

**Fifteenth report of the directors of the Dundee Lunatic Asylum, for the year ending 31st May, 1835.**

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FIFTEENTH REPORT

OF THE


**DIRECTORS**

OF THE

**Dundee Lunatic Asylum,**

*For the Year ending 31st May, 1835.*

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REPORT  
OF  
THE DIRECTORS  
OF  
**The Dundee Lunatic Asylum,**

*For the Year ending 31st May, 1835.*

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SINCE the opening of the DUNDEE ROYAL LUNATIC ASYLUM, in the year 1820, it has been the pleasing task of the Board of Directors, in every successive year, to present to their constituents and the public a Report; in which, while the growing prosperity of the Establishment has been fairly and fully developed, they have never been called upon to record a single occurrence which has in any degree tended to throw even a temporary gloom over the activity and spirits of those whose exertions are unweariedly directed towards the promotion of its interests.

With such an occurrence, however, the Directors for the past year think it becoming in them to open their Report, as being the best way in which they can publicly mark their respect for the memory of one to whose sedulous and disinterested labours in behalf of the Dundee Lunatic Asylum, and to whose skilful and humane treatment of its patients, they attribute much of the success and reputation which it has attained. Their sense of the professional merits of the



late Physician of the Asylum, as exhibited towards its inmates, the Directors have already recorded in their journals; but as such a record is one more of a private than a public nature, they have embraced the opportunity which is now afforded them, of giving a wider circulation to their sentiments, and to their expressions of regret for the loss which they have sustained. It was observed in one of the newspapers\* of the place, at the time of Dr Ramsay's decease, that "perhaps the most endearing memorial of him, next to the cherished recollection of private life, will be the Dundee Lunatic Asylum, of which, from its opening, he has been the Physician,—an Institution watched by him with the most anxious solicitude until it has acquired a treasure of celebrity which the most sanguine could not have ventured to predict." To the truth of this remark the Directors most cordially subscribe, and they would have deemed themselves justly liable to have been thought destitute of every proper feeling had they omitted to testify thus publicly their grateful recollection of the many valuable and important services rendered by Dr Ramsay to the Institution under their care.

Deeply and sincerely, however, as the Directors lament the event which has deprived them of such services, it is a great consolation to them to reflect,—and it must be gratifying to the persons, especially to such of them as may reside at a distance, who have relatives or friends in the Asylum, to be informed,—that they have been so fortunate as to supply the vacancy made by Dr Ramsay's death with a gentleman in every way worthy and qualified to be his successor. Dr Nimmo's long-established and well-known character, and reputation in his profession, are a sufficient guarantee for the skill and ability with which the duty of the medical department of the Institution will continue to be discharged; and his kindness of disposition and conciliatory manners are a pledge that the system of

\* Dundee Guardian, March 3.



mild moral treatment, which has been brought to such perfection by the Superintendent and Matron, will receive the same sanction and encouragement from the present as it did from the late Physician.

Turning, however, from these matters, the Directors will now proceed to notice the changes and incidents which have occurred within the Asylum during their direction; and as the most important of these, they will first mention a material reduction which has been made in the charge for board of pauper patients, which has been altered from 6s. to 5s. per week for paupers coming from the privileged parishes. The present low price of provisions, and the probability of their continuance thereat for some time to come, determined the Directors to make a reduction which has been long contemplated, and which preceding Boards have been most anxious to accomplish; but the heavy debt with which the Institution is burdened rendered the adoption of such a measure impolitic, before some prospect at least was opened of the Directors being able to effect a corresponding reduction in the expenditure.

A principal object with every Board of Directors ought to be to liquidate the debt as speedily as possible; because, whenever this shall be done, the Asylum will be enabled to throw open its doors gratuitously to the poor of Dundee, and of the parishes which contributed to its funds at its commencement, and to receive the poor from a distance at a much lower rate than what is now from necessity demanded. But the only certain means which can be looked to for the liquidation of debt is a surplus revenue; and therefore great caution should be taken not to dry up too hastily the principal sources from which a surplus may be expected. The fact is—and the Directors think it their duty to state it—were there to be any sudden rise in the price of provisions, the funds of the Institution will suffer severely from the reduction that has been already made; for the sum of 5s. per week at the present cost of the necessaries of life, does not more than cover the actual



outlay of the House upon the individual—indeed, in cases of violent disease, twice the sum per week would not cover the expenses of such a patient for the first three months, perhaps, of his residence within the Asylum.

It is indeed thought by some, that too much of this outlay is expended on the quantity and quality of the food with which the poor are supplied in the Dundee Institution; and a comparison to its disparagement has been made between the cost of a pauper's diet therein and that of one in receptacles for the poor of a different description. Now, in the first place, it should be observed, that of the board paid by a pauper in the Asylum, not more than a third is consumed in the cost of his diet, and two thirds of it, at least, go to defray his share in the expenses of the Establishment—such as the wages of the servants and keepers, the salaries of the Physician, Superintendent, and Matron, the necessary repairs of the fabric, washing, and all other charges which are incidental to the maintenance and support of the Institution. In the second place, although it be admitted that in receptacles of a different character, the poor are more cheaply fed, yet this fact does not appear a conclusive and sufficient reason for the adoption of a more rigid rule of economy in the article of diet for paupers in an Hospital for Lunatics. There is no position in medical science more firmly established than the absolute necessity of giving not only a sufficiency of food, but food of the best and most nutritious kind to insane persons. Instances might be multiplied without number, both in public institutions and private asylums, where the most disastrous consequences have ensued under the attempt to diminish the quantity, or deteriorate the quality of the diet. This is a fact deposed to with a weight of irresistible evidence in Pinel's valuable treatise on insanity, and he asserts it as the result of his experience, that not only insufficiency, but inferiority of food, is not a little calculated to exasperate and to prolong the disease. There can be no doubt that the Dundee Asylum has obtained a reputation for its



generous and liberal treatment of the poor confided to its care, and were it to change its system in this respect, it would probably fall more rapidly into oblivion and neglect than it has risen into notice and public esteem.

The second point to which the Directors will call the attention of their constituents is the additions and improvements which have been made to the buildings, offices, and airing grounds of the Establishment. The principal addition is the completion of a set of workshops for the female pauper patients, which have been erected on the ground immediately adjoining the south east corner of their airing court, and to which they have access from the main building under cover all the way. The shops consist of three apartments, one for the oakum teasers, one for the spinners, and another for the weavers. The apartment for the first is 16 feet in length and 10 in breadth, and will hold 10 work-women ; for the second, 24 in length and 18 in breadth, and will accommodate 14 wheels ; for the third, 24 in length and 18 in breadth, and will admit of 6 looms. To these are attached, on the same floor, convenient store closets, and in the upper storey is a room at present occupied as a sleeping apartment, but which is intended to supply what has long been a desideratum in the opinion of the Directors—namely, an hospital, into which, in case of epidemic breaking out, the sick may be removed out of the main building, and thus every chance be afforded of checking the spread of infection.

Besides these workshops, the principal improvements have been the laying out of two new airing courts, one of which is to be appropriated to the gentlemen, the other to the ladies : The erection of an excellent cistern, which has been placed at the east end of the north range of buildings to collect rain water for the washing-house, and a bleaching-green which was begun last year, and is now finished and in full use, and found to be of very great service.

It cannot be denied that these additions, particularly the completion of the workshops for the female paupers, have



not been effected without a considerable pressure upon the funds, so great, indeed, as to render the actual expenditure for the year something beyond the revenue. Still the Directors do not regret the sum which has been expended, as they have every reason to hope and expect that the benefit to be derived from the shops will fully repay their cost; but when they speak of benefit, they do not allude to a return in pounds, shillings, and pence, but to the curative benefits which in all probability will result therefrom.

The value of employment as a means of alleviation in all, and ultimately of cure in many cases of insanity, is now universally admitted. It never perhaps was denied. But then formerly, the employment was confined to games of diversion and amusement, and a few occupations out of doors. It never seems to have entered the heads of the ancient practitioners, to carry into decided and habitual execution, in the institutions for maniacs committed to their care, the natural law of bodily labour so contributive and essential to human happiness. On this topic, it was remarked in the report of last year, that "Rest is found to be a punishment of a heavier and more afflicting nature than labour." This is strictly true, and the punishment is of a twofold nature, affecting both body and mind; the want of due bodily exercise we see, to be always prejudicial to health. In like manner, the want of occupation, the want of some object upon which the thoughts may be fixed, and in which the time may be beneficially spent, will *create* a disease of the mind, even in persons whose general understanding is sound. This disease produces a sensation of languor with the consciousness of strength, of restlessness with inability to move, a perpetual void with a constant craving for something to fill it up, a nausea amidst pleasure, disgust in the midst of diversion. It produces, in fine, an insupportable weariness under that very existence which was bestowed as a source of pure and rational enjoyment, and is capable of being applied to the noblest purposes. These effects arising in a greater or less degree from want



of occupation, even in persons in whom the mental vacuity does not amount to insanity, suggest a powerful and convincing argument for the adoption of a system of interesting and laborious employment, in cases where the mental deficiency is caused by a particular lesion of the understanding. Such a system is calculated to divert the thoughts of lunatics from their usual morbid channels, to fix their attention upon more pleasing objects, and by exercise to strengthen the mental functions. It may not be uninteresting to mention one or two examples of the salutary effect of labour that have occurred in the Dundee Asylum.

When Mrs Hunter first came to the Institution one of the female paupers was constantly confined, and generally violent. The Matron discovered that this patient was fond of washing, and immediately employed her in the laundry. This pleased her exceedingly, and she continued to improve rapidly; upon every recurrence of violence and insubordination, she was ordered back into her ward and prohibited all work. This alone was so great a punishment, that it soon became unnecessary to resort to the expedient, and she is now a clever and industrious laundress, receiving and obeying Mrs Hunter's orders with as much promptitude as any regular servant in the House.

Another interesting and remarkable case is that of a patient whom Mrs Hunter, on her first arrival, found strongly bound in strait jacket and leathern muff, the terror of all near her. The only amusement she appeared to have, was to lie upon the grass and contemplate the sun in his meridian splendour, which from the peculiar formation of her eyes, she was enabled to do without even contracting the pupil. A few weeks after Mrs Hunter had been in the House she removed all restraint, and the patient's gratitude was unbounded. Mrs Hunter then employed her in household works, whitewashing, and even in painting; when occasion did not require her services in this way she made shirts and flowered muslins. By making several trials of her fidelity she was found to be perfectly trust-



worthy; and in the middle of a violent paroxysm, when the eye was rolling in the most maniacal and furious wildness, and the tongue was giving vent to most terrible imprecations, if the Matron said to her, "My good girl, I wish you would take charge of the patients while the nurse is absent," she immediately assumed the importance of a nurse, the key of the door was instantly attached to her apron string, and no sentinel upon guard was ever more faithful and vigilant than this poor woman. Upon one occasion, when her own nurse met with an accident, this faithful and attached creature took charge of a ward for a fortnight; and the Matron candidly confesses that she has had worse nurses in the House than the "daft one."

Other instances to precisely the same effect might be enumerated in Mr Mackintosh's department, but the two that have been related are sufficient to establish the position, that employment—and by employment is meant active and useful labour—is a powerful mean of cure in the moral treatment of maniacs. Accordingly, we find that attempts have been generally made to introduce it into all respectable and well-regulated hospitals for the insane. Complaints are indeed made by some, of the difficulty with which the attempt has been accompanied. In the Twenty-first Report of the Glasgow Royal Lunatic Asylum, an admirably conducted institution, there appears the following statement: "It is often no easy task to induce patients, even though convalescent, to submit to any kind of labour. Not a few of them obstinately refuse to work, because any such employment would be insufferably degrading to persons of their imaginary high rank and unbounded wealth. Others, again, stoutly declare that they will not work unless they receive regular wages for their labour. But by persuasion, example, and little indulgences, especially in diet—and to female patients in dress—their obstinacy is at length almost always subdued."

To what it is to be attributed, except to the superior address of Mr Mackintosh and Mrs Hunter in obtaining



an influence over the minds of their patients, the Directors know not, but most certain it is, that few of the difficulties described in the Glasgow Report have impeded the progress of the Dundee Institution in establishing a regular system of efficient labour among the pauper lunatics. The average number of paupers in the Establishment for the last twelve months is 96. The following Table will shew how 92 of these patients have been generally employed.

	Males.	Females.	Total.
Teasing hemp and tow rope, and picking oakum, . . . .	14	6	20
Shoemaking and mending, . . . . .	1	0	1
Weaving linen for sheeting, cotton bagging, &c., . . . .	10	2	12
Tailoring, . . . . .	1	0	1
Mat making, . . . . .	1	0	1
Cutting firewood, . . . . .	1	0	1
Gardening, trenching and laying out ground, . . . . .	14	0	14
Mangling clothes, . . . . .	1	0	1
Pumping water for the use of the Establishment, . . . .	2	0	2
Domestic.			
Dressmaking, . . . . .		1	1
Shoebinding, . . . . .		1	1
Spinning, . . . . .		14	14
Shirtmaking, . . . . .		1	1
Winding for weaver, . . . . .		5	5
Knitting, . . . . .		2	2
Quilting, . . . . .		1	1
Upholstery work, . . . . .		1	1
Staymaking, . . . . .		1	1
Flowering muslin, . . . . .		1	1
Fringemaking, . . . . .		1	1
Repairing beddes and clothes, . . . . .		2	2
Assisting in laundry, . . . . .		2	2
in scullery, . . . . .		2	2
in kitchen, . . . . .		1	1
in bed-rooms, . . . . .		2	2
	46	46	92

Now, when employments of such various kinds are carried on, and so many hands engaged in them, it is evident that greater room and accommodation wherein to conduct them than the main building could supply, had become absolutely necessary. Such accommodation was furnished to the male patients above two years ago, but nothing of the kind had been done for the female department, and Mrs Hunter was obliged to suffer the work of spinning to be carried on in the day-rooms, which, from the multiplicity of wheels, gave a crowded and untidy appearance to the apartments, much against the imposing effect which their extreme clean-



ness and neatness have hitherto created in the eye of the stranger. To remedy this eyesore, therefore, and to afford scope for extending the operations of the female paupers, the erection of a set of shops for them had become absolutely necessary. The Directors, therefore, repeat, that they do not regret the cost at which they have been obtained, as they do not think that any thing sufficient to answer the purpose could have been procured for a much less sum than that which has been expended. Besides, although they conceive it to be a secondary consideration, yet they are bound to remind their constituents, that the money which has been laid out is not altogether sunk, but returns a fair interest in the produce of the patients' labour. At the same time, the Directors are fully aware that, burthened as the Institution is with debt, it would be highly impolitic, and indeed improper, to engage, to any great extent, in making further additions to the present buildings; at any rate, before a considerable portion of the debt is paid off. There is a notion abroad that the Committee have always had an extravagant attachment to the mortar tub. But this is a mistake. The Committee have never recommended to the General Board to engage in any work till it had become absolutely necessary; and if any recommendations of the kind have been passed at such Boards when they have not been numerously attended, the fault has been with those who were members of the Board at the time, and not with the Committee. To prevent, however, as much as possible, the chance of this happening in future, the Directors have entered the following resolution on their journals.

“No contract for additional building shall be entered into without the consent of a Special Meeting of Directors, or if the subject of additional building is to be under the consideration of a Quarterly Court, intimation of the same shall be given in the notices calling such Quarterly Meeting.”

While the Directors have thus taken care to guard



against the hasty adoption of any projected improvement, they think it right to call the attention of their successors to two, which, in their humble opinion, would add greatly to the comfort, and one of them indeed to the health of the patients. The first is the introduction of gas into the House; the second, to widen the passages which conduct to the sleeping apartments of the male paupers; which, from their being so close and confined, are never free from damp; and in winter, especially, the moisture which oozes out from the pavement, and hangs about the walls, is so profuse as to produce a fetid and disagreeable smell.

And, as the Directors are on the subject of improvements, it may be as well to mention that a billiard table is much wanted for the use of the gentlemen. This, perhaps, is the only source of amusement for the upper classes in which the Establishment is deficient. In spacious and well furnished day and bed-rooms, in airing courts, gardens, and a bowling green, and in roomy galleries for recreation and exercise in wet weather, it is not exceeded by any institution of the kind in Britain.

The only circumstance of moment which remains to be noticed—and which may be done briefly, for the topic is one which has been copiously treated of in preceding Reports—is, that Divine Service is regularly performed every Sunday in the Asylum, and that the patients continue to derive the greatest comfort and benefit therefrom. Out of the 130 patients in the House about 100 generally attend. Nothing can be more becoming and devout than their deportment during the time of public worship, and the tranquillity of their general behaviour throughout the Sunday is uniformly greater than on any other day of the week. The Chaplain is unremitting in his attention to his duties, and discharges them exactly in the manner in which they ought to be discharged in a congregation so peculiarly circumstanced.

Subjoined to the Report will be found the Treasurer's Statement of Receipts and Disbursements. From this



document it appears, as has been already anticipated, that the actual expenditure of the year exceeds the receipts by the sum of £4, 6s. 3d.

But the Directors do not consider this as any cause for despondency. The excess of expenditure over revenue for the last twelve months has been produced by the cost of the buildings which it has been found necessary to erect as shops for the pauper patients; but any increase to these, or any enlargement of the main building, except the one which has been already pointed out of the passages which conduct to the sleeping apartments of the male paupers, will not, in all probability, be needed in a hurry; and if the number of patients, of all classes in the Institution, shall keep up to what has been its average amount for the six or seven preceding years, an annual surplus of £500, at least, may be safely reckoned upon, and this will soon form a respectable sinking fund for the liquidation of debt. At the same time, every means should be taken to increase the funds, and one has occurred to the Directors which they beg leave to suggest to their successors. It is, to admit the parishes which have as yet contributed nothing to the House to participate in the privileges enjoyed by those which subscribed at its commencement, on the condition that they now contribute at the rate of £5 for every 100 of their population. The population to be taken according to the last census made by the order of Government.

Before they quit the subject of finance, the Directors think it their duty to acknowledge with gratitude the handsome bequest to the funds of the Institution of £50 by the late Miss Maxwell of Halkerton.

In returning their best thanks to the Superintendent and Matron for their unremitting attention to the interests of the Institution, and the comforts of the patients, the Directors wish to have it understood, that they do so not merely in compliance with form, but from a lively and grateful impression of the value of their services, and from a conviction



that the duties of the responsible situations which they fill, cannot be discharged with greater fidelity and ability than they are by Mr Mackintosh and Mrs Hunter. The rapid growth which the Dundee Lunatic Asylum has made in public estimation, is a sufficient proof of the excellency of its management by those who have the principal share in it. And that the Directors do not ascribe to it a character which it has not obtained, will be seen from the following extract from a letter addressed to one of their body; and which, as they have received permission so to do, they think it but justice to Mr Mackintosh and Mrs Hunter to embody in their Report. The name of the writer is not given, because the extract is taken from a letter intended as a private communication from one friend to another. But the testimony comes from one who is a most competent judge in such matters, and whose name ranks high in the science and literature of the age.

“ Speaking the language of honest truth, at every visit I have made to the Dundee Asylum, I have been convinced that it is superior to the generality of Institutions for the insane, and inferior to none existing in Scotland or in England; indeed my experience furnishes no parallel. This, however, is general assertion, but if the question were asked, in what does the excellence of the Dundee Asylum consist? The answer would be, in the superior cleanliness of the patients and of their apartments; in the habits of industry they are taught to practise without the slightest compulsion; and in that system of humane treatment and constant vigilance of the Superintendents, that the most wretched in feeling, and lost in intellect, retain a conviction that they are not neglected or degraded by their own species. This is the great secret of that moral management, so often quoted and so little practised, by which hope is kept alive for the introduction of reason.”

The Directors cannot conclude their Report without thanking the Treasurer and Secretary for their services and they feel themselves particularly called upon to notice



with approbation the good conduct of the keepers and servants during the last twelve months. It was declared, in a former Report, that the Board of Direction, notwithstanding the change which annually takes place in its constituent members, would always be ready to acknowledge and reward any example of particular fidelity and good conduct which might be exhibited by a servant in the Establishment. Such an example was pointed out to the present Board by the Superintendent in the person of Thomas Lumsden, and they instructed Mr Mackintosh to present him, in their name, with a gratuity of two guineas and a half. They merely mention this to shew that zeal and fidelity in a servant will not pass unnoticed by the Managers of the Institution.



# ABSTRACT

OF THE

## MEDICAL REPORT TO THE DIRECTORS.

15th JUNE, 1835.

IMMEDIATELY after the date of last Annual Report our numbers diminished, and for some time the highest total did not exceed 119; latterly, however, they have gradually increased to 131, the highest number we ever had.

### YEARLY RETURN OF LUNATICS IN THE DUNDEE ROYAL LUNATIC ASYLUM,

*From 16th June 1834 to 15th June 1835.*

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Remained 16th June 1834,.....	70	58	128
Admitted during the above period,.....	19	21	40
	—	—	—
Total,.....	<u>89</u>	<u>79</u>	<u>168</u>
Discharged Cured,.....	9	13	22
Do. Improved,.....	5	2	7
Do. as Admitted,.....	1	1	2
Died,.....	4	4	8
	—	—	—
	19	20	39
Remaining 15th June 1835,.....	70	59	129
	—	—	—
Total,.....	<u>89</u>	<u>79</u>	<u>168</u>
Daily Average Number of Patients in } the House,	68	58	126

The total number admitted this year has been precisely the same as that of the preceding, the males having de-



creased while on the contrary the females have increased ; but the average number of patients in the house for the whole year has been a little below that of last year.

The following Table shews the causes which produced insanity in the patients admitted so far as can be ascertained.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Disappointment in Love, . . . . .	0	3	3
Pride and Disappointment in Love, . . . . .	0	1	1
Vicissitudes of Fortune, . . . . .	2	0	2
Domestic Grief, (in one of the male and two of the females a hereditary pre- disposition existed,) . . . . .	4	2	6
Terror, . . . . .	0	1	1
Excess in Study, . . . . .	2	0	2
Immorality, . . . . .	1	3	4
Fever, . . . . .	1	1	2
Fever thirty years ago first cause of insa- nity, disease now periodical without ap- parent cause, . . . . .	1	0	1
Parturition, with hereditary predisposition, 0	2	2	2
Mechanical Injury, with ditto, . . . . .	1	0	1
Over-exertion, with ditto, . . . . .	0	1	1
Drunkenness, one of the males with ditto, 3	2	2	5
Idleness and Drunkenness, with ditto, . . . . .	1	0	1
Hereditary predisposition alone stated, and first attack, . . . . .	1	2	3
Hereditary predisposition, apparently without exciting cause, . . . . .	0	3	3
Natural Deficiency, . . . . .	1	0	1
Unknown, . . . . .	1	0	1
Total, . . . . .	<u>19</u>	<u>21</u>	<u>40</u>

#### AGES OF THE ABOVE.

From 18 to 20 years of age, . . . . .	4	0	4
„ 20 to 30, „ . . . . .	2	7	9
„ 30 to 40, „ . . . . .	3	4	7
„ 40 to 50, „ . . . . .	5	5	10
„ 50 to 60, „ . . . . .	2	4	6
„ 60 to 70, „ . . . . .	3	1	4
Total, . . . . .	<u>19</u>	<u>21</u>	<u>40</u>

**DOMESTIC GRIEF.**—It will not be wondered at that this moral cause stands the highest on the list. Some of the cases



are truly pitiable and interesting, but their length precludes their insertion here.

**IMMORALITY.**—The following is a brief history of the male case. “From his arrival at manhood to the date of his attack he was a hard working sober person, and had amassed solely from his industry upwards of L.200. Four years ago he seduced the daughter of a respectable farmer; this circumstance preyed upon his mind, he became melancholy and taciturn, occasionally escaped from home and wandered about covered with rags and filth, and for nearly twelve months before admission remained constantly in bed, scarcely allowing himself to be shaved, combed, or washed. His tastes and appetites became depraved, and the functions necessary to life were scarcely performed.” But here we must stop, the details in the Case Book being unfit for publication. He was 40 years of age when we received him, and it ought to be remarked, that his malady was then of four years standing, and that he had never undergone any treatment. Had he been sent hither soon after he became insane means could have been had recourse to—which, if they had not effectuated his recovery doubtless would have prevented him from acquiring his bad habits, saved him from a wretched state of existence, and probably tended considerably to the prolongation of his life.

Two of the female cases from the same cause, but of recent occurrence, have been discharged cured, but the third has become idiotic.

**FEVER.**—The female case was a very improper one for this place; she had all the symptoms of typhus in an advanced stage, and died on the seventh day after admission. The friends denied all knowledge of this disease. The circumstance of her being brought here probably accelerated her dissolution; and, while it put the Institution in danger, it unnecessarily added to our list of deaths.

**DRUNKENNESS.**—This abominable vice is the most fruitful of all the physical causes of madness, and from a com-



parison of our tables we find there is no decrease in the number of cases ascribed to it this year.

**HEREDITARY.**—Five males and ten females were predisposed; such cases often relapse, and some of them become permanently insane.

The other causes require no comment.

It has been thought proper to draw up a return in a different form from the one at the beginning of the Report. In that subjoined a material change in the designation of the cases has been effected: the old and the recent are separately classed. By the former is meant cases of more than twelve months' duration, and by the latter, those not exceeding that period. This alteration will shew at one view the proportion cured of each class, and, at the same time, only do justice to the Institution, by bringing before the public the great number of old cases which should be struck off the the curable list.

OLD CASES.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Remained 16th June 1834, . . . . .	64	52	116
Admitted since, . . . . .	10	4	14
Total, . . . . .	<u>74</u>	<u>56</u>	<u>130</u>
Discharged Cured, . . . . .	1	1	2
Do. Improved, . . . . .	4	1	5
Do. as Admitted, . . . . .	1	1	2
Died, . . . . .	4	3	
	<u>10</u>	<u>6</u>	<u>1</u>
Remaining 15th June, 1835, . . . . .	64	50	114
Total, . . . . .	<u>74</u>	<u>56</u>	<u>130</u>

RECENT CASES.

Remained 16th June, 1834, . . . . .	6	6	12
Admitted since, . . . . .	9	17	26
Total, . . . . .	<u>15</u>	<u>23</u>	<u>38</u>
Discharged Cured, . . . . .	8	12	20
Do. Improved, . . . . .	1	1	2
Died, . . . . .	0	1	1
Remaining 15th June, 1835, . . . . .	<u>6</u>	<u>9</u>	<u>15</u>
Total, . . . . .	<u>15</u>	<u>23</u>	<u>38</u>



In the Report of the Glasgow Royal Lunatic Asylum for last year, ably drawn up by Dr Balmanno its eminent physician, we find, that in nineteen old cases only one cure had taken place, while in sixty-six recent cases twenty-seven, or nearly one half of the whole number, recovered; and in all the reports of the British and Continental Asylums that we are acquainted with we meet with similar results. Our proportion for this year ranks somewhat higher. Besides, three of those marked under the head of "discharged improved," were removed by friends prematurely, and as far as we can learn, have gone on to complete recovery.

The seclusion, the regulation, the arrangement of an asylum, and the means which it affords for recovery, all point out the necessity of an early removal. Experience teaches us the difficulty of restoring old cases after a certain period, and the number of cures in recent cases demonstrates how much we have the disease under controul at its beginning. In cases of long standing, so far as cure is concerned, little hope can be entertained; and prejudice, a desire for secrecy in consequence of family connexions, and the advice of injudicious friends, however well meant, have been but too often known to deprive the unhappy victim of his only chance of recovery. The impressions made upon the brain become every day more deeply rooted, at length nothing can efface them, and the individual, from raving madness, after being confined in a small apartment for months or years, to the great discomfort and annoyance of his relatives and attendants, sinks into a state of fatuity or idiocy, becomes filthy and disgusting—probably paralytic, and is then sent to a mad-house—to die. Let it not be supposed that cases similar to that stated are of rare occurrence, or that the picture is over-drawn; on the contrary, patients are often admitted even in a worse state than that here attempted to be described. Some whose malady is not so hopeless are certainly improved by the change—we should say materially



so—but others again only find the Asylum to be a place of security for themselves and society at large. A learned writer\* on insanity observes, “it can scarcely be doubted that madness has often become incurable only from not having been treated.” Now if relatives could only look at this disease, through the same unprejudiced medium they view other diseases, the result would be very different, for they would then put the lunatic under proper treatment at once, and give him at least the best chance for recovery.

As to keeping the malady a secret, this is absurd and impossible, it cannot be done; for where there are servants is it to be supposed that they are neither to have eyes nor ears, or that either by bribes or threats they will be prevented from communicating the circumstance to the world?

TREATMENT.—To the medical treatment we shall not advert; but we may mention, that occupation continues to prove of the utmost advantage to the patients. Man having an organisation adapted to active exertion, must be made to exercise those functions that are necessary to health; and the substitution of some more laborious employment than teasing oakum, for strong and robust patients who have been taught no trade, would be extremely desirable, and we hope in a short time to devise such occupations as will not only require more muscular exertion, but as will also prove more beneficial to these lunatics. In England, we believe, Dr Ellis, the talented Physician of Hanwell Asylum, was the first to introduce a system of manual labour, which he has certainly brought to the highest pitch of perfection; but in this House, we think, according to our numbers, that we employ a greater proportion of paupers than he does, although his occupations are still more varied, and his means more extended than ours. To illustrate what is here stated, many cases might be inserted, but after those so ably referred to in the Directors’ Report it would be superfluous to add more.

\* Dr Combe.



DEATHS.—The following is a table shewing the number of patients who died, together with their diseases :

Of Apoplexy, .....	3
Epilepsy, .....	1
Fever, .....	1
Exhaustion, .....	2
Cancer of Stomach, .....	1
Total, .....	<u>8</u>

One of the cases of apoplexy under the head of “Immortality,” and the case of fever, have been alluded to. The cases of exhaustion occurred in very aged females, one of whom, although very much emaciated, enjoyed a good appetite to the last.

We have again been obliged to admit all sorts of patients—the epileptic, the apoplectic, and the paralytic have been received. Many arrive at the Asylum gate without the necessary certificates, some are sent without the testimony of a medical practitioner, others without the obligation for the payment of the board, &c., and some without any certificate at all—this leads to trouble and confusion, and unavoidable exposure of the patients, till these forms have been completed, all which could be prevented by making necessary application to the Asylum a few days before the patient left home. And in a great majority of cases, the friends and relations totally neglect to furnish any history of the lunatic, thus leaving us in ignorance of those facts which are essentially necessary to a proper understanding of the case, and consequently embarrassed both as to our medical and moral treatment.

By introducing this subject here, we hope to bring it before the public, who are most concerned, and by this means prevent a recurrence of such neglect—at least in some cases.

PATRICK NIMMO, Physician.

A. MACKINTOSH, Surgeon, Superintendent.

June 15, 1835.



# ABSTRACT

OF

## THE DUNDEE LUNATIC ASYLUM ACCOUNTS,

For the Year ending 31st March, 1835.

<p><b>To Expenditure—</b></p> <p>Superintendent's Salary, ..... £120 0 0          Gratuity, ..... 15 15 8  <u>£135 15 8</u></p> <p>Matron's Salary, ..... £70 0 0          Gratuity, ..... 15 15 8  <u>£85 15 8</u></p> <p>Physician's Salary, ..... 75 0 0          Chaplain's do. .... 20 0 0          Secretary's do. .... 20 0 0          Treasurer's do. ....          18 months, ..... 75 0 0          Servants' Wages, Male and Female, ..... 276 1 3  <u>£687 12 7</u></p> <p>Bread, ..... 128 5 0          Butcher Meat, ..... 224 4 0          Beer, ..... 76 10 10          Meal and Barley, ..... 157 4 5          Milk, ..... 159 4 0          Fish, ..... 5 13 3          Potatoes, ..... 83 15 7          Tea and Coffee, ..... 44 7 6          Sugar, ..... 50 18 0          Groceries, ..... 12 13 5          Soap, ..... 87 4 3          Butter and Cheese, ... 54 10 7          Candles and Oil, ..... 13 5 9          Coals, ..... 106 8 2          Medicines, ..... 11 3 0</p> <p><b>Incidental Expenses,—</b>          Keeping the Property and Furniture in repair, Printing and Advertising, Stamps, Stationary, &amp;c. &amp;c. .... £170 10 6</p> <p>Per Superintendent's Book, ..... 58 19 8  <u>£229 10 2</u></p> <p>Feu duty, ..... 73 19 7          Interest, ..... 294 13 1  <u>£2501 3 2</u></p> <p>Excess of Income, ..... 731 17 5  <u>£3233 0 7</u></p>	<p><b>By Income—</b></p> <p>Board of Patients, ..... £2908 12 0          Donations, Legacies, and Subscriptions, as under, ..... 29 11 0          Produce of patients' labour, and profits arising from stores, ..... 188 15 11          Feu-duty and rents, ... 50 1 2          Physician's Fee, ..... 49 2 6          Nurse's do. .... 6 6 0          Keeper's do. .... 0 12 0  <u>£3233 0 7</u></p> <hr style="border: 0.5px solid black;"/> <p style="text-align: right; font-weight: bold;">L.3233 0 7</p>
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### STATE OF THE DEBT.

<p><b>To Provisions in the</b></p> <p>House, ..... £209 16 2          Store for Patients, ..... 125 18 2          Board outstanding, * .. 199 15 11          Dundee Banking Co. 200 0 0          Treasurer, ..... 50 16 5  <u>£786 6 8</u></p> <p>Debt carried down, ..... 6334 13 11  <u>£7121 0 7</u></p>	<p><b>By Borrowed per Bond, £5000 0 0</b></p> <p>Do. per Bill, .... 1000 0 0          Do. per Receipts, 1072 19 3          Board advanced, ..... 48 1 4  <u>£7121 0 7</u></p> <hr style="border: 0.5px solid black;"/> <p style="text-align: right; font-weight: bold;">L.7121 0 7</p>
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### STATE OF THE PROPERTY.

<p><b>To Furniture, ..... £ 81 14 3</b></p> <p>Manufacturing Utensils, 35 15 2          Plans, ..... 15 0 0          Mason work, ..... 195 4 3          Wright do. .... 249 14 6          Slater do. .... 52 15 0          Plumber do. .... 93 7 0          Plasterer do. .... 18 5 0  <u>£741 15 2</u></p> <p>Expended on the Asylum (including Furniture) at 31st March, 1835, ..... L.21679 2 8  <u>L.22420 17 10</u></p>	<p><b>By Debt brought down, L.6334 13 11</b></p> <p>Property belonging to the Institution, ..... 16086 3 11  <u>£22420 17 10</u></p> <hr style="border: 0.5px solid black;"/> <p style="text-align: right; font-weight: bold;">L.22420 17 10</p>
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CHARLES Y. ROGER, *Treasurer.*

We have examined the books, of which the above is an ABSTRACT, and found same correct.

(Signed)

JAMES THOMSON.  
 JAMES GUTHRIE.

\* Of this sum L.120, 10s. 6d. is due by the Kirk Session of Dundee.



# A CONCISE ABSTRACT

OF THE

## DUNDEE LUNATIC ASYLUM ACCOUNTS,

From 1805 to 31st March 1835.

Date.	Income.		Expenditure.		Excess of Income.		Deficiency of Income.		Contributions.		Cost of Property and Furniture.		Debt.		Property belonging to the Asylum.	
	£	s	£	s	£	s	£	s	£	s	£	s	£	s	£	s
March.. 31 1820	..	..	..	..	..	..	0	0	10	8	£8493	9	£7706	10	£7706	10
May ... 31 1821	£637	8	..	..	..	..	3	11	6	7½	9800	18	2038	5	7762	12
May ... 31 1822	834	8	..	..	..	..	0	0	17	2	10674	18	2371	19	8302	19
March.. 31 1823	766	9	..	..	..	..	0	0	1	10	10816	10	2245	7	8571	3
March.. 31 1824	1519	5	..	..	..	..	0	0	0	0	11036	0	1671	18	9364	2
March.. 31 1825	1927	6	..	..	..	..	0	0	0	8	11281	19	893	4	10388	15
March.. 31 1826	2270	18	..	..	..	..	0	0	2	8	14025	16	2670	16	11355	0
March.. 31 1827	2385	14	..	..	..	..	0	0	10	2	17252	5	5247	18	12004	7
March.. 31 1828	2350	17	..	..	..	..	0	0	16	9	17632	4	5367	17	12264	6
March.. 31 1829	2449	9	..	..	..	..	0	0	44	16	17819	4	4820	6	12998	17
March.. 31 1830	2453	17	..	..	..	..	0	0	7	11	18387	18	5789	0	13598	17
March.. 31 1831	2303	16	..	..	..	..	0	0	420	17	19760	13	6227	3	13533	9
March.. 31 1832	2522	8	..	..	..	..	17	7	17	10	20721	19	6987	2	13734	17
March.. 31 1833	2887	12	..	..	..	..	0	0	59	10	20896	1	6564	4	14331	16
March.. 31 1834	3009	2	..	..	..	..	0	0	31	1	21679	2	6324	16	15354	6
March.. 31 1835	3203	9	..	..	..	..	0	0	202	9	22420	17	6334	13	16086	3
			£5250	17	11½	£177	1	6	£11012	7						

Excess of Income, as above, ..... £5,250 17 11½  
 Off Deficiency of Income, ditto, ..... 177 1 6

Amount of Contributions, ditto, ..... 5,073 16 5½  
 ..... 11,012 7 5½

Property belonging to the Institution at 31st March 1835, ..... £16,086 3 11

*Extracted from the Accounts by*

CHAS. Y. ROGER, TREASURER.



## CONTRIBUTIONS

For the Year ending 31st March, 1835.

<i>Legacy.</i>	Mr Stewart Kermath, Dundee, . . . . .	£19 19 0
<i>Donations.</i>	Dr Haslam, London, . . . . .	£2 0 0
	James Horsburgh, Esq. Pittenweem, . . . . .	1 1 0
	An Unknown Friend, . . . . .	0 5 0
	—————	£3 6 0
<i>Subscriptions.</i>	Thomas Davidson, Esq., . . . . .	£1 1 0
	James Guthrie, Esq., . . . . .	1 1 0
	Mr Henry Jack, . . . . .	1 1 0
	Mrs M'Donald, . . . . .	1 1 0
	David Martin, Esq., . . . . .	1 1 0
	Patrick Scott, Esq., . . . . .	1 1 0
	—————	£6 6 0
		—————
		£29 11 0

## TERMS OF ADMISSION.

The following is the present rate of board,—subject, however, to such alterations as the Directors shall judge proper, and which must necessarily vary according to the state of the funds and the expenses of the Establishment. The board in all cases must be paid in advance.

First Class, .....	£0 5 0 per week.
Second ditto,.....	0 7 0 .....
Third ditto.....	0 10 6 .....
Fourth ditto,.....	0 15 0 .....
Fifth ditto,.....	1 1 0 .....
Sixth ditto,.....	1 11 6 .....
Seventh ditto,.....	2 2 0 .....
Eighth ditto,.....	3 3 0 .....

The first class—paupers belonging to the parishes that have contributed to the erection of the Asylum. The second class—all other paupers. Every patient who is certified by four respectable householders to be unable to pay 10s. 6d. of board per week, or whatever rate of board may be fixed by the Directors to be paid by Class 3d, and to have no relation able to pay this rate of board, shall be considered a pauper, and admitted in Class 2d; but if the patient shall belong to any of the twenty-four parishes that have contributed £20 and upwards to the erection of the Asylum, such patient shall be admitted into Class 1st.

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

Third class, .....	£0 10 6
Fourth class, . . . . .	1 1 0
Fifth and sixth classes, . . . . .	2 2 0
Seventh class,.....	3 3 0
Eighth 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.*