

Medical report of the Royal Lunatic Asylum of Aberdeen, for the year ending 31st December, 1868.

Contributors

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MEDICAL REPORT
OF
THE ROYAL LUNATIC ASYLUM
OF ABERDEEN,

FOR THE YEAR ENDING 31ST DECEMBER,

1868.



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MEDICAL REPORT.

THE following are the particulars in regard to the Aberdeen Asylum, which fall to be reported for 1868, or sixty-eighth year of the Hospital's History.

The number of patients in the house on 1st January, was (398) three hundred and ninety-eight.

During the year, one hundred and thirty-two additional were admitted (132). The total number was, therefore, five hundred and thirty (530), being exactly the same number as for the preceding year.

The highest number resident in the house at one time was four hundred and twenty (420), and the lowest three hundred and ninety-two (392), the average daily number for the year being four hundred and ten (410), an increase of nineteen over that of last year.

Sixty-five (65) patients were discharged recovered ; fifteen (15) died, and thirty-eight (38) persons were removed for various reasons ; some on probation, and

some for transference to other parts of the country ; a large proportion of them being in a materially improved condition, bodily and mentally.

At the end of 1868, four hundred and twelve (412) patients remain in the establishment, of whom a majority of twenty-four are females. One hundred and eleven are private patients, and three hundred and one (301) are paid for by the various parishes of Aberdeenshire. A majority of the private patients are males, and a large majority of the paupers are females, as may be seen from an examination of the second Table in the statistical appendix. Of the whole four hundred and twelve only three hundred or thereby live within what may be distinguished as the Asylum proper ; about a hundred being in the various detached buildings within the grounds. No more than thirty-five of the community present a curable form of the disorder, the great bulk of the inmates being the incurable accumulation of a large number of years. Seven of these are paralytic; thirty are epileptic; and most in various stages of dementia or mental decline. Three-fourths are capable of being engaged in exercise, amusement, or some more or less useful employment ; and about half of them attend at the house chapel on Sunday, and a considerable proportion on the daily services throughout the week.

The number of admissions in 1868, was less than in 1867, the cases being much of the same character as

during late years ; many of them helpless, aged, and incurable. In about half of them, some physical or moral cause might be assigned for the disorder ; the leading causes being constitutional predisposition combined with some form of intemperance, or of physical depression. The cases of a recent origin mostly presented the aspect of undue excitement or *Mania* ; or of undue depression or *Melancholia* ; only but a small number being restricted simply to the exhibition of some particular morbid fancy or *Monomania*. At least one half were, from long standing primary cerebral defect, or original nature of symptoms, of a hopeless kind as to chance of benefit from curative measures. In relation to the development of the disease in connection with certain causes or conditions, the leading groups as to number and defined character were, in order of numerical importance, the following—

1. The Insanity of Congenital Deficiency.
2. The Insanity of Intemperance.
3. Epileptic Insanity.
4. Paralytic Insanity.
5. Senile Insanity.
6. Puerperal Insanity.
7. Climacteric Insanity.
8. Traumatic Insanity (including Injuries of Head and Sunstroke).

The number of deaths during the year was very low, being fifteen, or but 3·6 per cent. on the mean number resident. During the whole sixty-eight years of the Asylum's history only twice has the proportion been less. In the table of causes of death, the diseases are all those of annual occurrence, with the exception of two, viz., Cancer and Hepatic Abscess. The average age was 56, and the average duration of residence, ranging from nearly twenty-two years to only four days, was six and a-half years.

The recoveries although rather fewer than last year are yet in number above the high average of the Asylum, being upwards of 49 per cent., in relation to the admissions of the year. The average residence in the recovered cases was about seven months, ranging from one month to three years in individual cases.

The suicidal complication of the disease, which occurs in so many insane patients, gave this year a more than usual amount of anxiety and trouble, there having been some attempts made of a determined kind. No accident of importance occurred, but several escapes were effected, one of them so far complete as that a new medical examination and legal order would have been required, before recovery could have warranted detention.

The Admissions having overbalanced the removals in an establishment already sufficiently crowded, neces-

sitated the immediate acquirement of some additional accommodation, and the Managers accordingly leased for a period of seven years, a house in Mary Place, adjoining, and capable of being conveniently connected with the Asylum Grounds, in which a selected number of Female patients have been lodged since last June. In the present rather unsettled and unsatisfactory relation of the Hospital with the Parochial Lunacy of the District, such a course was judged more expedient in the meantime than to enter into an extensive enlargement of the Institution.

The Commissioners of Lunacy visited twice in the course of the year, on each occasion making a prolonged and particular investigation into the general state of the house, the accommodation afforded, the diet, the treatment of patients, the condition of Registers, the validity of the legal orders for admission, &c. In their Reports they remark on the small rate of mortality and healthy condition of the inmates, the rare employment of seclusion, the tranquil state of the departments, and notice unfavourably the crowded state of the day-rooms.

Appended to the present Report will be found a short document addressed to the General Board of Lunacy on the medical treatment of Insanity as carried out in the Aberdeen Asylum, and also the usual series of statistical tables, which have been drawn up by

Drs. J. H. Smith and J. A. Phillip, who acted as medical assistants during the year, and whose excellent services and exemplary conduct in that capacity I gladly take the opportunity of acknowledging.

ROBERT JAMIESON, M.D.

TABLES.

TABLE I.

GENERAL RESULTS OF THE YEAR.

	Males.	Females.	Total.
Patients in the Asylum, 1st January, 1868, .	184	214	398
Admitted during the year,	65	67	132
Under care and treatment during the year, .	249	281	530
Removed during the year :—			
	Males.	Females.	Total.
Recovered,	29	36	65
Relieved,	6	10	16
Unimproved,	13	6	19
On Probation,	2	1	3
Dead,	5	10	15
	55	63	118
Remaining in Asylum, 31st Dec., 1868, .	194	218	412

TABLE II.

RELATIVE NUMBER OF PRIVATE AND PAROCHIAL CASES.

	Males.	Females.	Total.	Males.	Females.	Total.
Private Cases in Asylum, 1st						
January, 1868,	58	54	112			
Do. admitted during the year, .	22	18	40			
Total of Private Cases during } the year, }				80	72	152
Parochial Cases in Asylum, 1st						
January, 1869,	126	160	286			
Do. admitted during the year, .	43	49	92			
Total of Parochial Cases } during the year, }				169	209	378
Total number of Cases,				249	281	530
Private Cases removed during						
the year,	16	25	41			
Parochial do.,	39	38	77			
Total number of Cases re- } moved during the year, }				55	63	118
Private Cases remaining 31st						
December, 1868,	64	47	111			
Parochial do.,	130	171	301			
Total number of Cases remaining,				194	218	412

TABLE III.

AGE OF PATIENTS ADMITTED.

	Males.	Females.	Total.
From 10 to 20,	3	1	4
„ 20 to 30,	20	10	30
„ 30 to 40,	10	12	22
„ 40 to 50,	10	22	32
„ 50 to 60,	12	9	21
„ 60 to 70,	5	10	15
„ 70 to 80,	5	3	8
	<hr/> 65	<hr/> 67	<hr/> 132

TABLE IV.

CLASSIFICATION OF ADMISSIONS ACCORDING TO PLACE OF RESIDENCE.

	Males.	Females.	Total.
From Aberdeen and Suburbs,	23	34	57
„ Aberdeenshire,	41	31	72
„ More distant localities,	1	2	3
	<hr/> 65	<hr/> 67	<hr/> 132

TABLE V.

SOCIAL CONDITION OF PATIENTS ADMITTED.

	Males.	Females.	Total.
Married,	25	29	54
Single,	38	32	70
Widowed,	2	6	8
	<hr/> 65	<hr/> 67	<hr/> 132

TABLE VI.

OCCUPATION OR STATION IN LIFE OF PATIENTS ADMITTED.

MALES.

Artisan,	1	Mason,	2
Blacksmith,	2	Ostler,	2
Bookbinder,	1	Police Supernumerary,	1
Clerk,	4	Quarrier,	1
Cooper,	2	Sailor,	2
Crofter,	2	Schoolmaster,	1
Engineer,	2	Shepherd,	1
Farmer,	4	Shoemaker,	1
Farmers' Sons,	2	Slater,	1
Farm Servant,	5	Soldier,	2
Fisherman,	1	Student of Divinity,	1
Flaxdresser,	1	Tanner,	1
Hawker,	1	Teacher,	1
Herbalist,	1	Writer,	1
House Painter,	1	No occupation,	11
Ironmonger,	1		—
Labourer,	5	Total,	65

FEMALES.

Combmaker,	1	Wife of Hatter,	1
Daughter of Blacksmith,	1	„ Joiner,	2
„ Farmer,	2	„ Labourer,	5
Fisherwoman,	1	„ Merchant,	1
Housekeeper,	4	„ Physician,	1
Millworker,	2	„ Shipmaster,	1
Sempstress,	3	„ Shoemaker,	1
Servant,	10	„ Slater,	1
Teacher,	2	„ Solicitor,	1
Widow of Shipmaster,	1	„ Tailor,	1
Wife of Blacksmith,	1	„ Tavernkeeper,	1
„ Brickmaker,	1	„ Tinsmith,	1
„ Cattle Dealer,	1	No occupation,	16
„ Commercial Traveller,	1		—
„ Crofter,	2	Total,	67
„ Gardener,	1		

TABLE VII.

COMPLICATION OF CASES ADMITTED WITH DISEASED IMPULSE.

	Males.	Females.	Total.
Homicidal impulse, with Melancholia,	0 . . .	1 . . .	1
Suicidal impulse, with Mania,	1 . . .	2 . . .	3
Suicidal impulse, with Melancholia,	5 . . .	3 . . .	8
	<hr/> 6 . . .	<hr/> 6 . . .	<hr/> 12

TABLE VIII.

NATURE OF CAUSES ASSIGNED.

Causes Assignable, in	about 50·75 per cent.
Hereditary predisposition, in	„ 25·75 „
Moral Cause, in	„ 6·06 „
Physical Cause,	„ 18·87 „
Previous Attack,	„ 19·69 „

TABLE IX.

FORM OF INSANITY IN CASES ADMITTED.

	Males.	Females.	Total.
Amentia,	4 . . .	1 . . .	5
Dementia,	19 . . .	16 . . .	35
Mania,	20 . . .	32 . . .	52
Melancholia,	13 . . .	10 . . .	23
Monomania,	9 . . .	8 . . .	17
Total,	<hr/> 65 . . .	<hr/> 67 . . .	<hr/> 132

TABLE X.

COMPLICATION OF CASES ADMITTED WITH NERVOUS DISEASE.

	Males.	Females.	Total.
Asthma, with Mania,	1	0	1
Chorea, with Mania,	0	2	2
Epilepsy, with Amentia,	1	0	1
Epilepsy, with Dementia,	1	2	3
Epilepsy, with Mania,	2	1	3
Paralysis, with Dementia,	4	0	4
Paralysis, with Mania,	1	0	1
Paralysis, with Monomania,	1	0	1
Total,	11	5	16

TABLE XI.

CAUSES ASSIGNED IN CASES ADMITTED.

	Males.	Female..	Total.
Age,	1	0	1
Climacteric Change,	0	1	1
Death of Relative,	1	1	2
Disappointed Ambition,	1	0	1
Gastric Fever,	0	1	1
Hereditary Predisposition,	13	21	34
Injury of Head,	3	0	3
Intemperance,	7	3	10
Lactation,	0	5	5
Matrimonial disappointment,	0	3	3
Parturition,	0	2	2
Pecuniary disappointment,	1	1	2
Sicknursing,	0	1	1
Sunstroke,	1	0	1
No cause assigned, in	37	28	65
	65	67	132

TABLE XII.

CASES DISCHARGED RECOVERED.

No.	Sex.	Form of Mental Disease.	Cause of Disorder.	Residence.			
				Y.	M.	W.	D.
1	M.	Dementia,	A fall,	0	1	1	2
2	M.	Dementia,		0	0	4	2
3	M.	Dementia,		0	4	2	5
4	M.	Dementia,		0	5	2	3
5	M.	Dementia,		2	1	0	4
6	F.	Dementia,	Hereditary predisposition,	0	2	3	2
7	F.	Dementia,	Hereditary Intemperance,	0	1	0	3
8	F.	Dementia,	Hereditary predisposition,	1	0	2	3
9	M.	Mania,	Hereditary, Intemperance,	0	5	1	3
10	M.	Mania,	Hereditary, Injury of head,	0	1	2	0
11	M.	Mania,	Death of Mother,	0	2	1	4
12	M.	Mania,		3	5	4	2
13	M.	Mania,		0	2	1	4
14	M.	Mania,		1	0	3	1
15	M.	Mania,		0	4	2	1
16	M.	Mania,		0	3	3	0
17	M.	Mania,		0	1	3	0
18	M.	Mania,	Hereditary predisposition,	1	2	2	0
19	M.	Mania,		0	3	0	1
20	M.	Mania,		0	3	0	1
21	M.	Mania,	Death of Mother,	0	5	3	6
22	F.	Mania,	Hereditary predisposition,	0	11	0	5
23	F.	Mania,		0	6	1	2
24	F.	Mania,	Hereditary predisposition,	0	5	0	2
25	F.	Mania,	Climacteric change,	0	4	2	6
26	F.	Mania,		1	0	1	3
27	F.	Mania,	Hereditary predisposition,	0	11	1	8
28	F.	Mania,		0	1	0	3
29	F.	Mania,		0	2	0	0
30	F.	Mania,		0	9	0	4
31	F.	Mania,	Hereditary predisposition,	0	2	2	6
32	F.	Mania,	Hereditary predisposition,	0	11	3	5
33	F.	Mania,	Lactation,	0	2	2	4
34	F.	Mania,		3	7	3	1
35	F.	Mania,	Climacteric change,	1	5	0	6
36	F.	Mania,		0	5	0	0
37	F.	Mania,		1	0	3	1
38	F.	Mania,		0	1	2	4
39	F.	Mania,		0	2	0	1
40	F.	Mania,		0	1	4	2
41	F.	Mania,		0	6	1	0
42	F.	Mania,		0	1	2	2
43	F.	Mania,		0	4	3	5
44	M.	Melancholia,	Intemperance,	0	4	3	0
45	M.	Melancholia,	Hereditary predisposition,	0	1	4	1
46	M.	Melancholia,		0	4	2	0
47	M.	Melancholia,	Disappointed ambition,	0	3	1	0
48	M.	Melancholia,		0	3	1	3
49	F.	Melancholia,	Domestic distress,	0	4	2	5
50	F.	Melancholia,	Hereditary, Parturition,	0	7	0	2
51	F.	Melancholia,		0	2	3	4
52	F.	Melancholia,	Hereditary predisposition,	0	1	0	3
53	F.	Melancholia,		3	8	0	3
54	F.	Melancholia,	Attendance on sick,	0	2	2	6
55	F.	Melancholia,	Hereditary, Parturition,	0	11	0	0
56	F.	Melancholia,	Hereditary, Lactation,	0	5	0	0
57	F.	Melancholia,	Gastric Fever,	0	5	2	1
58	M.	Monomania,	Scrofula,	0	4	3	8
59	M.	Monomania,	Intemperance,	0	3	0	6
60	M.	Monomania,	Hereditary predisposition,	0	11	2	4
61	M.	Monomania,	Intemperance,	0	1	1	4
62	M.	Monomania,	Intemperance,	0	0	3	2
63	M.	Monomania,		0	4	2	1
64	F.	Monomania,		0	5	1	4
65	F.	Monomania,	Overnursing	0	3	0	4

TABLE XIII.

DEATHS.

No.	Sex.	Age.	Form of Mental Disorder.	Causes of Disorder.	Duration of Residence.				Causes of Death.
					Y.	M.	W.	D.	
1	M.	39	Dementia,	1	5	1	5	General Paralysis.
2	M.	52	Dementia,	5	1	0	6	Apoplexy.
3	M.	81	Dementia,	0	0	0	4	Debility from old age.
4	F.	21	Dementia,	0	0	2	5	Atony from nervous shock.
5	F.	44	Dementia,	1	2	1	5	Exhaustion from Mania.
6	F.	72	Dementia,	12	0	0	1	Phthisis.
7	M.	53	Mania,	Cerebral disease,	1	5	2	6	General Paralysis.
8	F.	58	Mania,	2	0	3	6	General Paralysis.
9	F.	75	Mania,	Hereditary predisposition,	4	7	0	0	General Paralysis.
10	F.	57	Mania,	Hereditary,	1	0	0	4	Exhaustion from Mania.
11	F.	65	Mania,	Hereditary,	9	5	0	1	Cancer.
12	M.	50	Melancholia, ..	Anxiety, Intemperance,	17	5	2	1	Hepatic Abscess.
13	F.	62	Monomania, ..	Intemperance, Misfortune,	21	10	2	4	Cardiac Dropsy.
14	F.	42	Monomania, ..	Hereditary,	0	8	1	6	Fever.
15	F.	71	Monomania, ..	Love disappointment,	21	4	1	1	Exhaustion.

TABLE XIV.

RESULTS, AT PRESENT DATE OF ADMISSIONS, OF LAST 45 YEARS.

Year.	Admitted.	Recovered.	Relieved &c.	Dead.	Remaining 31st Dec., 1868.
1800-24	563	443		118	2
1825	52	23	19	9	1
1826	41	22	11	8	0
1827	36	15	13	8	0
1828	32	16	9	5	2
1829	46	16	18	12	0
1830	59	30	12	17	0
1831	33	13	7	13	0
1832	33	15	6	11	1
1833	42	19	14	9	0
1834	50	19	23	6	2
1835	42	22	8	10	2
1836	41	17	13	10	1
1837	43	17	12	14	0
1838	53	23	10	17	3
1839	74	32	18	20	4
1840	48	25	11	8	4
1841	56	21	16	16	3
1842	51	19	17	12	3
1843	71	35	19	15	2
1844	74	30	25	16	3
1845	93	45	24	20	4
1846	67	26	23	15	3
1847	95	43	25	22	5
1848	83	41	23	15	4
1849	81	36	23	15	7
1850	69	34	15	16	4
1851	85	38	25	16	6
1852	95	48	28	12	7
1853	107	48	27	26	6
1854	65	27	17	12	9
1855	61	34	12	6	9
1856	103	57	19	18	9
1857	84	32	20	19	13
1858	102	40	23	19	20
1859	84	30	21	18	15
1860	78	43	16	12	7
1861	104	55	24	14	11
1862	88	49	18	11	10
1863	128	59	27	20	22
1864	116	57	25	12	22
1865	111	50	18	17	26
1866	148	72	26	13	37
1867	144	62	28	14	40
1868	132	33	10	3	86
	3863	2729		719	415

TABLE XV.

GENERAL RESULTS OF THE LAST 39 YEARS.

Year.	Mean Number Resi- dent.	Admitted.	Recovered.	Dead.	Recovered per Cent. to Ad- missions.	Recovered per Cent. to mean No. Resident.	Deaths per Cent. to Ad- missions.	Deaths per Cent. to mean No. Resident.
1830	102	59	27	8	45.77	26.57	13.56	7.84
1831	100	33	14	12	42.42	14.00	36.36	12.00
1832	106	33	15	10	45.45	14.15	30.30	9.43
1833	107	42	23	14	54.76	21.51	33.33	13.08
1834	114	50	16	6	32.00	14.91	12.00	5.26
1835	116	42	20	11	47.61	18.10	26.19	9.48
1836	109	41	24	5	58.53	22.02	12.19	4.59
1837	113	43	16	8	39.53	14.16	18.60	7.08
1838	124	53	20	14	37.73	16.13	26.41	11.29
1839	140	74	26	10	35.13	18.57	13.51	7.14
1840	144	48	25	19	52.08	17.36	39.51	13.19
1841	150	56	22	10	39.29	14.66	17.86	6.67
1842	152	51	26	11	50.98	17.10	21.57	7.24
1843	167	71	28	12	39.44	17.18	16.90	7.19
1844	183	74	30	7	40.54	16.39	9.46	3.83
1845	200	93	41	13	44.09	20.05	13.98	6.50
1846	213	67	29	12	43.28	13.14	17.91	5.63
1847	222	95	40	23	42.10	18.02	24.21	10.36
1848	229	83	47	17	57.31	20.52	20.73	7.42
1849	229	81	36	16	43.36	15.70	19.27	6.98
1850	230	69	32	17	46.37	13.91	24.91	7.39
1851	245	85	32	20	37.64	13.06	23.53	8.16
1852	263	95	42	18	44.21	15.97	18.94	6.84
1853	280	107	54	21	50.46	19.28	17.75	7.50
1854	281	65	39	19	60.00	13.87	29.23	6.75
1855	274	61	31	9	50.82	11.31	14.75	3.29
1856	291	103	44	20	42.72	15.12	19.41	6.87
1857	299	84	50	21	59.52	16.79	25.00	7.02
1858	295	102	39	15	38.23	13.22	14.70	5.08
1859	307	84	42	9	50.00	13.59	10.71	2.93
1860	308	78	32	22	41.02	10.39	28.29	7.14
1861	318	104	48	19	46.15	15.09	18.27	5.97
1862	323	88	48	20	54.54	14.86	22.74	6.19
1863	340	128	55	22	42.96	16.17	17.18	6.47
1864	346	116	50	25	43.96	14.45	21.55	7.22
1865	362	111	67	23	60.36	18.51	20.72	6.35
1866	369	148	66	31	44.59	17.88	20.98	8.40
1867	391	144	73	22	50.69	18.67	15.28	5.63
1868	410	132	65	15	49.24	15.85	11.36	3.65
Sum and Average of 39 Years.	8952	3093	1434	606				
	229.54	79.30	36.76	15.53	46.36	16.02	19.59	6.76

TABLE XVI.

ABSTRACT OF DAILY RETURNS, SHOWING DISTRIBUTION, &C., OF PATIENTS
REMAINING IN THE ASYLUM.

	Males.	Females.	Total.
Number of Patients in the Asylum, Jan. 1, 1869,...	194	218	412
" in Front House,.....	33	24	57
" in Back House,.....	54	45	99
" in East Wing,.....	...	94	94
" in West Wing,.....	69	...	69
" in Elmhill House,.....	15	13	28
" in Clarkseat House,.....	23	...	23
" in Barkmill House,.....	...	9	9
" in Gate Cottage,.....	...	15	15
" in Mary Place House,.....	...	18	18
Number of Patients Sick, Jan. 1, 1869,.....	3	4	7
" Usually Employed,.....	69	91	160
" Mostly unemployed except in exercise or amusement,....	108	105	213
" Attending Chapel,.....	104	92	196

TABLE XVII.

ARTICLES OF CLOTHING, &C., MADE AND REPAIRED FROM JANUARY, 1868,
TO JANUARY, 1869.

	Made.	Repaired.		Made.	Repaired
Aprons,.....	377	485	Hats, Trimmed,....	26	13
Beds, Strong,.....	65	84	Jackets,.....	92	236
Bed Covers,.....	24	52	Linders,.....	608	788
Bed Ticks,.....	20	36	Neckerchiefs,.....	422	112
Beds Gowns,.....	122	181	Petticoats,.....	784	1508
Blankets,.....	122	222	Pillow Ticks,.....	112	124
Bolster Ticks,.....	52	98	Pillow Slips,.....	273	442
Bolster Slips,.....	244	288	Quilts, Strong,....	4	20
Bonnets,.....	28	11	Sheets,.....	384	524
Braces,.....	...	49	Shifts,.....	542	564
Caps, Day,.....	214	311	Shirts,.....	198	318
Caps, Night,.....	288	233	Shirts, Strong,....	2	...
Carpets,.....	...	17	Slip Bodies,.....	72	84
Coats,.....	55	490	Stays,.....	56	38
Collars,.....	82	68	Stockings, Pairs,...	645	5762
Counterpanes,.....	52	78	Table Cloths,.....	76	42
Drawers,.....	208	821	Towels,.....	276	146
Dresses, Strong....	6	42	Trousers,.....	70	800
Frocks Strong,.....	9	54	Window Blinds,....	18	14
Gowns,.....	484	372	Wrappers,.....	72	48
Habitshirts,.....	36	52	Vests,.....	10	200
Handkerchiefs,.....	166	65			

APPENDIX.

*Copy of Letter, to the Secretary of the General Lunacy Board,
Edinburgh.*

SIR,

In reply to the request in the Board's letter of 5th September, 1868—I beg to send the following Statements :

I. Removal.—Removal from the place and circumstances under which Insanity has developed itself is, in cases in which it can be carried out, often of prime importance. Indeed, it may be held to be so in all cases, with the exception of many of puerperal mania, and the insanity which sometimes marks the decline of life. The change need not, and should not, be to an asylum in some cases, but, probably, in all occurring in the poorer class, it is both the most convenient, and the best thing that can be done. Very often the transference is such a transformation of poverty, discomfort, insobriety, foulness, and unhealthy labour, into comfort, quiet, fullness, and relief from care, as to be of itself effective as a means of cure. Even, where not so important merely in the view of change, removal acts as a leading remedy in the way of disassociation from causes which may have tended to occasion or to foster the disorder, and is advantageous to the patient, as also, a beneficial change to all interested in him, whether by regard or relationship. And it is not only in indigent cases, as supposed above, that removal to an asylum itself cures the disease, for sometimes it so suddenly and effectually stimulates self-control in cases of mania of a moral or of a hysterical type, as to restore the proper mental balance without other interference. Removal from friends need not be persevered with in cases proved incurable, and still less need seclusion in an asylum be prolonged, when other circumstances than those merely medical do not recommend the continuance of such retirement. There is no advantage to the insane in

being associated with each other, and often much good to individual patients to be had, particularly in partial insanity, by companionship with one of sound mind and wise conduct.

2. Medical Treatment.—Medical treatment in the wider sense is proper in all cases, and treatment involving the administration of drugs is applicable to the great majority, and and essential in a considerable number. As the treatment indicated is most frequently what is called *tonic* in its character, it is most appropriate and efficacious in the mental disorders of the indigent. As adjuvant to the general regimen of the Hospital, and to a conservative aim in medical interference, I think I have seen ground for holding that there is advantage in the employment of certain articles of the *Materia Medica*—such, according to the particular circumstances, as—

Preparations of Iron (particularly the saccharine carbonate), simply, or in combination with certain other remedies—as Rhubarb, Aloes, Cantharides, &c.

Vegetable Tonic Infusions—in combination with Acids, Alkalies, Purgatives, &c.

Purgatives—Senna, Castor Oil, Croton Oil, Rhubarb in ordinary combinations, Sulphur with Bitartrate of Potass, Aloes, &c.

Saline Mixtures and Solutions—of Sulphate of Magnesia (with Sulphate of Iron, Nitrate of Potash, &c.,) Hydriodate of Potash, Bromide of Potassium, &c.

Narcotics—mostly Opium, but occasionally Hyoscyamus, &c.

Analeptics—as Cod Liver Oil, Wine, &c.

Depressants and Sedatives, unless in so far as involved in the employment of Cold Baths, Tepid Baths with the application of cold to the head, or the effects directly or indirectly of the action of some of the Medicines above specified, may be said to have scarcely been in use in the Aberdeen Asylum for many years.

Blisters and Setons may be mentioned, in relation to the subject of the employment of drugs, as being occasionally used; the former frequently as stimulant, and the latter now and then with a view of being beneficially adjuvant in the prevention or removal of cerebral disease.

The Medical treatment, as distinct from the moral treatment and the influence of the general regimen of the Institution, has

consisted very much in the prescription of certain of the above remedies. That their employment has been curative or useful appears satisfactory to my own mind, and seems to be confirmed by the application of the statistical test, which in regard to the experience of the Aberdeen Asylum, shows that the average duration of the disease, in the cases successfully brought to a termination, is certainly shortened when drugs have been judiciously administered. In 220 recoveries, in cases consecutively and recently treated, the average residence was under five months in those treated medicinally, and above five months and a-half in those treated without any material aid from pharmacy.

As every case has to be dealt with *individually* and not merely by some formula applicable to it as one of a classified group, little can be said on the subject of the special action of particular remedies in the several species of mental disease. Still, certain of these seem not unfrequently to be indicated, and also to be employed with satisfactory effect, under conditions which very often present themselves in patients sent to a Lunatic Asylum. For example, ferruginous tonics, in the Anæmic forms of Insanity; Bromide of Potassium in Epileptic varieties of mental disturbance; Opium in conditions of sleeplessness, pain, despair, and exhaustion; the Sulphur electuary in morbid depression, associated with abdominal congestion, torpor, and obstruction; the prolonged tepid bath with cold to the head in some states of maniacal restlessness, &c., &c. I have certainly seen frequently marked benefit, and also recovery, consequent on the employment of these in such cases, and where I have had little doubt that neglect of medical treatment or incompetent interference would have rendered the disorder incurable.

3. **Supply of Physical Comforts, &c.**—The adequate supply of food, clothing, warmth, shelter, and other comforts, acts very powerfully in improving the bodily condition and mental contentment of a large class in public Asylums; and assists materially in the cure of insanity; particularly in the pauper and indigent class of patients. It is mainly to the comparatively less influence of such agencies that a smaller proportion of cures is to be looked for, as we advance higher in the social scale. The necessity for a degree of comfort *above*, what either from his position or his feebleness in providing, the

patient has been accustomed to, is commonly well marked. I find that a liberal diet suitably varied is indicated in all curable cases of Insanity ; and in not a few an allowance of wine, a proper addition. Low diet and low temperature lengthen the time of treatment, increase the tendency to Dementia, and develop restlessness, noisy behaviour, destructiveness, and other difficulties of management.

4. Moral Treatment.—The moral treatment of the Insane, as it is called, by classification, direction, occupation, exercise, religious influences, &c., is undoubtedly of great importance in many cases, if well managed ; but is quite as liable as the medical treatment can be, to misdirection and error. I do not consider it as of itself usually adequate to cure. It is apt to form a field for the mischievous interference of quackery and pretension, but its administration is in reality but a proper adjunct to the domain of the psychological physician.

Employment is of immense advantage in the treatment ; it is preservative of the muscular powers, where they have begun to suffer from disease or perversion ; and by restoring attention and diverting it from morbid directions, tends gradually to enfeeble and uproot delusion. Active open-air occupation is the best mode ; next, artistic labour ; and the least profitable, that which approaches simple mechanical routine. Voluntary employment sufficiently persevered in, is the only agency that I have observed to be curative, or of much advantage, in established Monomania. In the form of bodily labour, employment, however, may be unduly depressing, and always requires, in the insane, to be used cautiously and in recognised limitation of degree. In many, occupation is most beneficial in the shape of amusement merely, and particularly if of such a sort as to encourage conversation and social co-operation.

In the moral treatment of the Insane *the individual* is not to be lost sight of in squad classification, and, while economy of aggregate management and supervision is recognised, the hurtful attractiveness of barrack-like context and arrangement is to be guarded against, and its approaches in the shape of large dining halls, big dormitories, long galleries, and general uniformity resisted.

Although firmness and method are of much use, harshness and severity never are, in dealing with Lunatics. Mechanical

restraint of the person is seldom if ever beneficial, and possible to be done without, at least in Asylums. Not to lengthen this statement further by detail, I shall conclude by observing that the application of the non-coercive system of treatment, with the harmonious ameliorations and improvements in practice gradually associated with it, has reduced the average mortality in the Aberdeen Asylum from 8 to 5 per cent, and raised that of recovery from 40 to 48.

I am, &c.,

ROBERT JAMIESON,

PHYSICIAN AND SUPERINTENDENT.

ABERDEEN LUNATIC ASYLUM,

9th Nov., 1868.

INCOME.

Patients' Board,	£11,679	1	11
Produce of Ground,	313	19	3
Joiners' Work,	14	14	3
Shoemakers' ditto,	24	9	6
ENDOWMENTS—			
Bedlam Fund,	£30	0	0
Dr. Dun's Bequest,	15	6	8
Jas., Geo., and AL. Chalmers's ditto, .	30	0	0
	75	6	8

EXPENDITURE.

PROVISIONS—			
Meal and Sids,	£840	17	6
Bread and Barley,	651	1	5
Butcher Meat,	1,216	10	11
Butter and Cheese,	495	12	1
Table Beer,	148	14	0
Tea and Sugar,	355	2	3
Milk,	688	2	6
Small Necessaries,	733	11	11
Medicine,	15	3	0
Wine, Spirits, and Porter,	151	12	2
	£5,296	7	9
FIRE AND LIGHT—Coals, Gas, &c.,	616	16	11
WASHING—Soap, &c.,	85	17	1
MEDICAL SALARIES—			
Physician and Superintendent,	500	0	0
Consulting Physician,	100	0	0
Medical Assistants,	80	0	0
GENERAL SALARIES AND WAGES—			
Chaplain (and Interim ditto, 1869),	680	0	0
Clerk and Treasurer,	124	0	0
Auditor,	166	13	4
Steward,	5	5	0
Matron,	75	0	0
Attendants, House Tradesmen, Apothecary, Assistant Clerk, Barber, Officer, and Servants' Wages,	70	0	0
	1,049	9	6
REPAIRS AND VARIOUS—			
Repairs and Additions to Furniture,	195	14	4
Ditto ditto Building,	442	6	9
Ditto ditto Bedding,	267	15	1
VARIOUS—			
Pauper Clothing and Furnishings,	905	16	2
Legal Expenses,	535	5	0
Printing and Stationery,	0	17	0
Insurances and Public Burdens,	45	14	9
Incidents (including £49, Snuff and Tobacco to Pauper Patients)	328	18	7
Interest on Borrowed Money,	95	2	0
	854	12	6
	10,935	15	7
Charged for deterioration on Asylum Buildings, £27,000 at $\frac{3}{4}$ per cent.,	202	10	0
Ditto, ditto, Elmhill, £11,330, ditto,	84	19	6
Ditto Household Furniture, £3000, at $2\frac{1}{2}$ per cent.,	75	0	0
Excess of Income above Expenditure,	362	9	6
	809	6	6
	12,10	7	117

£12,107 11 7

ROYAL LUNATIC

CAPITAL ACCOUNT for the

	Amount at 31st March, 1868.	Decrease during the year.	Increase during the year.	Amount at 31st March, 1869.
	£ s. d.	£ s. d.	£ s. d.	£ s. d.
To Debts Due by the Asylum:				
Legacy by George Hogg,	1,600 0 0			1,600 0
Mortification by John Burnett, .	262 4 5	2 0 4		260 4
Loans (including £1,500 from Union Bank, by Special Minute)	19,000 0 0			19,000 0
Union Bank (General Account)	2,721 19 10	1,368 0 9		1,353 19
Income Tax,	9 7 9	0 6 3		9 1
Amount of Debt,	23,593 12 0	1,370 7 4		22,223 4
To Stock,	55,243 11 9			31,778 11
Same reduced by value written off Buildings, &c., in terms of Committee's Report, 8th March, 1869,		24,424 7 1		
Increase from Sur- plus Revenue } £809 6 6				
Increase from Legacy received, } 150 0 0			959 6	
	78,837 3 9	25,794 14 5	959 6 6	54,001 15 1

ASYLUM, ABERDEEN.

year ending 31st March, 1869.

	Amount at 31st March, 1868.	Decrease during the year.	Increase during the year.	Amount at 31st March, 1869.
	£ s. d.	£ s. d.	£ s. d.	£ s. d.
By Asylum Buildings and Ground, including New Laundry and Washing-house,	49,590 1 4			33,000 0 0
„ Written off for de- } £202 10 0 terioration for year }				
„ Written off value, 16,387 11 4				
„ Elmhill Buildings and Ground, „ Written off for de- } £84 19 6 terioration for year, }	22,266 16 9	16,590 1 4		16,330 0 0
„ Written off value, . 5,851 17 3				
„ Household Furniture,	4,168 9 0	5,926 16 9		3,000 0 0
„ Written off for de- } £75 0 0 terioration for year, }				
„ Written off value, . 1,210 12 0				
„ New Furniture added,		1,285 12 0		
„ Stores,	1,199 16 4	211 2 2	117 3 0	988 14 2
„ Board of Patients,	254 13 10		45 7 10	300 1 8
„ Susan Elrick,	10 0 0			10 0 0
„ E. Johnston,	5 0 0			5 0 0
„ Legacy by Dr. Dun,	1,342 6 6			368 0 0
„ Written off value,		974 6 6		
	78,837 3 9	24,997 18 9	162 10 10	54,001 15 10



ANNUAL REPORT

For the Year 1900

Total number of animals and plants collected during the year	Number of mammals collected during the year	Number of birds collected during the year	Number of reptiles and amphibians collected during the year	Number of fishes collected during the year
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000
10,000	5,000	3,000	1,000	1,000