

Twenty-second annual report of the directors of the Dundee Royal Asylum for Lunatics : submitted in terms of their charter to a general meeting of the directors, 20th June, 1842.

Contributors

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TWENTY-SECOND
ANNUAL REPORT
OF
THE DIRECTORS
OF THE
DUNDEE ROYAL ASYLUM
FOR LUNATICS;

SUBMITTED IN TERMS OF THEIR CHARTER,


TO

A GENERAL MEETING OF THE DIRECTORS,

20TH JUNE, 1842.

Dundee :
PRINTED BY D. HILL, AT THE COURIER OFFICE.

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TWENTY-SECOND ANNUAL REPORT

OF

THE DIRECTORS

OF THE

Dundee Royal Asylum for Lunatics,

For the Year ending 31st May, 1842.

EVER since the introduction into the Asylum of useful work and labour among the lower—such work and labour as they had been accustomed to before their confinement—and of mental employment and healthy exercise among the higher class of patients, every Annual Report has given us the details of the advantages with which this system of management has been invariably attended; and an interest was excited in public opinion in favour of the system, by anecdotes of amusing occurrences, and of extraordinary developments of the singular characteristics of insanity to which the various occupations of the patients had, not unfrequently, given rise. The novelty, however, of these occurrences has, in a great degree, passed away, so that the recital of similar cases would no longer excite attention. The Directors, therefore, for the year 1842, content themselves with simply mentioning, that experience continues to confirm and establish the excellence and efficacy of the system, as it is regulated under the able direction of Mr Mackintosh. They have, however, to lament, that the numbers of the employed have not, in the year of their supervision, been so great as in preceding years. This has been owing to the unfortunate circumstances of the times. The stagnation of trade

which has been so deeply felt in the town of Dundee and its environs, has not been without its ill effects, even within the walls of the Lunatic Asylum. Many of its artizans have in consequence been thrown altogether out of work ; and others have been only partially employed. This sad state of idleness has proved very injurious to the patients ; depriving them, if not of a means of cure, at least of one of the most effectual means of alleviation to the evils of their unhappy condition ; throwing them back too much upon themselves, and upon the ruminations of their disturbed and distorted judgments ; and increasing that monotony of thought and listless ennui which are so apt to beset those who have nothing to interest them, engage their attention, and occupy their time.

Another topic of considerable interest in previous Reports has been, an account of the degrees in which the unfortunate inmates of the Establishment have been benefited by the introduction into the House of regular public worship on the Lord's day ; of the solemn and devout manner in which they uniformly conduct themselves during the celebration of Divine service ; and the gratitude and delight they have expressed at the opportunities thus afforded them of attending the public ordinances of religion. It affords the Directors of the present year the greatest gratification to be able to add their testimony, to that of their predecessors in office, to the happy effects on the patients that continue to be experienced from the devotional exercises of the Sabbath ; and to mention, that so favourable has been the result, that, in the course of the year of their management, they have been encouraged to venture upon a bolder step ; and, to give to such of the patients as expressed an earnest wish upon the subject, and whose diseases, in the opinions of the medical officers, were not of that character as to be likely to suffer any increase from a compliance with the request, permission to attend the celebration of the Lord's Supper, in the places of worship to which they formerly belonged. In the Lunatic Asylums in England, it is customary for the chaplains to administer the Holy Communion in the chapel of the establishment ; but as this cannot be done in Scotland, consistently with the regulations of the National Church, the request of the applicants, in the present instance, must have been refused, unless the alternative adopted had been pursued. It was not, however

finally determined upon till the propriety of it had been most fully considered and deliberated on by Dr Nimmo and Mr Mackintosh. But when, after such deliberation, they expressed themselves in favour of the experiment being made, the persons intending to communicate were examined by the ministers of their respective churches,—to whom they gave such answers as were perfectly satisfactory, and which evinced their fitness for the solemn rite of which they were so desirous to partake. They were accompanied to church by careful and proper servants, so that no disturbance in the congregation could have taken place had the patients become in any way excited by the solemn and impressive ceremony. As it was, nothing of the kind occurred. They conducted themselves throughout in the most devout and proper manner. The experiment, therefore, was completely successful; and the Directors cannot but feel that their thanks are due to God for having made them the humble instruments of restoring some of the most afflicted of his rational creatures to those comforts and consolations in religion which are to be derived from a pious and faithful participation in the memorials of a dying Saviour's love.

Before they quit this topic of the devotional exercises of the patients, the Directors may mention that prayer is now regularly engaged in once, and very often twice a-day. It is conducted in the respective day-rooms by attendants on the patients, who are competent to the discharge of the duty. No force or compulsion whatever is used to enforce attendance at these assemblies. The patients are left entirely to their own choice and free will on the subject. But the majority of them are almost invariably present, and seem to take great delight in having the scriptures read to them on these occasions, especially such of them as, previously to their confinement, were accustomed to family worship at home.

The Directors have now only to fill up the usual routine of an Annual Report, and their task will be finished; for, except the occurrence that has just been related of the attendance of a portion of the patients at the celebration of the Lord's Supper, there has been nothing in the moral management of the Institution during their incumbency of office sufficiently interesting to be recorded.

The principal officers of the Asylum have done (as of late years they have always done) their duty, to the perfect satisfaction of their

employers, to the great benefit and comfort of those under their immediate care, and to the increase of the excellent character and credit of the Institution far and near. The Directors say, and say it with confidence, that there is no institution of the kind, either at home or abroad, that stands on higher grounds in public opinion than the Dundee Lunatic Asylum. Other asylums, having more ample funds and larger resources, may exhibit greater splendour in their external appearance, may throw open more magnificent apartments, and display more costly furniture, may possess more extensive pleasure grounds and more highly ornamented gardens; but there is not one in which the moral culture and general superintendence are carried to greater perfection—not one in which employment both of mind and body is regulated upon sounder principles, and with greater judgment and discretion—not one in which the safety of the patient is more effectually secured, at the same time that the means to effect that security are combined with the greatest possible degree of gentleness and tenderness towards the object of it: In all these respects the Dundee Lunatic Asylum need not fear comparison with the most distinguished and best endowed of its rivals: And, indeed, there is reason to believe that this merit is universally conceded to it by all who are in any degree acquainted with its internal arrangements, and competent to form a judgment thereon. But if this be so, it is unnecessary to say that the merit of such excellency is principally attributable to its chief officebearers, the Physician, the Medical Superintendent, and the Matron. It is to their strict attention to the duties of their respective offices, and to the fidelity and ability with which these duties are discharged, that the eminence of the Institution is owing; and feeling this to be the case, the Directors are gratified with having this opportunity of expressing their sentiments, and recording their unfeigned thanks to Dr Nimmo, Mr Mackintosh, and Mrs Kilgour. Nor can they let the opportunity pass of expressing similar gratitude to the Rev. Thomas Stirling, who continues to discharge most assiduously and faithfully the office of chaplain; and this, they think, is sufficiently evidenced by the anecdote the Directors have already related, of the becoming and proper behaviour of the patients on their attendance on one of the most solemn rites of religion.

To Mr Forgan, the treasurer, the Directors tender their thanks for his unremitting attention to his trust; and also, to the Rev. John Robertson, for his conduct as secretary.

They have also great satisfaction in stating that they have received from Mr Mackintosh and Mrs Kilgour assurances that the attention and behaviour of all the servants are just what they ought to be, and that, in consequence, the utmost peace and harmony have reigned uninterrupted throughout every department of the establishment. To the servants and keepers, therefore, the Directors present their thanks. While discharging the pleasing duty of expressing their grateful sense of benefits conferred, they must not forget to return thanks to those who have, by pecuniary and other benefactions, promoted the utility and efficiency of the Institution :—

To the Earl of Suffolk for a donation of £10. This present was particularly gratifying as coming from a stranger who visited the House, and examined most minutely into all its arrangements, and expressed himself highly delighted therewith.

To Lord Douglas for a supply of sea gravel.

To Mrs Patrick Scott for a piano.

To Alexander Balfour, Esq., and the Messrs Mills, for having given employment to the pauper patients.

To Andrew Low, Esq., and the Tract Society, for a supply of tracts.

To James Leslie, Esq., civil engineer, for his professional services gratuitously rendered to the Asylum in the most kind manner.

To Samuel Take, Esq., for a copy of his translation of Dr Jacobi's Work on Lunatic Asylums, as well as a copy of the Statistics of the York Retreat, and the Report of the Committee of that Institution.

The Directors may mention here that a benefaction of, last year, a horse given by John Alison, Esq., has proved a very useful and valuable present. Among other work that the animal performs, it is employed in affording equestrian exercise to the ladies, some of whom occasionally ride out accompanied by the Matron. This is the first attempt, the Directors have reason to believe, made in any public asylum in Scotland to introduce this healthy

and invigorating recreation; and the Medical Superintendent reports that he finds it attended with the best effects.

The Directors will now speak of the additions and improvements that have been effected in the House and on the premises in the course of the past year; and they will then conclude with a few brief observations on the expenditure.

Gas has been partially introduced into the mansion, and both the sane and insane throughout the household are delighted with the change, and most anxious that it should be generally used to the exclusion of any other light at night.

A new set of hose for the fire engine has been provided, and the doors of all the airing courts have been widened sufficiently to admit of its introduction in case of any emergency. The attendants and some of the old patients have been taught to work it, and have become very expert in the use of it.

A new cistern has been placed in the tower, in the room of one worn out. Several new drains have been laid, and piggeries and a straw house erected, and improvements made in other out-offices.

But the great outlay—and most unexpectedly heavy, indeed, it is—has been in sinking a well. In the spring of last year the north well had become nearly dry. The Directors of the year ordered it to be bored; but after proceeding with the operation a certain length, the workmen got into a quicksand which threatened the downfall of the workshops. It was necessary, therefore, to abandon the work; but it being equally necessary to procure a supply of water, the Directors determined on consulting Mr Leslie, and to be guided by his advice in their measures to effect this desirable object. Mr Leslie recommended the sinking of a new well, eight feet in diameter, immediately to the south east of the old one. This was commenced in the summer, which unfortunately turned out a remarkably wet season; the consequence of which was, that, as the workmen proceeded, the sides rapidly and frequently fell in, and the mason work had to be built a second time upon a substantial frame. But this was not all: when the workmen reached the quicksand, such volumes of water rushed in upon them as not only to retard their operations, but to render the adjustment of several pumps necessary to keep the water

down. At these pumps from eight to twelve men worked day and night for several months, besides two plumbers to keep the machinery in order. It is the cost of these unforeseen operations and additional labour that has caused the extraordinary expenditure of the present year, which, upon a reference to the balance-sheet of the Treasurer appended to the Report, will in other respects be found to be much the same as in former years.

The amount of income is greater than in any preceding year; but as this has arisen from the increased number of patients, the majority of whom are of the poorer class, the increased expenditure has been proportionally great. But, on the whole, there is a considerable excess of income over the proper annual expenditure of the House.

The Directors may here mention, that a diminution in the revenue has also arisen, from the returns from the work of the pauper patients, owing to the stagnation of trade already noticed, having been much less in this than in the two preceding years.

These two circumstances taken together, the cost of the well and the diminution in the proceeds from labour, have had an injurious effect on the funds of the Asylum for 1842, and have rendered it impossible for the Directors to undertake what, under more flourishing circumstances, they would be most happy in undertaking—namely, the building of a house for the Medical Superintendent, and additional apartments for the accommodation of pauper patients, thereby completing the original plan of the House as furnished by Mr Burn.

AT THE
ANNUAL COURT OF DIRECTORS

OF THE
DUNDEE ROYAL LUNATIC ASYLUM,

Held in the Town Hall of Dundee, on Monday the 20th June 1842,

PATRICK SCOTT, Esq., in the chair,—

Sir John Ogilvy, Baronet, moved “ That the cordial thanks of this Annual Court be presented to the Very Reverend Dean Horsley, for his great kindness in drawing up the Report of the Directors for the past year, and for the ability displayed in the execution of that duty.”

Which motion having been seconded by John Alison, Esq. of Wellbank, was carried by acclamation ; and the Chairman having delivered the thanks of the meeting to the Dean,

The Directors unanimously resolved that this motion be printed at the end of the Annual Report.

ABSTRACT

OF THE

MEDICAL REPORT READ TO THE DIRECTORS,

AT

THEIR ANNUAL COURT,

Held in the Town Hall on Monday the 20th June 1842.

YEARLY RETURN OF LUNATICS IN THE DUNDEE ROYAL LUNATIC ASYLUM.

From 21st June 1841 to 20th June 1842.

	Males.	Females.	Total
Remained 21st June 1841,	98	74	172
Admitted during the above period,	34	19	53
	—	—	—
Total,	132	93	225
	—	—	—
Discharged cured,	16	11	27
Ditto improved,	6	0	6
Ditto by desire,	2	2	4
Died,	8	2	10
	—	—	—
Total,	32	15	47
	—	—	—
Remaining June 20, 1842,	100	78	178
	—	—	—
Total,	132	93	225
	—	—	—
Daily average number of patients in } the House,	102	77	179

TABLE OF ADMISSIONS ACCORDING TO THE CAUSES OF
INSANITY, SO FAR AS THEY CAN BE ASCERTAINED.

PHYSICAL CAUSES.

	Males.	Females.	Total.
Hereditary tendency,	4	7	11
Drunkenness,	7	0	7
Ditto, with hereditary predisposition,	6	0	6
Cupping excessive,	0	1	1
Catching cold, with hereditary predis- position, }	0	1	1
Deficient nourishment,	0	2	2
Apoplexy,	0	1	1
Fever,	2	1	3
Weakness of nerves,	2	0	2
Critical period,	0	1	1
Venery excessive,	1	0	1
Epilepsy,	1	0	1
After anasarca,	1	0	1
	—	—	—
Total,	24	14	38

MORAL CAUSES.

	Males.	Females.	Total.
Grief,	1	1	2
Neglected education and pride,	0	1	1
Anxiety, with hereditary predisposition,	3	0	3
Disappointments,	1	0	1
Harsh treatment,	2	1	3
Fright,	1	0	1
Jealousy,	1	0	1
	—	—	—
Total,	9	3	12
	—	—	—
Unknown,	1	2	3

TABLE OF ADMISSIONS RELATIVE TO AGES.

	Males.	Females.	Total.
From 15 to 20 years of age,	2	1	3
.. 20 to 25	3	0	3
.. 25 to 30	3	2	5
.. 30 to 35	6	3	9
.. 35 to 40	3	5	8
.. 40 to 45	4	2	6
.. 45 to 50	5	2	7
.. 50 to 55	3	0	3
.. 55 to 60	2	0	2
.. 60 to 65	3	4	7
	—	—	—
Total,	34	19	53

TABLE OF ADMISSIONS RELATIVE TO AGES AND SEXES,
CLASSED ACCORDING TO THEIR FREQUENCY.

Males.			
From 30 to 35 years of age,			6
.. 45 to 50			5
.. 40 to 45			4
.. 60 to 65			3
.. 50 to 55			3
.. 35 to 40			3
.. 25 to 30			3
.. 20 to 25			3
.. 55 to 60			2
.. 15 to 20			2
			—
Total,			34
Females.			
From 35 to 40 years of age,			5
.. 60 to 65			4
.. 30 to 35			3
.. 45 to 50			2
.. 40 to 45			2
.. 25 to 30			2
.. 15 to 20			1
			—
Total,			19

TABLE OF ADMISSIONS RELATIVELY TO THE VARIETIES
OF INSANITY.

	Males.	Females.	Total.
Mania,	9	6	15
Monomania,	17	8	25
Dementia,	8	5	13
	—	—	—
Total,	34	19	53

TABLE OF ADMISSIONS RELATIVELY TO THE CIVIL
CONDITION.

	Males.	Females.	Total.
Married,	14	8	22
Unmarried,	16	9	25
Widowers,	4	0	4
Widows,	0	2	2
	—	—	—
Total,	34	19	53

TABLE OF ADMISSIONS RELATIVELY TO THE MONTHS
OF THE YEAR.

	Males.	Females.	Total.
From June to July,	3	8	11
.. July to August,	4	1	5
.. August to September,	5	1	6
.. September to October,	4	0	4
.. October to November,	2	0	2
.. November to December,	1	2	3
.. December to January, 1842,	2	0	2
.. January to February,	4	0	4
.. February to March,	2	1	3
.. March to April,	4	2	6
.. April to May,	1	3	4
.. May to June 20,	2	1	3
	—	—	—
Total,	34	19	53

TABLE OF OLD CASES—VIZ. OF MORE THAN TWELVE MONTHS' DURATION.

			Males.	Females.	Total.
Remained 21st June 1841,	.	.	90	68	158
Received from Table	} M. F. TOT.				
of Recent Cases,		3	0	3	
Admitted since,		15	11	26	
		—	—	—	
			18	11	29
			—	—	—
	Total,	.	108	79	187
Discharged cured,	.	.	5	1	6
Ditto improved,	.	.	2	0	2
Ditto by desire,	.	.	1	1	2
Died,	.	.	6	2	8
			—	—	—
	Total,	.	14	4	18
Remaining June 20, 1842,	.	.	94	75	169
			—	—	—
	Total,	.	108	79	187

TABLE OF RECENT CASES—VIZ. OF THOSE UNDER TWELVE MONTHS' DURATION.

			Males.	Females.	Total.
Remained 21st June 1841,	.	.	8	6	14
Transferred to preceding Table,	.	.	3	0	3
			—	—	—
	Total,	.	5	6	11
Admitted since,	.	.	19	8	27
			—	—	—
	Total,	.	24	14	38
Discharged cured,	.	.	11	10	21
Ditto improved,	.	.	4	0	4
Ditto by desire,	.	.	1	1	2
Died,	.	.	2	0	2
			—	—	—
	Total,	.	18	11	29
Remaining June 20, 1842,	.	.	6	3	9
			—	—	—
	Total,	.	24	14	38

TABLE OF THE DEATHS FOR THE PAST YEAR.

	Males.	Females.	Total.
Of Apoplexy, or of its consequences (1 m.)*	2	1	3
.. Bronchitis,	1	0	1
.. Gastritis,	1	0	1
.. Hydrothorax,	1	1	2
.. Atrophy,	1	0	1
.. Diarrhœa, †	1	0	1
.. Exhaustion,*	1	0	1
	—	—	—
Total,	8	2	10

* Worn out by other diseases before admission.

† Was afflicted with this malady for months before admission.

AGES OF THE DECEASED.

	Males.	Females.	Total.
From 30 to 40 years of age,	4	0	4
.. 40 to 50	2	0	2
.. 60 to 70	1	1	2
.. 70 to 80	1	1	2
	—	—	—
Total,	8	2	10

NUMBER OF EPILEPTICS AMONG THE LUNATICS AT PRESENT IN THE ASYLUM.

In Asylum, 178 Lunatics.	Mania. Remit.		Mono- mania.		Dementia.		Idiotism. Partial.		Total.	
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.
Epileptic,	3*	1	0	1	0	1	1	0	4	3

* One of these also paralytic.

NUMBER OF PARALYTIKS AMONG THE LUNATICS AT PRESENT IN THE ASYLUM.

In Asylum, 178 Lunatics.	Mania. Remit.		Mono- mania.		Demen- tia.		Total.	
	M.	F.	M.	F.	M.	F.	M.	F.
Paralytic,	1	1	3	0	4	0	8	1

TABLE OF ADMISSIONS RELATIVE TO PROFESSION, OCCUPATION,
OR CONDITION.

Males.	No.	Females.	No.
Bankers,	1	Ladies,	2
Manufacturers,	1	Wives of Farmers,	1
Clerks,	2	„ Schoolmasters,	1
Shipmasters,	3	„ Artisans,	2
Shopkeepers,	1	„ Sailors,	1
Farmers,	2	„ Coachmen,	1
Gardeners,	2	„ Labourers,	1
Sailors,	3	Manteaumakers,	1
Artisans and Tradesmen,	13	Servants,	1
Fishermen,	1	Out-door Labourers,	1
Labourers,	4	Poor Women,	3
Of no occupation,	1	Of no occupation,	4
Total,	34	Total,	19

TABLE OF ADMISSIONS RELATIVE TO EDUCATION.

	Males.	Females.	Total.
Cannot read	0	4	4
Can read,	0	4	4
„ „ and write,	31	10	41
Highly educated,	3	1	4
Total,	34	19	53

TABLE OF ADMISSIONS RELATIVE TO FORM OF RELIGION.

	Males.	Females.	Total.
Church of Scotland,	25	15	40
„ England,	1	1	2
Secession Church,	4	0	4
Glassite Church,	2	0	2
Relief „	1	1	2
Roman Catholic Church,	1	2	3
Total,	34	19	53

TABLE OF ADMISSIONS RELATIVE TO PLACE OF BIRTH.

	Males.	Females.	Total.
Born in Scotland,	34	16	50
„ England,	0	1	1
„ Ireland,	0	2	2
	—	—	—
Total,	34	19	53

TABLE OF ADMISSIONS AT THE DUNDEE ASYLUM,

From 1820 to 1830.

Admitted from 1820 to 1830.	Cured of these.	Died.
No. 385 Lunatics.	42·8 per cent.	9·35 per cent.

TABLE OF ADMISSIONS AT THE DUNDEE ASYLUM,

From 1830 to 1840.

Admitted from 1830 to 1840.	Cured of these.	Died.
No. 427 Lunatics.	41·90 per cent.	12·65 per cent.

FROM JUNE 1837 TO JUNE 1842.

Highest number of males in the Asylum at one time,—viz. on
 16th May, 1842, 107
 Highest number of females, 30th August, 1841, 82

Lowest number of males in the Asylum at one time,—viz. on
 2d October, 1837, 70
 Lowest number of females, 3d July, 1837, 58

Highest number of both sexes in the Asylum at one time, 185

TABLE OF ANNUAL ADMISSIONS FROM THE OPENING OF THE
ASYLUM ON 1ST APRIL, 1820, TO THE DATE OF THIS REPORT,—
20TH JUNE, 1842.

Reports.	Years.	Males.	Females.	Total.
First,.....	1821	22	28	50
Second,.....	1822	12	12	24
Third,.....	1823	17	15	32
Fourth,.....	1824	17	20	37
Fifth,.....	1825	28	24	52
Sixth,.....	1826	28	29	57
Seventh,.....	1827	24	10	34
Eighth,.....	1828	20	15	35
Ninth,.....	1829	17	14	31
Tenth,.....	1830	15	18	33
Eleventh,.....	1831	15	18	33
Twelfth,.....	1832	21	16	37
Thirteenth,.....	1833	23	24	47
Fourteenth,.....	1834	22	18	40
Fifteenth,.....	1835	19	21	40
Sixteenth,.....	1836	20	18	38
Seventeenth,.....	1837	24	16	40
Eighteenth,.....	1838	30	12	42
Nineteenth,.....	1839	26	27	53
Twentieth,.....	1840	29	28	57
Twenty-first,.....	1841	33	25	58*
Twenty-second,.....	1842	34	19	53†
Total,.....		496	427	923

* 1841—Cured, 6 males; 16 females. Total, 22. Died, 5 males; 3 females. Total, 8.

† 1842—Cured, 15 males; 11 females. Total, 26. Died, 8 males; 2 females. Total, 10.

It gives us great pleasure to be able again to report to the Directors the continued success of our management of the patients,—our cures this year being greater, in proportion to the number of admissions, than they have been for several years past; and that last year, like every preceding one, has passed away without an accident, however slight. This, considering the great number of patients, and that many of them are afflicted with suicidal propensities (ten of whom were admitted), is a source of great satisfaction to ourselves. The ingenuity and the perseverance which suicidal patients often display in attempting to effect their purpose, and the constant anxiety and watchfulness which they consequently occasion, are almost impossible for any one to conceive who has not been placed in circumstances similar to ours; nor the lively delight which is felt on looking back over the transactions of a past year, and finding that our efforts have, under the blessing of Providence, been so completely successful in guarding against accidents.

There are a great many persons still who believe that a lunatic asylum is a place only of confinement and suffering, and that its inmates must be constantly in a state of wretchedness and misery. The disease itself is so revolting to human nature, and the punishments and tortures which were formerly inflicted on the unhappy inmates of an asylum were so excessive, and from the exposure which was made many years ago of that system, have become so universally known, that it is not at all surprising (especially when it is considered that an asylum like this, where boarders as well as paupers are admitted, must to some extent be secluded from the inspection of the public), it is not at all surprising, we say, that such a notion should still to a considerable degree prevail. As such an opinion may possibly be the cause, in some instances, of occasioning the friends of patients to delay sending them to an asylum till the disease has made considerable progress, and the chances of cure are materially diminished, it is one which it is the duty of all connected with an asylum to endeavour to eradicate, by spreading among the public more correct information regarding the economy of such institutions. In fact, no opinion can be more unfounded than this, that the inmates of an asylum are doomed to a state of continual unhappi-

ness, or subjected to insult or punishment by those to whose care they are intrusted. Insanity is a disease which assumes an immense variety of forms, baffling almost every attempt to range them under a few general kinds. In every case there is something peculiar—each is a study of itself—hardly any two cases are alike. In an asylum where a large number are collected together there will always be found some who really are miserable. Not because they are confined within the walls of an asylum, or made so by harsh treatment, but because of the particular form which the disease has assumed in their case; because they may be constantly in dread of powerful and invisible enemies, human or spiritual; because they are tortured by overwhelming thoughts of having committed crimes of deep atrocity: or, because they imagine that they have been utterly forsaken by the Almighty, and are inevitably doomed to endless punishment hereafter. Too frequently there is no ministering to these minds diseased, and their days and their nights are passed in a state of continual mental torture. Such patients are, however, those who most imperatively require the benefits which such an institution as ours alone can yield them; patients of this class are those who are most frequently afflicted with the tendency to commit suicide. Though in many cases art has failed to remove their terrible delusions, it has in others been successful; and it is only when removed from the scenes of their former life, and separated from their old connections, that any rational hopes of cure can be entertained, whereas, when left exposed to be continually acted upon at home, by circumstances which have been the exciting cause of their disease, or to be harassed by questions, arguments, or conversation, by injudicious relatives, about their complaints or its causes, the disease is in all cases certain to be aggravated. There is no security attainable at home which can for a moment bear comparison with what is attainable in an asylum. How many valuable lives are every year lost—how many of the brightest ornaments of the human race have perished by their own hands, whose days might have been prolonged to the comfort of their relatives and the benefit of mankind, had they been timely placed in a state of seclusion.

If home be unfit to yield security to the lunatic against his attempts upon himself, it is still more so to bring any alleviation

to his mental sufferings ; often to his diseased imagination his nearest and kindest relatives are his most deadly foes ; wrapped up in his own thoughts home has not only lost all its charms for him, but is become a prison-house of misery from which he is continually desirous to escape. It is so in reality, by continually bringing before him the same scenes and persons which have had an influence in bringing on his disease, and by never disturbing the current of his thoughts. Few, very few indeed, are the persons who can afford the time or the means which are necessary to effect a change in the thoughts of such patients. But surely if there be any hope of such patient's recovery, it is when removed from the scenes of their fancied misery, and when placed under the care of those whose whole duty it is to endeavour to alleviate their sufferings, and who have many resources within their reach which can be found nowhere else. Happily such patients are but few in number to the great bulk of the insane ; and unfavourable as such cases are, still even for them we have means at our command which are sometimes capable of alleviating their sufferings, and at others of removing them entirely.

But to the great mass of the insane their diseased imaginations do not present images of sorrow, but the reverse. The man who thinks himself the ruler of the universe—who can control the sun and the moon and the stars of heaven—who has all the elements of nature at his command : He who imagines himself to be the monarch of the mightiest empire on earth—who, while he allows himself to be guided like a little child by his attendants, fancies that they and his companions in affliction are looking up to him with emotions of awe, and obeying his every word and look : He who fancies that he is the greatest of conquerors or the wisest of sages : He who, while a pauper, supposes that he is in possession of untold wealth, that he is the master of all he surveys : These and many such as these are not rendered unhappy by their delusions ; they are, on the contrary, generally cheerful ; they are also more easily induced to avail themselves of all the recreations which the Institution can afford, or to betake themselves to any of the different kinds of labour which have been found so beneficial in removing their disease. You may find the man who imagines himself possessed of immense wealth begging for a bit

of tobacco. Like the old Romans, who, after the toils and dangers of war were over, betook themselves to the labour of the fields, you may find the greatest general of the present age planting cabbages or digging potatoes. The man who fancies himself the greatest monarch in the world—the brother, perhaps, of the sun and moon—you may find him mending his own breeches, or making a pair of shoes for the meanest of his subjects. You may see another who fancies he can direct the courses of the stars condescending to hurl a wheelbarrow, and all of them cheerful and happy at their various labours.

There are constantly a great number of the inmates of the Asylum employed in different ways, each as far as possible at the occupation to which he had been accustomed in health. Occupation has a most beneficial effect on their disease, and is generally by themselves ardently desired. It relieves the monotony to which they are so subject, and tends to divert the current of their thoughts from running constantly in one direction. By breaking the chain with which their thoughts are bound, it raises the spirits of those who are depressed, and moderates the exuberance of spirits and loquacity to which others are subject. By this means it becomes a valuable instrument of cure, and any appearance of a desire on the part of a patient for employment is ardently to be longed for and encouraged to the utmost.

Neither are those who have been brought up in a different sphere of life without a capacity for enjoyment; for in general the mind is not so completely affected that the patient is incapable of relishing the pleasures of literature. In many cases, especially in cases of monomania, some of the intellectual powers remain in full vigour, and the patient would be rendered miserable without the means of exercising them. Persons who have been accustomed to the refinements of civilized society, feel acutely if any of the observances to which they were accustomed are neglected, and feel a corresponding degree of pleasure when they are treated with the same attention, and are indulged with the same amusements, or allowed the opportunity of gratifying their different tastes with the accomplishments to which they had been accustomed in their state of health.

If a patient is able to work at his former trade, or is able to

acquire any new one, it is of itself sufficiently conclusive that all the powers of the mind are not equally affected in insanity. We may, however, notice the case of a gentleman who received a liberal education, and has been several years in the Asylum: His great amusement is in writing poetry. We cannot say that he is much of a poet, for his imagination is not very brilliant. His compositions, however, generally rhyme well, and though there be nothing in them above mediocrity, yet there is not a single expression in any of them from which it could be inferred that the writer was insane.

The celebrated M. Pinel mentions a case which was under his care at the Asylum de Bicetre. A watchmaker at Paris during the troubles of the French Revolution imagined that he had lost his head on the scaffold, that immediately after the execution the judges repented of the sentence, and ordered his head and the heads of a number more who were executed along with him to be replaced. His unfortunately was exchanged for the head of one of his fellow-sufferers. He was constantly haunted with this notion, and his general conduct during confinement for a long time was of the most extravagant nature, singing, crying, and dancing incessantly. Another absurd idea took possession of him, that he could make a machine which should have the property of perpetual motion. He was allowed the use of tools and materials; but though he was never, as might be expected, able to accomplish his design, yet he produced various specimens of mechanism which M. Pinel says must have been the result of very profound calculation; while engaged on this project he could think of nothing else, devoting every moment to it that he possibly could, and whenever he seemed on the point of succeeding, his joy was boundless.

Persons who have had a taste for any of the fine arts, such as drawing or music, still retain the relish for them in many cases.

Having stated that the insane in many instances have still the desire of occupation or pleasure, and can be made happy or unhappy for a time according as employment or means capable of yielding pleasure are granted or withheld, we may now briefly glance at a few of the means in our power, and which are almost all in daily use.

In the first rank we must place labour, both on account of its

superior efficacy as a means of cure to mental occupations or recreations, or amusements of any kind; but, also, as it is the kind of life to which most of our patients were previously accustomed. It is invariably found that there is a greater proportion of cures among those who are constantly employed at some laborious occupation than among those who will not submit to work at all. Many of our patients come from Dundee, and have of course been mechanics or tradesmen of all different denominations; but great numbers also come from country parishes, and have been accustomed only to field labour.

For the first class we have ample means of employment when trade is brisk; and for the second class, although the means are not what we could wish, yet they are good. We have ground around the Asylum extending to several acres, enclosed with a stone wall about 10 feet high, where almost all the different kinds of labour necessary in farming or gardening are constantly going on. In general there are seldom less than from 20 to 30 males, and from 10 to 20 females, daily employed at the proper seasons in this kind of labour, almost all of them go about it with the utmost alacrity; sometimes a Deity or an Emperor will throw down his implements and refuse any longer to work at so degrading an employment, but the promise of some slight indulgence seldom fails to make him resume his labour. A very great part of all the different vegetables and fruits required for the use of the house is produced, in our own grounds, by the labour of the patients themselves.

For those who have been tradesmen, we have a large range of work-shops fitted up with looms for weaving cotton bagging, sheeting, and other coarse fabrics, the staple manufacture of Dundee. These are constantly employed (when we can get the materials) both by male and female patients. A great number of the females are employed in the spinning and winding of yarn, and many of the males in picking oakum. Tailoring, shoemaking, dressmaking, white seam, staymaking, and many other sedentary occupations, may be constantly seen going on by a considerable number of patients.

Those who have learned no trade, but are mere labourers, and some others are occasionally set to break stones for the courts or

turnpike road. During some part of the day there are few who are not engaged in some way or other.

The following table will serve to illustrate what we have already stated :—

NUMBER GENERALLY EMPLOYED, 1841-42.

	Males.	Females.	Total.
Weaving linen for sheeting, cotton bagging, &c.	13	5	18
Picking oakum, &c.	15	0	15
Tailoring and mat-making,	2	0	2
Cutting firewood,	1	0	1
Mangling clothes,	1	0	1
Pumping water for the use of the Establishment,	8	0	8
Breaking metal for the roads, and gardening, trenching, and laying out ground, &c.	20	12	32
Domestic purposes,	1	0	1
Shoemaking and mending,	1	0	1
Clerks,	1	0	1
Bird-cage makers, &c.	1	0	1
Grooms,	1	0	1
Wrights or joiners,	1	0	1
Washing in wash-house at machine.	2	0	2
Dressmaking,	0	1	1
Spinning,	0	10	10
Winding for weavers,	0	6	6
Knitting,	0	5	5
Shirt-making,	0	6	6
Netting,	0	1	1
Upholsterers' Work,	0	1	1
Stay-making,	0	1	1
Flowering muslins,	0	2	2
Repairing bedding and clothes,	0	6	6
Worsted works,	0	2	2
Assisting in laundry,	0	4	4
" in scullery,	0	1	1
" in bed-rooms and wards,	0	6	6
Marking Clothes,	0	1	1
Total,	68	70	138

Ladies and Gentlemen not included in the above.

WORK DONE BY MALE LUNATICS,

From April 1, 1841, to March 31, 1842.

39 Webs of bagging wove, upwards of 100 yards each.	2 Dozen shafts made.
14 Webs of osnaburg wove, ditto.	7 Stools "
13 " of padding wove, ditto.	1 Set of tresses "
99 " of sheeting wove, ditto.	2 Flower stands "
9 Cwt. 0 qrs. 6 lb. oakum picked.	3 Ladders "
35 Pairs trousers made, in addition to many mended,	2 Troughs "
25 Waistcoats ditto.	2 Coal buckets "
23 Coats and jackets ditto.	1 Set Steps "
1 Pair drawers ditto.	4 Large airing court seats made.
70 Cart loads of stones broke for the roads.	3 Benches made.
14 Pairs leather shoes and boots made, in addition to many mended.	Prepared and fitted up about 35 yards of battened lining in the wards.
2 Sheeting aprons made.	Painted many of the doors, linings, windows, summer house, &c., exclusive of sundry repairs of all kinds for some months past.
1 Writing desk "	
2 Presses "	

WORK DONE BY FEMALE LUNATICS,

From April 1, 1841, to March 31, 1842.

6 Short gowns made.	66 Webs sheeting wove, upwards of 100 yards each.
30 Long ditto "	8 Pockets made.
50 Aprons, chequered, made.	4 Habit shirts made.
7 Ditto sheeting, "	24 Window blinds made.
98 Caps "	5 Pairs clergymen's bands made.
36 Petticoats "	4 Embroidered cases for ditto made.
64 Shifts "	144 Spindles hemp spun.
36 Mattresses "	190 Handkerchiefs hemmed.
65 Bolsters and cases "	2 Pairs worsted shoes made.
13 Pillow cases "	65 Towels hemmed.
48 Pairs sheets "	2 Bags made.
10 Pairs stays "	10 Penwipers made.
45 Flannel waistcoats "	8 Pincushions made.
79 Pairs plaiding drawers made.	1 Worked lace collar made.
140 Pairs stockings knitted.	2 Worked pincushion covers made.
14 Pairs shoes bound.	And winding pirns for 231 webs.
56 Men's shirts made.	

Those who are too old or infirm to work, or whose rank in life is such that they have been unaccustomed to do so, are furnished with a variety of amusements, and other means of passing the time as comfortably as possible. We subscribe to three libraries, and take in one London, one Edinburgh, four provincial newspapers, and Chambers' Journal. The magazines and newspapers are read with the greatest avidity. Nor do we confine their use to boarders, but the pauper patients, after their labours are over, are allowed the use of them—a privilege which few are unable to enjoy, and which they who can appreciate highly. Those who are unable or unwilling to work, we encourage as far as possible in writing, either copying or in original composition. We consider writing one of the best substitutes for bodily labour. The subjects, however, must be carefully chosen. They must, if possible, be such as will lead the mind of the patient from dwelling on his own delusions, and will give it a new direction. Every thing likely to irritate the patient, or to keep before his mind his own diseased imagination, must be as carefully guarded against as we would refrain at particular times from setting a suicidal patient to work at an occupation, the tools necessary for which could be used as instruments of self-destruction.

Short excursions into the country on foot, in open carriages, or on the railway, are also allowed the better sort of patients. Equestrian exercise has been very beneficial.

The patients are sometimes indulged also with convivial meetings and little merry-makings. The 14th of last September was one of their most particular gala days. There has been no such rejoicing day in the Asylum since it was opened. They spontaneously erected triumphal arches of evergreens, hoisted flags, and indulged in other demonstrations of joy.

On Sunday, besides attending divine service, the patients, under the superintendence of their different attendants, read the Scriptures verse about morning and evening, and sing a portion of a Psalm. On other days also they enjoy family worship. Religious tracts are in as great demand on Sunday as newspapers and magazines are throughout the rest of the week; old persons of the poorer class of patients, most of whom were religiously brought up in their youth, seem to enjoy these exercises very much. On all who join in them they have a soothing and beneficial effect. To Mrs Kilgour, our excellent Matron, we are indebted for the introduction of this and many other things of the same kind, which have proved of essential benefit to the patients. As a reward for good conduct, we sometimes allow a few of the patients to attend church in the town, a concession which is always very much thought of. At the last dispensation of the Sacrament in Dundee some of the patients communicated in their own churches. We cannot as yet say what effect this might produce if more commonly allowed. It is as yet but an experiment. It has been tried in a few of the hospitals for the insane in England, and is said to have been attended with benefit to the individuals who communicated. We believe that this is the first instance of the kind which has yet been allowed in Scotland; and as far as yet can be seen, it will justify the repetition of the experiment.*

It will be seen that the means of instruction are attended to as well as recovery. We have no doubt that many of the patients who have been cured left the Asylum improved also in their moral character. It is well known that in many instances insanity is caused by the unrestrained indulgence of violent passion in minds otherwise weak; or in others, by the greater part of their lives having been spent in habits of criminal indulgence. The re-

* We have to present our best thanks to the clergymen who admitted the patients to the Sacrament, for their great kindness and attention in this serious matter.

straint to which all such persons are subjected, and the order and regularity which they see kept up in every part of the establishment, and to which they themselves are required to conform, together with the religious instruction which is imparted to the great majority, must doubtless, in some instances, along with the cure of their mental disease, have produced also a change for the better in their moral character. The Matron taught the most violent patient in the house to write in the absence of her paroxysm; and one of the female attendants, with a degree of perseverance highly praiseworthy, considering the great variety and distracting nature of her avocations, taught one of her patients aged 30 to read. Since 1840 several patients also have been taught weaving.

Our space will not permit us to dilate any longer on the various means of employment and recreation, which we possess in common with most well conducted Asylums. We shall only notice a single case, where great benefit has arisen from a rather unusual employment. A highly educated patient has contracted a great fondness for a boy, the son of our Matron. The patient has, for a considerable time, been giving him instruction in music on the piano, and lessons in the French language.

The application which this required has been of essential benefit, diverting the mind from dwelling on long cherished habits of thought, and gradually lessening what was in this case the principal feature of the disease, a very strong inclination to suicide.

The evident benefit obtained in this instance, by employing the mind in imparting instruction to others, inclines us to think that it might in many other cases be successfully used as a means of cure. The benefit of course would not be confined to the party giving instruction, but would be shared to a great extent by those receiving it. The application necessary would have as strong a tendency in the one case as in the other to disturb the diseased train of thought. Instruction in music we think is likely to be as beneficial a mode as any other from its known effects on the mind, and one which could more easily than most be put in practice. We shall probably at no distant period try the experiment.

For many valuable suggestions, we have been indebted to Mrs Kilgour. This intelligent lady, whose knowledge of insanity

and its treatment is great, has endeared herself to all connected with the establishment, both patients and servants, by the kindness of her manners. Her zeal on behalf of the patients is untiring. It would be difficult to describe in adequate terms the high qualifications which she possesses for her office, and the assiduity with which she discharges all its duties.

In addition to her other qualifications, Mrs Kilgour has learned the art of cupping; when any female patients require the operation, she invariably performs it.

Restraint. There is not one patient restrained personally by mechanical means in this Asylum.

We beg to return our thanks to the Directors for the kind support which they have always given us, and the readiness with which they have listened to every suggestion likely to benefit the unfortunate objects of their solicitude.

The greatest harmony has as usual prevailed between them and all the officers of the establishment.

The mortality during the year past has only been ten. Some of these were old patients afflicted with other and incurable diseases, while others were admitted in a dying condition—one man died nine days after admission. Very few cases of disease, and none worth noticing, have occurred during the year. With the exception of the old and infirm, the paralytic and epileptic, the patients have in general enjoyed excellent bodily health.

We have several attendants who have been many years in the establishment, and in whom we can deservedly place great confidence.

Two of them, since last Report, were sent to London to bring down a patient; and performed their difficult duty to our entire satisfaction.

In consequence of the suggestions made at the Annual Court of the Asylum Directors, we have felt it to be our duty to curtail this abstract; sufficient, however, has been given to the public to show the continued success and advance of our treatment of the patients, and the great prosperity of this Institution.

PATRICK NIMMO, Physician.

A. MACKINTOSH, Surgeon,—Superintendent.

QUERIES.

RELATIVES or GUARDIANS, with the assistance of the Medical Attendant, are requested to annex, according to the best of their knowledge, precise Answers to the following Queries, or to as many of them as may be applicable to the case of the patient.

HISTORY.

QUERIES.	ANSWERS.
1. How long has the patient been insane?	
2. If the patient has been oftener than once insane, when did the malady first occur; how often did it occur before this last attack; in what forms, and of what duration?	
3. How long before lunacy were any such precursory symptoms observed as the following,—viz., unusual depression or elevation of spirits, or any remarkable alteration in the temper, disposition, feelings, opinions, conduct, sleep, appetite, state of bowels, or health of the patient?	
4. What have been the prominent symptoms of the malady? has any obvious change in its form occurred? and does it appear to be increasing, declining, or stationery?	
5. Are there lucid intervals, or any great remissions, or exacerbations; and do such changes occur at uncertain times, or at stated periods?	
6. Does the patient rave indifferently on various subjects, or chiefly on one? and what is that subject? Mention particularly any permanent or remarkable illusions.	
7. Has the patient ever threatened or attempted to commit any act of self-violence; and by what means?	
8. Has the patient ever made any premeditated or dangerous attempt to injure any other person? and how?	
9. Is the patient prone to tear clothes, or to break windows or furniture?	

Causes.

QUERIES.	ANSWERS.
10. Since the commencement of the malady, what have been the patient's habits? State particularly whether the patient is attentive to the calls of nature.	
11. What is the age, and what was the profession or occupation of the patient?	
12. Is the patient married or single, and was any relative of the patient ever insane?	
13. Before the commencement, either of the malady or of any of its precursory symptoms, had the patient been remarkable for any degree of oddity, eccentricity, or mental infirmity? Mention predominant passions or prejudices, religious impressions, and any habitual vice or intemperance.	
14. Is the patient subject to periodical attacks of any other malady; to any unusual discharge, or to suppression or obstruction of any <i>customary</i> discharge; to sores, eruptions, rupture, epilepsy, or palsy? Specify any bodily infirmity or disease of the patient.	
15. Did the present fit of lunacy occur, or has any former fit occurred, during pregnancy or in child-bed?	
16. Was the head of the patient ever severely injured?	
17. What is supposed to have been the exciting cause of the malady?	

Treatment.

18. What has been done for the recovery of the patient? and with what effect?	
19. Has the patient ever been treated for lunacy in any public asylum or private mad-house? If so, how often, and how long on each occasion, has the patient been in any such establishment? When, in what state, and, if not cured, for what reason was the patient dismissed?	

(Signed)

EXTRACT

*From Act of Parliament 55 Geo. III., cap. 69, anent Mad Houses
in Scotland.*

And, if any medical person shall sign or give any such certificate or report, without having carefully visited and examined the person to whom it relates, and without having endeavoured to ascertain, in a proper manner, by such examination, and otherwise, that such person is a furious or fatuous person or lunatic, and proper to be confined in a house for the reception of such persons, every such medical person shall forfeit and pay for such offence or neglect, the sum of Fifty Pounds, and the expenses of recovering the same.

ABSTRACT

OF THE

DUNDEE LUNATIC ASYLUM ACCOUNTS,

For the Year ending 31st March, 1842.

Expenditure.		Income.	
Salaries, viz. :—		Boards,	£3999 14 5
Superintendent,	£200 0 0	Donations,	11 1 0
Matron,	70 0 0	Patients' Labour,	182 5 11
Physician,	75 0 0		
Chaplain,	25 0 0		
Secretary,	20 0 0		
Treasurer,	50 0 0		
House servants,	350 19 0		
	<hr/>		
	790 19 0		
Less Fees drawn for			
Patients,	55 13 0		
	<hr/>		
	£735 6 0		
Interest,	469 19 0		
Butcher Meat,	309 13 11		
Incidents,	259 3 7½		
Bread,	248 10 3		
Milk,	246 7 6		
Sugar, Tea, and Groceries,	219 5 4		
Coals,	146 3 1		
Potatoes,	184 14 3		
Meal and Barley,	267 5 6		
Medicines,	31 1 0		
Butter, Cheese, Oil, and Candles,	152 1 6		
Fish,	22 3 9		
Straw and Hay,	47 13 10		
Rental and Insurance,	78 3 11		
Soap,	87 3 9		
Beer,	75 17 2		
	<hr/>		
	£3580 13 4½		
Excess of Income,	612 7 11½		
	<hr/>		
	£4193 1 4		
	<hr/>		
			£4193 1 4
			<hr/>

State of the Debt.

To Balance on Outstanding		By Dundee Banking Co., per bond	£5000 0 0
Boards,	£146 15 2	„ Kirk Session of Dundee, for	
„ Provisions in the House,	240 17 0	„ Legacy from the late John	
„ Goods in Store,	88 16 11	„ Grieve,	£393 10 9
„ Mrs Kilgour, for House Expenses,	21 0 0	„ Do. for do. from	
„ Debt,	10,012 13 9	„ Provost Riddoch, 448 8 6	
			<hr/>
			841 19 3
		„ Mrs Nimmo and Family,	1640 0 0
		„ Mrs Hunter,	300 0 0
		„ Miss Isabella Crichton,	231 0 0
		„ Dundee Banking Co., on cur-	
		„ rent account,	2311 2 11
		„ Cash due to the Treasurer,	186 0 8
			<hr/>
			£10,510 2 10
			<hr/>
			£10,510 2 10
			<hr/>