, minds have bowed before such faith, obeyed the revelations received, and recognised an authority in the monitor which dethroned the human will. Descartes was followed by an invisible being, prompting him to pursue truth. Pope saw an arm issue from a wall. It is in some degree universal. The doubts of the sceptic assume horrific forms, and inspire terror. The line of demarcation is established between credulity and insanity, not by the nature of the apparition, but by the strength or weakness of the understanding of the ghost seer. Men may see who do not believe, may believe who do not see, or may see and believe. Four cases of superstitious mania have been admitted. A shepherd sees characters

upon the walls of some mysterious import, which, although not interpreted, suggest fear and inability to engage in his occupation: a peasant is addressed by voices from the wall, and responds in vehement and angry defiance: the lungs and stomach of an intelligent tradesman have been closed and solidified by some unseen persecutor, and he lies, and has lain, for months in the agonies of death: an educated gentleman is incessantly receiving intimations from remote countries, from the Czar and other potentates, by agency which he knows to exist by its effects, and of events which have happened, or are to happen; and by the same instrumentality he utters prophetic words, speaks audibly in languages which he does not understand; is brought into contact with the most illustrious personages, who are reputed to be on thrones, or in senates, or upon battle-fields; and has spread out before him, like a panorama, some of the transactions which now occupy the hearts of all around.

Convictions of Divine Wrath.

Nine cases of religious melancholia have been under treatment. Seven of these were females; two males. In all, suicide had been attempted or meditated. In all, there existed the same conviction that sin had shut them out from salvation; that, so great was their turpitude, even Omnipotence must be powerless to redeem. They were pale, dejected, enfeebled. They were either incapable of exertion, or fatigued by any effort. There is often an indisposition to motion under extreme suffering. In none of these did there exist delusion, except as to the heinousness and unpardonable nature of their offences. The disease consisted in exquisite suffering, in submission to the pangs of conscience, in the desire for oblivion and annihilation, in the desire yet dread of death. The degrees of pain experienced in mental neuralgia, as melancholia was defined by one who knew its pangs, must vary according to the susceptibility of the individual. All these cases are convalescent; but melancholia is compatible with long life. The same cry, the same contortion, the same confession of guilt, may occur for years, and the frame present no trace of decay. One female has uttered the name of God incessantly for three years. In some individuals it is a delusion that misery is endured; in others there is an exaggeration of the anguish, in order to attain the rank of martyrdom, to secure sympathy, or to justify their conduct. But that the pain is formidable, and is attended by physical degeneration and fatal to the integrity of the mind, is demonstrated by the invariable supervention of dementia.

There is sometimes superadded to despair, or the fear of punishment, a belief that the sinner is regarded with enmity, and pursued by the special vengeance of the Author of love and mercy. Under such an impression the deep dejection and submissiveness of the melancholic disappear, and there is resistance and hostility to the decree, and a determination to evade its execution. An educated man cannot sustain his fate; his agony is greater than he deserves; exceeds his strength and his offence; and he interprets the disproportion into permission to commit suicide by strangulation or venesection. A domestic servant, whose religious feelings had been developed by continued excitement, is appalled by the conviction that her Saviour loathes and repudiates and oppresses her, delivers herself up to wild extravagance, and beats and bruises her head in order to extinguish so polluted and debased a spirit. Another recurs with exultation to her past life, her innocence, her industry; accuses Deity of cruelty in depriving her of these privileges, of injustice in condemning her to perpetual suffering and immortality on earth, which she daily puts to the test by suicidal attempts. Feelings and fears closely allied to these are excited by the apprehension of demoniacal persecution and pursuit. A thought, a sensation, assume form and gigantic proportions, hideous lineaments, and the spirit quails before its own creation. It is observed that this condition is more frequently connected with hallucinations of vision than of the other senses. Human tormentors magnetise, poison, suffocate: angelic natures speak and warn, but the myrmidons of Satan rise vividly before the eye. This depends either upon the habit of personifying such agencies during education, or upon the tendency to refer suffering to material objects and malignant influences. Popularly and correctly such apparitions are supposed to be chiefly witnessed by the intemperate. The only example of this form of alienation which has been admitted occurred in an individual consigned to jail for misdemeanours committed while intoxicated. There arose in the darkness of his cell a haggard but luminous spectre: as it approached he retired, and ultimately leapt through the window, and was found upon the pavement disabled, panic struck, and incoherent.

Convictions of Divine Vengeance.

Convictions of Demoniacal Vengeance.

Whole nations have been panic-struck. Centuries have been characterised by the dominion of fear and suspicion. The dread of the immediate end of the world, suspended commerce, cast the wealth of Europe into the hands of the Church, and broke up society.

Convictions of Conspiracy.

So general was the feeling, so sincere those who acted under its influence, that it would be rash to designate it disease. Insanity disappeared during the epoch, or was absorbed and lost sight of in the general perturbation. Suspicion is a natural expression of popular commotion; and from the persecution of the Templars, to the supposed poisoning of the wells in Paris during cholera, has led to extravagance and delusions such as are encountered among the insane. Fifteen patients have laboured under this morbid conviction. Four conceive that they have been despoiled of property; that various individuals have conspired to appropriate their means, and to reduce them to beggary and ignominy by placing them among the insane. In one of these the riches is as imaginary as the spoliation: in the others the amount varies from millions to three silver spoons. In two, this persecution induced suicidal attempts: in a third, the agitation assumed the aspect of opisthotonos. A woman, living in solitude, saw in every visitor an avaricious foe whom it was necessary to propitiate, and actually sacrificed considerable sums to purchase her safety. In three the apprehensions of plots and sinister proceedings are vague, but equally intense. They are conscious of misery, they dread oppression, they live as victims of inscrutable malice, which has neither form nor object. The Inspector of the Poor is in one case, what the Police are in many others. A medical man is surrounded by spies, assailed every moment by signals and intimations, is doomed to shame, and imprisonment, and death; but the retribution may be just to one accused of such crimes as his. A merchant is the victim of a family compact. He has been hood-winked, set aside, entrapped into drinking the blood of his intended wife, and then expelled from his home. A labourer has been banished from his native village by a body of Christians, whose church, he ventured to contend, was not built upon a rock. To a lady, clergymen addressed exhortations and denunciations, newspapers conveyed hints, books described a wide-spread agreement to vilify and destroy. Magnetism is employed against one individual, and by a band of scientific assassins, for no other reason than that he is a man of genius, a son of a celebrated professor, and wears long hair. A clergyman adopts peculiar views as to baptism, and, expecting a general rising against him as a heresiarch, arms himself with a revolver. Another, whose thoughts have become objective, and are heard by himself, is known, tracked, pointed, hooted at, derided, denounced, wherever

he goes, as a culprit and a monster ; perhaps, he sometimes conceives, for the purpose of effecting some great revolution in his nature.

Convictions of Persecutions.

There is a large number of the insane who, although they do not conceive themselves so distinguished as to be the objects of a plot, are deeply impressed with the conviction that they are subjected to oppression and persecution. These form the malcontents of Asylums. They have been treated unkindly and ungenerously by friends, parents, protectors ; they are now denied the kindness and indulgence granted to others ; they create and cling to a grievance, and attribute even their malady to the machinations or ignorance of those engaged in treating and tranquillising their sorrows. Seven patients have presented these pathognomic symptoms. In one, the injustice originated in a brother, who first irritated, then restrained, then secluded his victim ; then died ; and whose history was exposed in a diatribe of a week's duration : in a second, a sister was at fault, but her lack of affection was productive only of tears and sighs : in a third, a female was assaulted in church by an elder, whose gripe is still felt, and suggests bursts of vituperation and laughter. An imbecile, who long shared the bed of the ass he drove, and which he regarded as his only friend, accuses his mother of systematic cruelty. An aged female has no home, no friends, is useless, forgotten, abandoned : another complains of being sawn in pieces, converted into coffins, and denied snuff and tobacco : an impetuous maiden attributes her misfortunes and captivity to the inability of others to appreciate her character, to lack of sympathy and sense in her relatives.

Convictions of External Violence.

The belief that they have been exposed to external violence and aggression is often suggested by unhealthy conditions of the muscular sense. It is worthy of remark that such delusions are frequent among epileptics. Three of the eight cases now under consideration, are affected with convulsion. It is natural that the bruises which they receive, and the fatigue which they experience, and which are the results of their unconscious struggles, should be attributed to external causes and to enemies. But even where no violent contractions of the muscles can account for positive sensations, the extreme heat or cold, the formications, the spasms, the throbbing which so frequently follow or accompany extreme emotion, may suggest a similar explanation. Blows are often inflicted by the insane upon themselves, and attributed to those around, or, where double consciousness exists, to the second person in the duality. One of the patients

now adverted to affirms that he was way-laid, and beaten to the effusion of his blood, and the fracture of his ribs, and the same assault occurs after every series of fits: a second is engaged in a succession of conflicts: a third maltreated an individual whom he regarded as an antagonist, and then complained of maltreatment. Two shrink timidly from the touch of those who approach, or recoil and scream, as if injury had been inflicted. One wife repudiates her husband for drugging her tea, and casting vermin and loathsome objects upon her person; while another insinuates that the poker was used as an instrument of domestic discipline.

Imperfect Consciousness.

Where dementia or paralysis are impending, there is frequently experienced confusion of thought, a chaotic disturbance over which the individual possesses no control, but of which he is fully conscious. He can see the ruins of his own mind. Fear, a desire to escape from danger, or the place where the feelings arise; perplexity ensues, and the whole understanding is prostrated. This state may be momentary or permanent; it may be the precursor of greater mental changes, or constitute the aberration. Of seven cases under review, three belong to the first, four to the second class. The condition is often associated with the disposition to wander, and almost always with erroneous impressions as to place. An aged man, whose brain was poisoned by unexpired carbon, struggled under his fading perceptions of reality, strove to recall his consciousness, sought some assurance of his position from spot to spot, and craved a return to home and to himself. It was a flight from his own sensations. Another failed to determine what were the circumstances, who were the persons, which he indubitably observed, and passed from sleep into death in ignorance of how or why he was changed: a third, whose difficulties are increased by the substitution of a jargon for his original language, wanders to and fro, and speaks for hours, in search of an explanation of what and where he is. During this stage there is often observed as great inability to interpret the internal as the external impressions. It has been customary to draw a veil over the degradation of nature, which is so often a symptom of insanity. But it is right that the real difficulties of the management of large bodies of the insane should be disclosed; it is salutary that the involuntary debasement, the animalism, the horrors, which so many voluntary acts tend to, should be laid bare. No representation of blind frenzy, or of vindictive ferocity, so perfectly realises, so ap-

Degraded Habits of Insane.

parently justifies, the ancient theory of metempsychosis, or the belief in demoniacal possession, as the maniac grovelling in the earth glorying in obscenity and filth; devouring garbage or ordure, surpassing those brutalities which may to the savage be a heritage and a superstition, and which to the Pariahs, the criminal outcasts of civilisation, are a necessity of existence. These practices are not engrafted upon disease by vulgar customs, by vicious or neglected training, or by original elements of character. They are encountered in victims from the refined and polished portions of society, of the purest life, the most exquisite sensibility. Females of birth drink their urine. It is a frequent symptom of hysteric mania. They are not the offspring of ignorance, or of annihilation of the faculties, which give refinement and elevation to the imagination. Outlines of high artistic pretensions have been painted in excrement; poetry has been written in blood, or more revolting media. They are not the natural result of fatuity and forgetfulness. Ingenuity of the highest order is displayed; devices indicative of cunning, and dexterity, and design, are resorted to in order to gratify the crapulous appetite, and to baffle the obstacles and restrictions imposed; and which inspire that awe and respect so often suggested by the moral corruption of lofty natures. Patients are met with who refuse food, but devour every unclean matter which they can steal, or secrete, or seize by violence; who prefer to wallow in filth to every provision for comfort; who repeatedly, during one night, will baffle the attention and arrangements of their nurses; retain soiled articles beside them as enviable portions of their wardrobe, or trophies of success; who daub and drench the walls as hideously as their disturbed fancy suggests; who wash or plaster their bodies, fill every crevice in the room, their ears, noses, hair, with ordure; who conceal these precious pigments in their mattresses, gloves, shoes, and who will wage battle to defend and preserve their property. These habits are not necessarily connected with physical disease or with the decline of strength, but as frequently co-exist with vigour and activity, they continue for years, reappear at intervals, and may cease while the alienation continues. For such forms of aberration there must be provided a specific economy, preventive, or remedial. To rely upon the efficacy of a drug, efficacious though certain drugs are proved to be, or upon the majesty of moral treatment, would be vain. Beds of a peculiar form, and furniture of a peculiar fabric; utensils

so constructed as to retain their contents, have all been useful. The inculcation and observance of the most scrupulous cleanliness, the frequent visits of night guardians, are even more successful; but it is believed that the use of exercise and occupation during the day, of associated dormitories, where there is incessant supervision, in place of solitary rooms, will be found more efficacious than any other expedient; as, under such circumstances, light detects, authority interferes, example suggests, and the self-control which is developed by the presence of others contributes to check or eradicate individual propensities, and to introduce new habits or obedience to customs and rules which may neither be acknowledged nor relished. There are in the Crichton Institution forty patients of dirty habits, of whom fourteen wet, and the remainder wet and soil the bed. A portion do so occasionally; a large majority do so constantly. It was recently observed by one of the medical officers that erotic and obscene expressions are often used by theomaniacs, may be employed in addresses to the Deity, and constitute during periods of excitement a large portion of the conversation of devotees. It does not follow that the most ostentatious use of such expressions is indicative of hideous and hidden practices, as the fæcophagist may be a prude in manner, and a puritan in speech. Such manifestations are significant of different aspects of disease, and are attributable to various motives. The earth-eater declares it palatable or medicinal, or as allaying the cravings of hunger; the cannibal claims his pound of flesh as sacrificial, or retributive, or penal: the great majority of patients addicted to such practices deny all cognisance of the acts of which they are accused, refer them to others, to conspiracies, to supernatural agencies. A sailor affirmed that the tide rose into his chamber and floated his bed; a man of high rank saw molten gold and liquid rubies flowing around; and a pauper found ingots of gold in her bed. It must not be inferred that all that is God-like is obliterated; that all is dark, dismal, selfish, and degraded. Suffering purifies, and noble natures are denuded of the conventional coverings, of the hard impenetrable crust induced by position, or shame, or custom. Like men who see the stars at noonday from the darkness of a deep pit, the insane sometimes see and apprehend certain and remote truths with a seer-like distinctness. Friendships, which endure for life, have been formed within an Asylum; and as the mind is fresher after sleep, attachments contracted when it awakes from the semi-

consciousness of disease present a disinterestedness and elevation which do not characterise those of the world. Patients who have effected their escape, have returned from home-sickness. Two during the past year have obstinately refused to leave the House, and resisted the urgent demands and force employed to set them free. A patient, bold, irritable, impetuous in youth, has, under the influence of general paralysis, become gentle, courteous, and affectionate. The commonplace citizen, fired with patriotism and poetry, displays a fervour and genius which his family can neither understand nor credit. A man, realising Pascal's theory of the duality of the human soul, pauses amid execrations and gesticulations,—resorted to as exorcisms of his Satanic nature,—to apologise, propitiate, and lay bare the nobleness of his purpose and the gentleness of his love, or to continue, parenthetically, profound discussions upon parthenogenesis.

The transitory state of suspended consciousness was illustrated in a young female, who seemed to have lost a portion of time and of existence, and was utterly unable to conceive the nature of her new condition; in a girl who wandered, wondered, and now sits mute, astonished, distracted; in a lady who, subject to palpitation and partial syncope, spends hours in anxiety and alarm as to her state, and in recovering self-possession; and in a girl, subject to slight convulsive attacks, who, for a certain time subsequent to the cessation of each, was unable to recal consciousness, or realise where or what she was. Insanity was long regarded as a disease of mature life, and more as the punishment and consequence of crimes and indiscretions than as the symptoms of disordered organisation. The innocence of childhood was held to be too sacred, too perfect, to be capable of decay or disease. It is still supposed to be rarely met with in extreme youth. The earliest period at which alienation has appeared is still undetermined. The privation of intellect is known to be congenital, and the vacant stare, the absence of instinctive affection, disclose the truth; but that delusion or derangement should grow with growth, and be contemporaneous with the very development of the powers, was for ages a problem willingly left undetermined. It is highly probable that the passion, peevishness, obduracy, mischievous propensities of infants and children, which are attributed to perversity of disposition, are allied to derangement, and that perversity of disposition is itself a disease. The falsehoods, the disingenuousness, the thefts, which even St. Augustine is said to have perpetrated, the murders by children, may owe their

Infantile Insanity.

origin to the same cause. Such morbid tendencies may be cured during and by education, or they may be overlaid and concealed by the evolution of intelligence, by the acquisitions and the habits imparted. But these early aberrations may likewise be the germ of conditions which constitute the frame-work of the mind, and assume the awful importance of disease only when the test of adversity or age is applied; and the demon of Socrates and the hallucinations of healthy minds, as well as positive disease, may thus be traced to any impression received in the cradle. There would thus require to be a histology of the elements of mind. Great intellects have acknowledged or described as effects of imagination what can only be recognised as delusions. Jugforce had to Hartley Coleridge a reality, which gave this ideal region, and community, and code of laws, a prominence and power which subjugated his whole reason, and converted a portion of his life into a vision, and may have affected the whole of his subsequent career. A gentleman, recently discharged, was, when four years old, compelled to sleep alone in a garret. He there saw upon one occasion a scroll of the name and nature of which he was then ignorant, although he has since ascertained it to have resembled those used in remote antiquity. It was covered with written characters which he could not read, and which he did not know to be significant of thought or speech. It was broad, had ribbons attached, and was suspended without visible agency. He was alarmed, and screamed so loudly as to alarm a relative. On her arrival, actuated by shame, he declared that there was nothing the matter. This impression may be coloured by subsequent experience, for the narrator has seen myriads of visions, and has been insane, and it is only certain that at an early age he saw what did not exist, and what he could not know to exist. Such were the gorgeous processions presented to the wondering fancy of Jerome Cardan. What castle-building is to puberty, reverie and the belief in the personality of mental impressions is to children. Two members of the same family have been under observation, who at four and six years believed in, looked anxiously and waited for the arrival of companions whom they had never seen, and who did not exist. The crusade of the children, where a thousand, from ten to fourteen years, left their homes, either actuated by a blind impulse, or by epidemic madness, who saw visions and prodigies, and who perished under the guidance of extravagant delusions, and with unshaken faith, is the most striking illus-

tration of this condition. This ebullition of precocious credulity may have been suggested by the human tide which for ages rolled towards Palestine. The guillotine became a toy during the French Revolution, and had for victims cock sparrows and guinea pigs. But these are imitative diseases, and they chiefly prevail during youth. A more frequent form of infantile alienation is temporary loss of consciousness, with delusion. Three cases have recently occurred, in which the conception of one is, that there is vast amplification of the furniture around; and of two, both being members of the same family, that there is an enormous enlargement or distension of their own bodies—a delusion which led Saussure to remove the partitions in his house. The youth of many of the patients for whose admission application has been made, the inquiries of parents and guardians who do not recognise in the peculiarities of their charges indications of derangement, and the history of many of the patients under treatment, which shows traces of mental disorder at remote periods, even in childhood, appear to justify these observations, to identify such premonitions, such trivial deviations from health as the remote causes of the most grave forms of insanity, to suggest the frequency of such affections, and to point to early training not merely as laying the foundation of character, but as building up barriers against the advance of disease.

Convictions of Beatitude.

Wherever there is fatuity, an immunity from active suffering is enjoyed. As the powers of enjoyment are withdrawn, the capacity to suffer is diminished. This may be arrived at by mere privation, by a change in disposition, by the quiet, torpidity, or apathy which characterise the whole mind, by the child-like simplicity which often succeeds acute mania, by the adaptation of the habits to surrounding circumstances so often observed in chronic fatuity. But even where no enfeeblement of intelligence can be detected, and as a specific modification of insanity, this sense of enjoyment and self-satisfaction may be met with. It is not necessary that there should be obvious sources of gratification; there may be reasons for disquietude and distress; the individual has within his heart inexhaustible springs of contentment and happiness. The causes assigned may be various, or there may be none. The heart may leap for joy because a victory has been obtained over a foe, or a problem, or a propensity, or because it knows and cannot feel sorrow. There may be delusions of present prosperity or eternal bliss, the want of appreciation of existing relations, an in-

tolerance of grief or anxiety, and the ability to cast off such burdens. A lady, who is a worshipper of wool-work, never interrupts her industry, even to estimate her happiness, is separated from home, friends, ordinary pursuits, is perfectly contented; a youth, whose great object in life is to collect funeral letters, glories over the acquisition of a scrap of black-bordered paper as if it represented bullion; another youth leaps, sings ballads of the olden time, and shouts in mock majesty from innate and indescribable exultation; a clerk shrieks La Traviata, and dances in the exuberance of his joyous excitement, and listens with delight to his supposed harmony; a lady, although bearing within her the viscera of a deceased husband, is so fully conscious of her present dignity as Countess of Carlisle, as to reject all other sources of pleasure, even intercourse with those around; and a scholar raises his eye from Tacitus or Horace to smile benignantly, and say that parsimony in snuff is his only ground of disquietude.

Moral Treatment. Amusements.

There have been 179 amusements or festivities provided for patients. It is difficult in this enumeration to separate what is occupation from what is entertainment, as they generally exchange functions, the Lecture-room becoming a scene of enjoyment, and the drama being a vehicle of instruction. The list contains meetings within the Institution, and visits to the places of recreation in Dumfries and surrounding country. It does not, however, include classes, reunions for reading, games, or what might be more legitimately included matches and competitions at bowls, where nearly the whole popution was assembled to share in the interest of the struggle for the champion medal, the Patient's Bowls, the triumph of the respective Houses. It is confined to Lectures, 26; Dramatic Representations, 20; Concerts, 34; Festivities, Balls, 24; and Excursions, 63. The most marked departure from the routine of former years was in the latter class, but was a mere accident of the weather. Formerly an attempt to assemble groups for tea, and mirth, and music on the slopes were signal failures. Five successful meetings took place during the late season, where large numbers assembled, where music and dance were prolonged into the twilight, and suggested to the participators thoughts of brighter skies and more genial summers. There is no reason to doubt the remedial efficacy of such agents in rendering asylums better administered hospitals, happier homes. The tendency of the age is toward infidelity in the omnipotence of medi-

cine, and this may have directed an undue attention to moral means in the treatment of alienation, and other causes may have led to an ostentatious display of what may, legitimately, be designated triumphs over its most repulsive concomitants, if not over itself; but where such provisions are contemporaneous with physical treatment, where they form a part only of the system pursued, and where they are converted into the means by which such treatment is rendered practicable, acceptable, or less repulsive, they merit the encomiums which have been bestowed upon them.

Classes.

Under the impression that on emerging from insanity the mind grows again, is redeveloped, acquires new powers, or requires the reinvigoration of those formerly possessed, education has been more systematically pursued than during any former year. Weekly tuition in Mathematics, Drawing, German, French, and Latin were attempted, and although some of the classes failed to interest, and were not numerously attended, the experiment succeeded so far as to encourage its continuance, to suggest an extension of the arrangements, and create a new tone and new topics in a portion of the community. The class for French at one time contained 12 members. Greater interest was associated with the measure, as two of the classes were conducted by patients, as officers attended the prelections, and as impaired intelligence was in this way made instrumental in imparting knowledge, and health, and power. These meetings were not confined to convalescents, and the singular spectacle was presented of a voluntary convulsionary suspending his grimaces and gyrations, in order to receive instructions in Latin. Every evening had its appropriate occupation, and it may be well to introduce here the programme of these proceedings :—

Monday—Tuition in Latin from 8 to 9 P.M. ; Reading-Room Open. Classes for Music, Southern Counties' Asylum.

Tuesday—Tuition in Mathematics from 7 to 8 P.M. ; Musical Practice, Crichton Institution ; Attendance Lectures, Mechanics' Institution.

Wednesday—Tuition in German from 8 to 9 P.M. ; Reading-Room Open.

Thursday—Tuition in Drawing from 8 to 9 P.M. ; Meeting for Bazaar Work.

Friday—Tuition in Mathematics from 7 to 8 P.M. ; Lecture, Theatrical Entertainment, Concert, &c., in Theatre, Crichton Institution and Southern Counties' Asylum ; Reading-Room Open.

Saturday—Tuition in French from 8 to 9 P.M. ; Practice Sacred Music, Crichton Institution.

It will be observed that these studies are elementary. This was done advisedly and designedly. The object in view was to stimulate

intellectual activity, to afford materials for thought. They were likewise objective, that the mind might be withdrawn from introspection, cast out upon signs, and forms, and colours, that the impressions might arrest attention without exciting emotion, and create a continuity of interest and enquiry. The same principle regulated as far as possible the lectures, of which there were thirteen delivered to more general and promiscuous audiences; but where such addresses are delivered by generous volunteers, where they have been prepared for another class of minds, and where they are literary or discursive, such rules cannot be rigidly carried out. It is worthy of consideration whether a class of lecturers might not be called into operation, or a series of lectures composed for the express purpose of acting upon the unhealthy or excited mind. Chaplains are supposed to adapt their discourses to the capacity and condition of their hearers; and a mighty instrument of good, or, at least, a fertile source of enjoyment might be created, were educated men,—acquainted with the wants and wishes of the insane, interested as they often are in causes of less lofty aim,—to continue and consummate the designs of the Physician, while acting as teachers. But this detail does not convey an idea of the amount of mental labour which distinguishes the community: these efforts are, in fact, often a provision to lessen the profitless straining after great results, that intense activity which are symptoms of disease. An artist, on the principle that Art is long, but life is short, multiplies his productions in endless profusion, which he affirms to be pre-Raphaelitic, and which demonstrate at once the genius and grotesqueness of his conceptions. A man of science is busied in devising life-boats, and processes for boring cannon. A scholar translates Anacreon, and produces beautiful sketches of the ancient masters, with the same pen; another reads Latin authors with a rapidity and avidity greater than what the librarian sanctions. A diplomatist showers essays and protocols upon the overtasked printer of the *New Moon;* while in every gallery there are artists, authors, actors, musicians. One group contains a painter in crayons; a drawer of landscapes, who divides his time between his piano and his pencil; a student of Hebrew and Greek, who boasts of the acquisition of Welsh; an Arabic scholar; a self-taught mechanician; a mathematician, who outstripped all accessible instructors; two enthusiastic performers on the stage; an emperor; and an idler.

Lectures.

Spontaneous Studies.

There have been ten dramatic representations; although during

Theatre.

four months there has been no Theatre. The regret which attended the demolition of the former place of meeting, the allusions to the pleasing scenes witnessed there, and the desire for its re-construction, afford testimony to the prominent place which such amusements occupy in the affections of the inmates: while the cordial mirth, the abandonment to the passing scene, the applause, the criticism, vindicate the choice of this means of dissipating gloom, and of suggesting new and agreeable emotions. The opening of the new Theatre is to signalise this day the close of the Asylum year. Concerts have been much more numerous. They have been contributions of professional artists or of inmates; and no better illustration of the combination of talents and accomplishments required in conducting the moral management of the insane can be found than where patients, strangers, officers, and members of the families of officers are associated together in producing recreation for the benefit of those less gifted. Concerts.

The musical classes of the Southern Counties' Asylum, of which there have been fifty-three meetings, have been conducted by one of the latter class of assistants; one whose gentle and cheerful ministrations were so interwoven with these holiday hours of relaxation that they were regarded as a right, and prized as a source of happiness. Her presence and tuition will be remembered long after her accustomed place is vacant and her cheerful voice and song are silent, as they have formed a small contribution to that vast amount of charity and good-will which, gratefully received and freely granted, is required to convert the burden of mental disease into a chain which may be gilded and even regarded with indifference, into a cross which can be borne. Music Classes Southern Counties' Asylum.

Nor is positive labour neglected. From fifty to sixty men are constantly employed in the grounds: and of these one-fifth are boarders. Embankments, excavations, roads may be pointed out as the results of their efforts; and it is proposed that the extensive changes consequent upon the erection of additions shall be intrusted to them. The garden and grounds are their creation, and are maintained by them; but neither these operations, nor the groups engaged in them, include the individuals occupied as tailors, shoemakers, mowers, hostlers, messengers, and general domestics. The vegetables are raised by their aid; the shoes, and a large portion of the clothes of the paupers, are made by them. The painting of the Southern Counties' Asylum is due to them exclusively, and they have aided largely in plain work of the same description in the Crichton In- Labour.

stitution. The only limitations to the occupation of the insane is imperfect classification, and insufficient attendance. Infirmity, imbecility, paroxysms of acute mania, or certain forms of chronic alienation, may incapacitate; but all patients might be employed, were it prudent to use as a universal remedy what is obviously adapted for certain cases only.

Scientific Excursions.

But there is a difficulty in providing mental occupation for the educated insane, in addressing each cultivated faculty, in stimulating each satiated taste, so as to command attention; in recommending subjects which, if presented as medicine, might prove as nauseous as the drugs of which they may be the substitute. The curable and convalescent remain but a short time under such influences, and are attracted by the novelty, as well as gratified by the intrinsic importance of intellectual training. But there is a large stationary population in every Asylum. There is estimated to be about sixty curable cases only in this Establishment, who suffer from the monotony, the ennui, the lassitude and discontent consequent upon protracted confinement, who have exhausted the ordinary means of occupation, and to whom classes and concerts become insipid and uninteresting, and yet of whose happiness such agents are important elements. Every effort has been made to vary and multiply these arrangements. Excursions, of which there have been sixty-three, through the fairest scenes, pall upon the sickly more readily than upon the healthy fancy; and to visit annually the same spots with the same companions, and under similar circumstances, is more a test to patience than a remedy for weariness. An attempt has been made to impart new features to such expeditions. To the gentle excitement of the journey, the impressions of rural life, the unfettered exploration of groves and glades, baronial halls, Druidical monuments, there have been added lectures upon Natural History. Botany and Entomology have been selected as the most appropriate sciences for investigation, and the wild flowers gathered or trodden upon, and "the winged flowers or flying gems" that rested on them, became themes of instruction and illustration. That the groups thus addressed participated in the experiment, that new and lofty views of common objects were imparted, that former acquisitions were revived, and abundant materials for future thought and speculation were supplied, may be affirmed, if a higher and more important influence be not claimed. The veteran beetle-hunter, who

had forgot his lore amid the cares and sorrows of life, might be seen eager and earnest, forgetting impending ruin and misery, in the pursuit of his prey; and the misanthrope wove garlands, and lived for a time in harmony with nature, as if childhood, and hope, and faith had returned. Such trivial arrangements bear fruit, and demonstrate that all impressions may be brought to act upon the diseased mind. One companion of these rambles has, months subsequently, and now in the possession of comparative sanity, ordered a microscope for the examination of minute objects of natural history; and another, tossed by demonomania, who had listened to the lectures as retailed by others, counted and examined thirteen distinct species of insects upon the window pane through which he defies his diabolical tormentors. It is believed that all who shared in such re-unions desire a continuance and extension of the practice.

Residence in Country.

Parties have resided at the seaside during the summer and autumn, received visits from their companions, and formed central points for excursions, bathing parties, and scientific expeditions. But the numbers were limited; the individuals belonged, and must continue to belong, to the affluent classes, except where indisposition demands such a change, and some special arrangement, as has happened, enables the Superintendent to prescribe change of scene as a remedy. This principle has been extended. It is not merely permissible to speak of summer colonies, but of a permanent offshoot which is connected with, but is not a part of, the parent community. An ample mansion, in a well-wooded park, emulating the aspect and luxuries of a gentleman's residence, is not merely a home for convalescents, it is the portal which, to the affluent classes at least, may lead to the world of health and activity, it is a connecting link between perfect liberty and complete seclusion; it may become a scene of probation for those who have, under discipline, proved themselves capable of self-control; and where those whose temper and tendencies, and habits are incompatible with the harmony and happiness of friends, or families, or communities, may find rest or exercise, as may be prescribed, and where the capacity of the one class for greater privileges, and the justifiableness of greater restraint and stringency in the other, may be tested under the most favourable circumstances. Already have the utility and benevolence of such an expedient been demonstrated. Already is this hospitable home a resort of many of the inmates, where they approach the confines of the society from which they have been excluded, with-

out passing beyond the influence of the discipline which is to them in place of will, and self-control, and responsibility, and where for a time they lose the consciousness of that isolation, which mental disease creates, amid scenes and pursuits, and associated with minds which have all the novelty and freshness of health and freedom.

Worship. Public worship still forms an important branch of moral treatment. It is one in which there is all but a universal desire to participate. Patients may be excluded by their habits or condition, but they rarely exclude themselves. Scoffers attend, priests of a new faith bring the fire without the sacrifice, and deities bend down and worship at their own shrine. The belief of the majority that they are in the presence of the Living God, inspires an awe and repose which discipline at other times may fail to do. The declaration of a higher state of being emanating from an authority which few are disposed to dispute; the pictures of brighter lands, of calm, and consolation, and hope, carry to the wounded and way-worn spirit that communion with the good and the true, that absorption of self in universal love which it is the object of the physician to accomplish. The music, which has been cultivated and encouraged, and is furnished chiefly from the resources of the Institution, elevates the sentiment of piety and adoration, while it leaves the intellect unexcited and unburdened; the simple service recalls early impressions; the suspension of strife, and more, the cessation of human authority, the common faith, constitute the Church in an Asylum what it was intended to be in the world, a home, a rest, a union, a refuge.

The staff has sustained severe loss in the death of the Rev. H. Small. He was known here not merely as a priest of a certain body of inmates, but as the cheerful, cordial friend of all, as a co-operator in schemes to relieve, and as one who understood thoroughly the way to win hearts. His flock will not, cannot believe that he has paid, or that such a man could pay, the penalty of death.

Changes in Staff. Dr Clement, Medical Officer in the Southern Counties' Asylum, conceiving that his health suffered from confinement, the constant strain upon attention, and the nature of the duties inseparable from his position, has retired into private practice, and been succeeded by Dr Stewart. It is fully understood that this gentleman has specially devoted himself to the department of medicine he has now embraced, and that he proposes to spend the ensuing two years in extending his experience and in developing the system now in operation, or what-

ever modifications may be expedient, and in identifying himself with the interests and happiness of those over whom he watches. His education has been liberal, the recommendations of his teachers are strong and precise, and his gentle, modest, and cheerful disposition is already felt in the discharge of his duties. It may be considered whether the time has not arrived for conferring a larger emolument upon highly educated men who yield up so large a portion of their life in circumstances so uncongenial to youth, and in doing what, if well done, is beyond price. It is true that applicants for such situations are numerous, and that they could be procured without remuneration. But the object in view is not merely to teach and to train; but, while doing so, to employ the results of previous education at points and in modes to which the exertions of the Superintendent cannot reach, and to secure efficiency in the subordinates as well as in the chief.

Foundress.

There is in the present movement towards a national provision for the insane a tacit acknowledgment of the wisdom and philanthropy which dictated the foundation of this Institution. The confidence long reposed in the arrangements and system adopted, imperfect though these may be, the amount of benefit conferred, both in the restoration of useful members to society, and in solacing the destiny of those who can no longer live nor labour with their fellowmen; and the growing difficulty to meet the applications from the affluent and educated classes, must afford strong evidence of the results and wide appreciation of the benevolent views of the Foundress. But the mere foundation of such an Establishment is a small part of that benevolence. Neither the public, nor the classes most deeply interested in and benefited by the enterprise, can know more than that for twenty years the mind in which the design originated has witnessed its rise, and progress, and maturity. They cannot know how much that spirit has lived with us and for us; how deeply cherished our interests have been; how each difficulty elicited action and aid; how each success became a personal gratification; how every event secured earnest sympathy; how there was weeping with those that wept, and rejoicing with those that rejoiced; or how powerfully and liberally support and succour were extended to those who immediately ministered to these objects, and who now record their gratitude and respect.

Directors.

If there has been failure in these exertions, it has not rested with the governing body. The Directors of the Crichton Institution do

not limit their superintendence to mere monetary and economic details; without interfering with the views or duties of officials, without shewing that they ruled, they have exercised a most benign and salutary influence over the general working of the body; holding before them the great interests of society, but regarding the interests of those confided to the Institution as paramount to all other considerations. It is perhaps to be regretted that the body is fluctuating, that its most active and useful members often go out of office precisely when they have become familiar with the affairs of the community, and most capable to afford counsel; but there have ever been found individuals who, to large views of the objects and extension of the charity, have added generous sympathy for the evils that it cannot relieve, co-operation in the schemes for bringing the consolations and enjoyments of the world within the reach of the captive and the mourner, and cordial countenance to those who are entrusted with the development of these arrangements. The museum was created almost in a day, by the liberality of one; the library has been enriched and enlarged by the contributions of many; the amusements have been patronised and visited by others; and every legitimate proposal of the Superintendent has been met with fair consideration and support: while he has been treated so much more like a trusted and tried friend than an official, that it imparted to the discharge of his duties the character of gratitude towards his superiors, as well as that of a labour of love towards the inmates, and renders the resignation of that trust more a personal sacrifice than a public act.

Existing Staff.

Participation in a common danger is believed to originate friendship; participation in acts of charity, in attempts, whether successful or not, to introduce order, and peace, and love, where there was confusion; to give sight to the morally blind; to heal the wounded spirit; to pour hope into the heart of despair; and to do all this in defiance of obstacles, exposed to misconstruction, and with the imperfect knowledge and imperfect instruments accessible—is well calculated to create a higher and holier bond of union. The strength and usefulness of the agents engaged in such efforts consist more in their harmony, disinterestedness, and self-devotion, than in the diversity of their gifts, or the range of their experience. Much that has been accomplished here may fairly be attributed to the mutual confidence and understanding that has so long obtained among the various members of the staff; to the influence of one object, one

principle, and that object, humanity, over various dispositions, capacities, and motives; and to the fusion, and single-mindedness, and earnestness which result from an enthusiastic interest in the object to be attained. Much concord and happiness have flowed from the same causes. The one thought, and one hope, have united and harmonised conflicting elements of character; and the consciousness of the faithful performance of arduous duties has inspired respect for fellow-labourers, and, it is believed, regret that the fellowship can exist no longer. Those who remain under the shelter of the structure which they have contributed to rear, are entitled to enjoy the award of untiring industry, rigid integrity, large experience, and of a self-devotion which few can understand who have not been separated for years from their fellow-men; and he who goes forth will carry with him a deep sense of regard and co-operation and forbearance, and a full appreciation of what is effected by those who toil in silence and in secret amid the diseases and degradation of the human mind.

Dr Gilchrist.

The appointment of Dr Gilchrist implies a change in the man rather than in the system. Unfettered by its details, with perfect independence of action, with matured experience, he will, doubtless, modify and extend,—and much is still required in modification and extension;—but the principles upon which the community has been conducted are founded in eternal truth, and justice, and Christian philosophy. He will come as a former friend, familiar with the history and dispositions and peculiarities of many of those who will regard him as the arbiter of their fate, accustomed to the movements of the body he is to govern, and animated by the same enthusiasm and discretion which distinguished him when formerly an officer, and endeared him to those whose affection and confidence it is most difficult to gain. It was not only seemly that a pupil of this school, which may boast of being, upon a small scale, the first Institution which was opened for study and observation in this country, should become its head; but it was wise that, should it be considered prudent to perpetuate what has been accomplished, the task should be confided to one conversant with the history of the work, who had aided in its progress, and whose prepossessions and predilections must be in favour of its continuance and development. He brings to the discharge of his duties—so onerous as to require more than human aid—a highly cultivated mind, varied acquirements, inflexible probity and faithful-

ness, an ardent attachment to the department of medicine in which he is engaged, and, that highest qualification, a love and sympathy for those who are to be the objects of his personal as well as of his professional solicitude, whose destinies, whose immortal souls, may be said to be in his keeping—

> For you must love him, ere to you
> He will seem worthy of your love.

Patients.

An Asylum is only in one sense an hospital. They both receive and relieve the suffering. But in an hospital the patients enter, depart, die. In an Asylum the inmates, or about one-half of them, remain for life. The duties of the medical officers of these Institutions differ widely: in an hospital the disease is viewed almost apart from the patient; in an Asylum the Physician becomes the friend, and companion, and instructor of those for whom he prescribes. He sees them every day for years; he mingles in their amusements, joins them in worship, lives with them; and, if he comprehends the scope of his influence, the triumph of his art, he loves them. In many cases this affection and interest are returned; and even where they are not, there is dependence upon his skill, respect for his authority, subjection to his will. But they occupy more intimate relations. The physician's room is a confessional. The confidence reposed is as sincere as if it were from penitent to priest. To him are disclosed the history of each life, the follies, errors, calumnies, which have cast down, the misfortunes which have ruined, the virtuous aspirations which have been misconstrued and defeated; exaggerations of crime, depreciations of worth, ambitious projects for which the originator claims the merit of patriotism or philanthrophy: all that dignifies or degrades human nature. To him are attributed the power of life, and liberty, and hope; in him actually reside the sources of comfort, contentment, and restoration. Even where men have been in antagonism for years, there grows up a relation between them. It has been said of one so placed, that he preferred the society and valued the interests of the insane more than those of healthy and happy men. The explanation was, that he knew them better, had analysed their nature, found in it elements of excellence and beauty, and points at which intercourse could be established; that he learned to mould and adapt these materials into form and usefulness, and occupied the position of a parent and a guide. Where such ties have long existed,

where there have been boundless trust upon the one side, and sincere pity upon the other, it would be unnatural were the connexion broken without deep and lasting regret, without an earnest desire that the separation should neither be final nor total, and that there may be granted by the God of light and reason greater capacity for amelioration, more gifted instruments to carry out the designs of Providence.

W. A. F. BROWNE.

EXTRACT FROM MINUTES OF ANNUAL MEETING, 24TH NOVEMBER, 1857 :—

"The Medical Superintendent, Dr Browne, produced and read his Report for last year, which was highly approved of, and directed to be printed and circulated, and for which he received the cordial thanks of the Meeting."

(Signed) W. GRIERSON, *Chairman.*

TABLES.

I.—AGE OF PATIENTS.

	Ma'es.	Females.	Total.
Between 10 and 20, ...	1	1	2
... 20 and 30, ...	8	6	14
... 30 and 40, ...	8	9	17
... 40 and 50, ...	7	11	18
... 50 and 60, ...	7	13	20
... 60 and 70, ...	3	2	5
... 70 and 80, ...	1		1

II.—SEX OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males, ...	35	9	12	13
Females, ...	42	6	28	11

III.—CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married, ...	12	7	19
Unmarried, ...	23	25	48
Widowed, ...		10	10

IV.—EMPLOYMENT OF PATIENTS.

Professions.	Males.	Females.	Total.
Artist, ...	1		1
Barber, ...	1		1
Beggars, ...	1	2	3
Blacksmith, ...	1		1
Carrier, Wife of, ...		1	1
Chemist, ...	1		1
Clergymen, ...	3		3
Clerk, ...	1		1
Coachman, ...	1		1
Cooper, ...	1		1
Gentlewomen, ...		4	4
Grocer, ...	1		1
Hawker, ...		1	1
Housekeeper, ...		1	1
Farmers, ...	2		2
... Daughters of, ...		2	2
... Sister of, ...		1	1
... Wife of, ...		1	1
Innkeeper, ...	1		1
Labourers, ...	4		4
... Son of, ...	1		1
Laundress, ...		1	1
Lawyer, ...	1		1
Lodging-house keeper, ...		1	1
Manufacturer, ...	1		1
Merchants, ...	4		4
Proprietors, ...	2		2
Servants, Domestic, ...		10	10
... Farm, ...	2	2	4
... ... Wife of, ...		1	1
Sempstresses, ...		3	3
Shepherd, ...	1		1
Surgeon, ...	1		1
Tailor, ...	1		1
Teacher, ...	1		1
... Wife of, ...		1	1
Tradesmen, Wives of, ...		3	3
Washerwoman, ...		1	1
Wife of Captain of Sailing Vessel, ...		1	1

V.—FORMS OF DISEASE OF PATIENTS.

Affections of Intellectual Powers.	Males.	Females.	Total.
Idiocy, ...	2		2
Imbecility, ...		2	2
Fatuity, ...	3	7	10
Mania, with Delusions, ...	2	2	4
Mania, ...	8	9	17
Affections of Sentiments.			
Melancholia, ...	4	11	15
Monomania of Fear, ...	1	2	3
... Pride, ...	4	2	6
... Superstition, ...		2	2
... Suspicion, ...	8	4	12
... Vanity, ...			
Affections of Propensities.			
Dipsomania	2		2
Erotomania, ...		1	1

VI.—CAUSES OF DISEASE.

	Males.	Females.	Total.
Anxiety, ...		2	2
Broncho-pneumonia, ...	1		1
Cerebral Congestion, ...	1		1
Congenital Malformation, ...	3	1	4
Depletion, ...	1		1
Disappointment, ...		1	1
Dissoluteness, ...	1	2	3
Disease of Liver, ...		1	1
... Uterus, ...		1	1
Dyspepsia, ...		3	3
Epilepsy, ...	2	2	4
Erotic Feelings, ...		2	2
Excessive Study, ...	2		2
Excitement, Religious, ...		2	2
Fear, ...		1	1
Family Annoyances, ...	1	3	4
Fever, Gastric, ...	1		1
... Rheumatic, ...	1		1
Hæmatemesis, ...		1	1
Hysteria, ...		3	3
Intemperance, ...	4	1	5
Irritability of Temper, ...		1	1
Jealousy, ...	1		1
Misfortune, ...	1		1
Masturbation, ...	3		3
Paralysis, General, ...	1		1
Poverty, ...		1	1
Phrenitis, ...	1		1
Remorse, ...		1	1
Scarlatina, ...	1		1
Sedentary Habits, ...	1		1
Solitude, ...		1	1
Struma, ...		2	2
Tuberculosis, ...	1		1
Vanity, ...	1		1
Unknown, ...	6	10	16

VII.—INFLUENCE OF HEREDITARY TENDENCY.

	Males.	Females.	Total.
Hereditary tendency to Insanity, ...	8	14	22
Hereditary tendency to Nervous Disease,	7	10	17
Hereditary tendency to Scrofula, ...	1		1
Hereditary tendency to Phthisis, ...	1		1
No Hereditary tendency traced in, ...	16	19	35

VIII.—DURATION OF DISEASE.

Duration.	Males.	Females.	Total.
Less than 1 year, ...	23	23	46
More than 1 year, ...	2	6	8
... 2 years, ...	5	6	11
... 3	1	3	4
... 4	2	2	4
... 10		1	1
... 20	2	1	3
... 30	1		1

IX.—NUMBER OF ATTACKS.

	I.	II.	III.	IV. or more.
Males, ...	16	12	11	3
Females, ...	26	8	5	4

X.—SUICIDAL TENDENCY.

	Males.	Females.	Total.
Have attempted Suicide, ...	3	10	13
Have meditated Suicide, ...	6	6	12
Intentions not manifested, or unknown,	26	23	49

XI.—AMOUNT OF EDUCATION.

	Males.	Females.	Total.
Highly Educated, ...	8		8
Well Educated, ...	10	8	18
Can Read and Write, ...	7	27	34
Cannot Read nor Write, ...	4	3	7
Unknown, ...	4	5	9

XII.—CAUSES OF DEATH.

	Males.	Females.	Total.
Alcoholismus Chronicus, ...	1		1
Apoplexy, ...	1		1
Ascites and Hydrothorax, ...	1		1
Bronchitis, ...	1		1
Broncho-pneumonia, ...	1		1
Cynanche Anginosa, ...		1	1
Disease of Bones of Skull, ..		1	1
Enteritis, Cerebral Congestion, ...	1		1
Epilepsy, ...	1		1
Erysipelas and Gangrene, ...		1	1
Fever, Gastric, ...	1		1
Heart, Fatty Degeneration of, ...		1	1
Marasmus, ...	1		1
Paralysis, ...		2	2
... General, ...	1		1
Phthisis, ...	2	4	6
Pneumonia, ...	1	1	2

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