

Fifth report of the directors of the Dundee Lunatic Asylum, for the year ending 31st May 1825.

Contributors

Dundee Lunatic Asylum.

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FIFTH REPORT
OF THE
DIRECTORS
OF THE
Dundee Lunatic Asylum,
FOR THE YEAR ENDING
31st May, 1825.

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REPORT

OF THE

DIRECTORS

OF THE

Dundee Lunatic Asylum.

IN appearing before the public with their Fifth Annual Report, the Directors of the Dundee Lunatic Asylum are actuated by feelings of a more varied nature than they have experienced on any former occasion—feelings of anxiety mingled with satisfaction. They can speak with confidence of the increasing prosperity and usefulness of the institution; they can announce with pleasure the measures they have adopted for extending the buildings; they can pledge themselves to a more complete classification of the patients than has hitherto been effected;—but at the same time they are aware of the responsibility they have incurred in throwing a heavy load of debt on an institution which has not yet reached maturity, nor attained that full share in the public estimation, which can only be secured by farther experience of its utility. As the latter subject presses most heavily on the minds of the Directors themselves, they are of opinion that it ought to occupy the first place in their report to their constituents.

In finishing the new buildings and airing grounds that are now in progress, an expence considerably exceeding £3,000 must necessarily be incurred; besides an additional annual feu-duty for ground to be added to the property

of the Asylum. But the accommodation of the patients, and the conveniences of the house, will be increased to a degree that will scarcely be equalled in any other establishment. To the kitchen, or centre range of buildings, there will be added a washing-house, laundry, drying-house, store-rooms, and servants' apartments,—and this part of the work is now fast advancing. A north range of offices will likewise be built this season; including coal-house, straw-house, &c. Two wings for noisy patients are nearly finished, in which provision is made for the comfort and safety of these unhappy persons, apart from the other unfortunate inmates of the house. When all these improvements are completed, there will be ten public day-rooms, and eight separate airing grounds—all clean, dry, well aired, extensive, and comfortable,—to which the patients have at all times free access, besides the apartments in the front building and pleasure grounds connected with them; which have been fitted up at a great expence, and are intended solely for the use of patients that can pay a high rate of board, and in which they experience as much privacy and attention, as in any private establishment.

The Directors have, therefore, the pleasure to announce, that, in a very short time, they will have it in their power to make a complete classification among the patients committed to their care; when those of a quiet and retired temper will no longer be disturbed by those of a contrary disposition; when due respect will be paid to the rank or station, which each individual has held in private life; a matter not of indifference in itself, generally much desired by the relations of the patient, and which has a salutary effect in all the varied forms which lunacy assumes. And they think it necessary farther to mention, that the whole buildings are so constructed, that the establishment may

either be considered as complete in its present state, or that they can be enlarged to almost any extent, if circumstances shall ever require such an addition, without any extraordinary expence, and without interfering in the least degree with the original simple but elegant plan of the house.

The great question between the Directors and their constituents, at the present moment, is the propriety of making such large additions—and whether the public for the future will require such extensive accommodation? The Directors feel it necessary to submit to the observation of their constituents, some of the reasons that prompted them to adopt these measures, and to draw some conclusion from those facts which have come under their own consideration; but with which the public must be imperfectly acquainted. The original plan of the buildings had never been fully executed; the apartments for the noisy patients had never been erected; and the few office-houses that had been built, were perfectly inadequate to such an extensive establishment. Nor would it be proper to conceal, that the classification of the patients had never been so complete as the Directors could have wished; and as the demand for the admission of patients was still increasing, the accommodation must either be increased, or the admission of patients must have soon been refused. If this latter alternative had taken place, the object of the institution would in some measure have been defeated; and the Directors would have been under the painful necessity of refusing assistance to those labouring under the heaviest burden of human affliction; and for whose comfort and recovery they considered themselves bound to use all the means which providence had put in their power.

It was not to be expected, that, with the limited means the Directors had in their power, the institution could

have been instantly carried to a state of perfection. The liberality of the public, indeed, flowed toward it in a copious stream when it was first established; but the stream has not been perennial, it has for some time past appeared only as a gentle but pleasant rivulet, which scarcely waters the banks, or refreshes the spirits of the inmates of the establishment. The instruments with which the Directors were furnished for carrying on their future operations were to be drawn from the establishment itself, and how far these were efficient, could only be ascertained by the test of experience. The debt contracted by the former addition that was made to the house, has been reduced with a facility which could not have been anticipated by the most sincere friends of the institution; and as the number of patients in the house has progressively increased since the period of its first opening, the lesson taught by experience clearly pointed out the wisdom and propriety of farther improvement.

A considerable portion of our race is, in the wisdom of providence, subject to mental derangement; and the numbers appear to increase with the progress of wealth and luxury. As society advances in civilization, the removal of such unhappy persons from the circle of their connexions and friends will be more generally adopted, and more delicate and skilful treatment will be reckoned indispensable. In the rich and populous district in which this Asylum is situated, a number of patients will always be claiming admission; and a wide field of usefulness will always remain, to give full scope to the activity and benevolent principles of the future managers and supporters of this institution.

The Directors are not aware that there lurks in the public mind any prejudice against their establishment; they have not listened to any expressions of complaint against

their management; they feel grateful for the confidence the public has hitherto reposed in them; and it is under the full persuason of this confidence being continued, and of carrying along with them the approbation and support of the public in all their proceedings, that they have ventured on such extensive improvements, and formed such plans of future usefulness. As far as their observation reaches, they have no reason to believe that the interest which was originally exerted in the public mind, in behalf of this institution, has in any degree subsided. All the Directors, excepting five who are Governors for life, are annually chosen by public bodies; they really bear the character of representatives, and their spirit may be considered as a fair indication of the spirit of the public. Now, most of the Directors, whether chosen annually, or Governors for life, not only contributed liberally to the erection of the house, but have, for a series of years, devoted a considerable portion of their time to the management of its concerns, with at least as much earnestness and attention as they employ in the business of private life. It could not be reasonably supposed that so many men, from the different professions in life, chosen too by the public themselves, should engage with such earnest anxiety in promoting a scheme for the benefit of their fellow creatures, which would be regarded with indifference by all but the individuals by whom the plan was conducted; and the fair conclusion was, that the means would not be withheld, of rendering this institution as extensively useful as the demands of the public required.

Such were some of the views that presented themselves to the minds of the Directors when they resolved to make such extensive additions to the Asylum; and they shall feel greatly disappointed if their proceedings do not meet

the approbation of their constituents, the support of the public, and be the means of contributing to the welfare of some of the most miserable of the human race. An institution thus founded on the basis of public usefulness, conducted by the representatives of the different classes in society, and continuing to extend relief to the most aggravated cases of human misery, will surely be in no danger of languishing; or, of being contracted in its sphere of usefulness from the want of public support. No dark cloud has yet rested on its horizon; no tempest has yet shattered its walls; no inward disease has yet debilitated its frame; and though experience forbids us to contemplate the prospect of futurity without emotion, it calls upon us to banish from our minds every feeling of despondency and fear.

It is with much regret that the Directors state, that, on account of the rise in the price of provisions, and the heavy debt they must necessarily contract, they do not consider themselves warranted, in the mean time, to lower the rate of board, as they intended. They pledge themselves, however, to keep this object steadily in view; they flatter themselves, that with the increasing prosperity of the institution, this event will not be long deferred; and they trust that all will acquiesce in the conclusion, that a temporary inconvenience ought to be cheerfully borne when used as the means of promoting ultimate good.

The Asylum, in its present progressive state, certainly presents a most interesting picture to the eye of the spectator. From the smallest beginnings it has gradually risen to a lofty establishment. On the narrowest basis has been reared a majestic structure. A noble effort in the cause of humanity has been made by the free, spontaneous, and uncontrolled spirit of the public. Whether we consider the picturesque beauty of the situation—the richness and extent

of the buildings—the skill and judgment displayed in the interior arrangements by the most eminent architects—or the more interesting circumstances of the unhappy persons that are lodged within its walls: the Asylum possesses features to attract the eye and interest the feelings of the public, and must be regarded as a proof of the benevolent, we trust, the Christian spirit of the age in which it has been reared. Cold must the heart of that person be, whose eye can dwell upon the varied appearance of the unhappy individuals who inhabit these abodes, and whose recollection can trace the different events in their history, without the deepest interest and the most lively sympathy. Many of the most hapless of our species, not only from the adjoining country, but from the banks of the Spey and the Tweed—some who presented to the eye of the spectator the picture of the most abject wretchedness, and others who had plunged their relations into deeper affliction than they had experienced themselves—have been collected into one group, varying in endless diversity in all its parts; and whilst every feature is interesting in itself, the contrast formed by the whole assemblage forms a spectacle that excites feelings of reverence and astonishment. But certainly the most interesting view to the eye of humanity is, that the best means which the wisdom of men has yet devised, are carefully employed for restoring those unhappy persons to those stations in society which they have been unfit to hold—to those connections in life to which they are joined by the feelings of nature—and above all, to that rank of rational and religious beings, which was assigned to them by the beneficence of their Creator. Here the eye of the parent is no longer seen resting in melancholy silence on the illusions of his favourite child—here the child is no longer seen with trembling

limbs and a palpitating heart, binding the hands or restraining the violence of a beloved and revered parent; and if the unhappy sufferer has not always been restored to the full possession of his mental powers; quietness now reigns in those abodes which he had disturbed with violence, and peace now dwells in those breasts that he had agitated with sorrow. And if the Asylum still presents to the eye of the observer a spectacle which must melt the heart of pity; it has given ease to many a breast that felt the burden of grief, and afforded comparative relief to many abodes that were filled with lamentation; and the means that are now using for the recovery of numbers that have lately been admitted into the house, and the favourable symptoms that appear in most of the cases—hold out a prospect which in some measure dispels the gloom which must ever, more or less, rest on such a scene.

The annexed Tables, will explain more clearly than words can do, the state of the institution with respect to its funds, and will exhibit in one view many interesting particulars respecting the patients during the last year; and while the facts stated in the medical department afford a flattering picture of this Asylum, a satisfactory proof of its utility and success; they likewise clearly demonstrate, that, in very many instances, this disease, in its early stages, yields to skilful treatment. And while the Directors are encouraged themselves to persevere in their exertions, with a confidence grounded on experience, they would urge their neighbours and countrymen to watch the first symptoms of mental aberration in any of their relations, and to avail themselves without delay of the benefit of this, or some similar institution. And whilst the Directors deeply sympathize with their fellow men, who have relatives subjected to this heaviest of all earthly afflictions, they feel more

strongly the obligation of having recourse to the means for its alleviation or cure; and from the success with which their labours, under the blessing of God, have been crowned, and the complete arrangements that are now making for the reception of patients in every station of life, they have no hesitation in declaring, in the face of the world, that the unhappy persons committed to their care, shall be treated with all the gentleness, humanity, and attention, which their circumstances shall require, or which is practicable in any establishment of a similar nature. As the Directors must still look to public support, to enable them to render this Asylum extensively useful, they beg leave to intimate, that donations will be thankfully received by their Chairman, David Blair, Esq. of Cookstone; or by any of the office-bearers of the institution. Books, Magazines, Newspapers, will likewise be received by the Superintendent at the House; and are found to have the happiest effect in enlivening the solitary hours of many of the patients, whose habits must necessarily be altered by their residence in the Asylum.

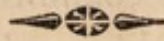
The Directors, with much pleasure, express their warmest thanks to the Physician; to the Superintendent and Matron; to the House Visitors and Weekly Committee; to the Treasurer and Secretary, for their fidelity and attention to their duty. Also, to all the benefactors and contributors to the Asylum; and to the under-mentioned persons for various services, and useful articles, presented by them to the institution, viz.—

Mr George Kidd,	}	For Ploughing and Harrowing.
Rev. Mr Cannan,		
Mr Rattray, Milton of Craigie,		
James Guthrie, Esq. of Craigie,		
Mr Fenton, of the Mains,		
Mr Peter Kidd,	}	For Straw.
Peter Kerr, Esq. Drumgeith,		
Mr Hunter, of Manorgan,		
A. M. Guthrie, Esq.		
Mr Cobb,		

Abstract

OF THE

MEDICAL REPORT TO THE DIRECTORS.



THE relative number of those who have been restored to sound reason within the walls of this establishment, and have returned to their friends and to society, during the last twelve months, is equal to our most sanguine hopes; and is not, so far as we know, exceeded by the most celebrated institutions of a similar kind, in this or any other kingdom. A great majority of those who have thus recovered belong, as usual, to cases of recent occurrence; and this would go far to corroborate the testimony given in the report of an eminent modern institution in favour of early application, where it is confidently asserted that one-half of those who are brought to their Asylum, within three months after the attack, ultimately recover.

Whatever reason there may be yet for sincere regret, that this precious time, with the fittest opportunity of affording effectual relief, is so often passed in hurtful experiment or useless delay, still it is evident that right feeling and just sentiment on this subject, daily gain ground with the public, and will, at no distant period, altogether supersede that aversion to part with a near relative in this distressing situation. This reluctance, no doubt for the most part, springs from the best affections of the heart, and from motives alike natural and honourable to the human breast, though not unfrequently from feelings of false delicacy and mistaken kindness, and leads to consequences too often fatal to

the best and permanent interests of the unfortunate patient. And, it is surely not a little remarkable, that more than one of the patients, upon recovering their faculties, have expressed their surprise, and some indignation, that they had been so long kept from the only resource, which, in their estimation, was left for their recovery.

Some who have relapsed out of doors, after having left this place for the third or fourth time, are now again on the list of convalescents; and such is their susceptibility of disordered intellect, that there is little probability of their future exemption, without the restraining power of a lunatic establishment. The greater number, however, have continued to do well, and to prove their capacity for all the ordinary duties and enjoyments of life.

Most of the patients have continued to enjoy excellent general health, and very few have been confined to their apartments by reason of sickness—while none have been placed in confinement, unless for a very limited period,—and a special purpose, on account of their insanity.

Several indeed have suffered severely from convulsive and paralytic complaints, upon which their mental disorder has long been engrafted; and such have sometimes been confined to bed, or have fallen a sacrifice to these complaints.

Some of the worst varieties of madness, with all its revolting accompaniments, have given way to the use of active remedies, and the management of the house: while a decided improvement has been generally effected, where sensibility and consciousness have not been entirely absorbed, and the raving maniac had not yet degenerated into the helpless idiot; but experience justifies the remark, that it is neither by an exclusive moral treatment, nor by the use of remedies alone drawn from the medical art, that the

cure of lunacy is to be effected. It is best accomplished by a happy combination of both, and the discriminate application of their principles to the specialties of every individual case.

It is to be hoped that our success will keep pace with the progress of knowledge in this department of medicine, and with the increased means which a generous public, and a liberal direction, have placed within our reach.

Much has been done by a firm, prudent, and discreet conduct, in all the different departments of the institution—by address in controlling some of the more irregular appetites and passions—in counteracting false associations—checking the propensity to mischief—and dispelling the illusions of sense; while there have been no just grounds for complaint, on account of the means used to restrain the fury of those whose liberty of action might prove fatal to themselves, or their neighbours.

CASES REMAINING IN THE ASYLUM AT DATE OF LAST ANNUAL REPORT, JUNE 18, 1824.—No. 74.
 CASES ADMITTED INTO THE ASYLUM FROM JUNE 18, 1824, TO JUNE 18, 1825. No. 52.

126

	Males.	Females.	Total.
Of whom have been dismissed cured,.....	14	15	29
By desire of friends, more or less improved,...	8	2	10
Died,.....	4	2	6
Remained Convalescent,.....	2	4	6
Improved,.....	23	12	35
Stationary,.....	18	22	40
Recovered, under trial,.....	0	0	0
	69	57	126

Abstract

OF THE

DUNDEE LUNATIC ASYLUM ACCOUNTS,*For the year ending 31st March, 1825.*

To Expenditure—		By Income—	
Salaries and wages, L. 317 17 3		Board for patients, L. 1927 6 10	
Bread and meal, ... 240 7 3			
Butcher meat, 119 1 3			
Beer, 46 18 6			
Milk, 84 15 3			
Fish, 22 8 9			
Potatoes, 33 6 4			
Tea, 16 6 0			
Sugar, 31 7 9			
Groceries, 11 18 2			
Soap, 47 17 7			
Butter and cheese, 25 12 1			
Oil and candles, ... 15 13 2			
Coals, 70 18 2			
Garden expences, . 4 4 6			
Medicines, 12 19 4			
Stamps, insurance, &c. 63 17 2			
Interest, 62 7 10			
	L. 1927 16 4		
Savings carried down, 699 10 6			
	<u>L. 1927 6 10</u>		<u>L. 1927 6 10</u>
To Plans, L. 28 19 7		By Savings brought down, L. 699 10 6	
Mason work, 59 19 6		Donations, &c. 325 2 8	
Wright work, 54 0 9			
Slater work, 5 3 6			
Plumber work, ... 2 19 0			
Smith work, 27 17 0			
Painter work, 1 7 8			
Furniture, 85 11 7			
	L. 245 18 7		
Balance for reducing debt, 778 14 7			
	<u>L. 1024 13 2</u>		<u>L. 1024 13 2</u>

STATE OF THE DEBT.

To Dundee Banking Company, L. 395 0 0	By boards, advanced, L. 44 19 11
Provisions in the house, 59 15 0	Dundee Infirmary, 900 0 0
Boards, outstanding, 29 7 1	Alex. Riddoch's legacy, 448 8 6
Balance in Treasurer's hand, 16 2 1	
	500 4 2
Debt at 31st March, 1824, L. 1671 18 10	
Balance brought down, 778 14 7	
	893 4 3
	<u>L. 1393 8 5</u>
	<u>L. 1393 8 5</u>

Expended on the Asylum, including Furniture,
at 31st March, 1825, L. 11,581 19 6
Off 15 per cent. for tear, wear, and alterations, 1,692 5 11

L. 9,589 13 7 Sterling.

CHARLES Y. ROGER, Treasurer.

Examined and found correct,

J. KIDD, }
ALEX. KEAY, } Auditors.

CONTRIBUTIONS,

For the year ending 31st March, 1825.

	Ann.	Sub:	Donations:	Legacies.
Alison, John, Esq. Wellbank,.....	L.2	2	0	
.....from a Lady,			L. 1 1 0	
Anderson, Mrs Ebenezer,	1	1	0	
Anderson, William, Esq. Comptroller, ..			5 0 0	
Baxter, John, Esq. Idvies,	2	2	0	
Baxter, William, Esq.	2	2	0	
Blair, David, Esq. Cookston, from a Lady,			2 2 0	
Charity-box at the Asylum,			0 4 6	
Collection,—sermons per the Rev. Dr.				
Chalmers,			86 7 0	
Dunnichen, The Parish of,			20 0 0	
Davidson, Thomas, Esq.	1	1	0	
Erskine, Mrs James, Linlathen,			5 5 0	
Fyffe, David, Esq.			1 0 0	
Guthrie, The Parish of,			20 0 0	
Heritor, An, of the Parish of Dundee,				
per D. Blair, Esq.			26 5 0	
Hore, William, Esq. Wharfinger, Lon-				
don,			5 0 0	
Hunter, Robert, Esq. late of the Customs,			5 5 0	
Innerarity, Rev. W. S. of Caputh,			2 0 0	
Inverarity, The Parish of,			20 0 0	
Jack, Mr Henry, druggist,	1	1	0	
L'Amy, James, Esq. Dunkenny,			5 5 0	
Macdonald, John, Esq.	1	1	0	
Millar, Patrick, Esq.	0	10	6	
Millar, J. B. Esq.	1	1	0	
Milne, David, Esq.	1	1	0	
Martin, David, Esq.	1	1	0	
Mount, Mr George, cabinet-maker,			0 10 6	
Peter, John, Esq.	1	1	0	
Philips, Alexander, Esq. a legacy, less,				45 4 8
duty, &c.				
Ramsay, Alex. Esq. M.D. from a Lady,			20 0 0	
.....ditto,			2 0 0	
Rescobie, The Parish of,			25 8 6	
Stirling, Robert, Esq.	1	1	0	
Straton, William, Esq.	1	1	0	
Wright, Mrs, a legacy, less, stamp,				9 18 0
Annual Subscriptions, L.	17	6	6	
Donations,	252	13	6	
Legacies,	55	2	8	
	L.325	2	8	
Restricted Legacy, per Alex. Rid-				
doch, Esq. Blacklunan, less,				
duty, &c.	L.448	8	6	

TERMS OF ADMISSION.

THE following are the terms of admission into the Dundee Asylum; subject always to such alterations as circumstances may render necessary: the board, in all cases, to be paid in advance.

PATIENTS NOT PAUPERS.

First class to pay per week, £0 10 6*	Fourth class,.....	£1 11 6
Second class,..... 0 15 0	Fifth class,.....	2 2 0
Third class,..... 1 1 0	Sixth class,.....	3 3 0

PAUPERS.

First class, belonging to the parishes that have contributed to the erection of the Asylum, per week, 7s.; a second class, all other paupers, per week, 8s. 6d.

A fee, on admission, is paid to the Physician by the several classes of patients, as under:

First class,..... £0 10 6	Third and fourth class,.....	£2 2 0
Second class,..... 1 1 0	Fifth class,.....	3 3 0
Sixth class,.....		£4 4 0

On the dismissal or death of a patient, after six and within twelve months, the fee is repeated; but if any patient shall remain longer than one year, the fee is to be repeated only at the end of every successive year of his residence in the Asylum.

No fees are paid for paupers.

Every patient must at least be provided with a mattress and bed-clothes, and with changes of linen, &c. as per following list. Patients in the higher classes must be provided according to circumstances.

Males.—Two shirts, two coloured neckcloths, two flannel under-jackets (if worn), two night-caps, two pocket-handkerchiefs, three pairs of stockings, one coat or jacket, one vest, one pair of breeches or trowsers, one hat, and one pair of shoes.

Females.—Two shifts, two flannel shifts (if worn), two flannel petticoats, two upper-petticoats, two gowns, two shawls or handkerchiefs, two day-caps, two night-caps, three pairs of stockings, two pocket-handkerchiefs, one pair of corsets, and one pair of shoes.

These articles to be kept up, and renewed when worn out.

Application must be made by letter, previous to the admission of any patient (excepting in very urgent cases), stating the duration of the malady and its probable cause—the means used for recovery—the circumstances of the patient—and generally every thing calculated to throw light upon the case. This application to be accompanied with a medical certificate, and an obligation from a respectable person resident in Dundee or neighbourhood; of both of which the necessary forms are subjoined. Even in the most urgent cases, the medical certificate must be produced. Ladies or gentlemen requiring the benefit of the institution, can be accommodated with commodious apartments, distinct from the other patients; and with a servant, if necessary. The servant to be approved of by the Directors.

As the friends of patients may sometimes find it difficult to procure a proper person to conduct them to the Asylum, a careful and humane conductor will, on application, be provided; and his travelling expenses only charged.

FORM OF THE MEDICAL CERTIFICATE.

I, _____ physician (or surgeon), in _____ have carefully examined
 in the parish of _____; and I do hereby certify, that, to
 the best of my knowledge and belief, _____ is in a state of lunacy, and a
 proper object for admission into a Lunatic Asylum.—This I certify on soul and
 conscience

* One shilling per quarter is also charged for mending the clothes of the patients.