

Report by the managers of the Royal Edinburgh Lunatic Asylum for the year 1842, presented to the annual general meeting, held on Monday, 30th January, 1843.

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Publication/Creation

[Place of publication not identified] : [publisher not identified], [1843?]

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R E P O R T

BY THE

MANAGERS of the ROYAL EDINBURGH LUNATIC
ASYLUM for the Year 1842, presented to the ANNUAL
GENERAL MEETING, held on Monday, 30th January,
1843.

THE Managers have much pleasure in being enabled to report that their extraordinary labours, which have been carried on during the last two years, are for the present happily concluded. The new poor department, which was opened in August last, contained, at the close of the year, 119 inmates; and the other department, which has undergone extensive improvements, so as to render it every way suitable for patients of the wealthier class, contained, at the same time, 43 inmates of that class. Thus the important design so long cherished, and the execution of which was so earnestly called for by the public wants, has at length been realized — there being now spacious accommodation at Morning-side for about 350 patients of all ranks, with ample means for their due classification.

In adjusting the plans of the new establishment, it was suggested, that if the system of congregating the poor at night in large ward-rooms, could be adopted with safety, it would both facilitate their superintendence, and conduce to economy in expense. Accordingly, it was resolved, after mature deliberation, that the new building should be so constructed as to have dormitories admitting of from 16 to 20 inmates in each, with one or more attendants among them; and the Managers have peculiar gratification in stating, that this experiment has been attended with complete success. Not only have no accidents occurred among the inmates so situated, but its beneficial effect on them has been

most decided; so that, irrespective of the other advantages alluded to, it may be confidently pronounced a most desirable arrangement for the inmates themselves.

The cost of the new buildings has been greater than was at first contemplated, owing partly to successive extensions of the original contracts, and partly to the desire which was felt of adopting every modern improvement, in regard to ventilation and other internal arrangements. However, in future additions, the experience which has now been gained, will be made available for simplifying still more some of the details, and therefore the expense of completing the remaining portions of the new institution, will be proportionably less than that of the parts already finished.

But if the outlay has been great, the receipts have been so likewise; for although there still remains a deficiency in the funds of about L.3900, (which was voluntarily incurred, rather than leave the buildings imperfect,) the contributions obtained during the last two years far exceed what the Managers ventured to hope for when they commenced their undertaking. It will be seen from the Treasurer's Statement, that above L.13,000 have been contributed in whole, besides L.1000 more derived from legacies falling in during the period. No doubt, a large portion of that amount has been given in order to acquire rights of presentation; but as these truly represent a corresponding interest in the buildings, (the necessary board being still charged for those presented,) that circumstance only affords an additional proof that the scheme of the Managers has elicited general approbation, and that the reliance which they placed on public support, has been met by an equal degree of public confidence.

It will be their anxious endeavour to retain this confidence, by observing all practicable economy in the Institution, and by carrying out with vigour the plans they have formed for promoting the comfort and cure of those for whom it is designed. The rate of board for the poor has been fixed as low as circumstances seemed to admit of, and, compared with the advantages which they possess, must be reckoned extremely moderate; but if it is found, after the existing deficiency shall have been wiped off, and the establishment brought fully into operation, that it can be farther reduced, the public may rely on this being done.

These objects will be facilitated (and much to the advantage of

all parties) by the arrangements entered into, for having all the insane poor of the district transferred to Morningside. This transfer has already taken place as regards those belonging to the parishes of St Cuthbert's and South Leith; and when those in the city Bedlam are likewise sent, there will be nearly 300 inmates in the two departments of the Institution.

Of these, by much the larger number pay only L.15 for board and clothing; and it must not be overlooked, that in the higher class department also, there are many, who, on account of their limited means, have been admitted at rates which are often not equal to the expense of their maintenance. This principle has long been acted upon at the Asylum, and it has in no small degree tended to alleviate the distress which insanity, combined with poverty, renders peculiarly trying among members of that class. There is, consequently, ample scope in this Institution for the exercise of public and private benevolence; and those who are disposed to contribute for the relief of suffering humanity, may bestow their support upon it, not less worthily than on any of the other valuable institutions around which claim their attention.

The Managers cannot conclude without adverting, in terms of deep regret, to the loss sustained last year by the Institution, as well as by the public, in the death of two gentlemen, members of their board, who were distinguished for their activity in regard to all philanthropic objects, namely, Sir William Rae, and Mr John Robertson. The former had long been connected with the Institution, and at all times exerted himself strenuously for its advantage, as well as for the welfare of the insane in general; and the latter was eminently instrumental in promoting the New Establishment, both originally as a member of the Town Council, and latterly by his personal assistance as a manager. They have also to lament the death of Sir James Spittal, a Deputy-Governor of the Institution, and of the respected Senior Consulting Physician, Dr Spens, who both took a warm interest in its prosperity.

It is not necessary here to enter into any details respecting the transactions of the Institution during the past year, as these will be found in the separate Report of the Resident Physician, and in the Treasurer's Statement of Funds, &c. both of which are annexed.

ALEX. BRUNTON, *Chairman.*

ABSTRACT of TREASURER'S ACCOUNTS for the Year 1842.

I. RECEIPTS.

1. ORDINARY.

1. Amount of board for patients,	L.3277	3	2
2. Board from medical clerk,	36	15	0
3. Rent of grounds let, (crop 1841.)	189	11	0
	<u>L.3503</u>	9	2

2. EXTRAORDINARY.

1. Dividends on bank stocks, less income-tax, L.354	5	4
2. Subscriptions, &c. paid,	3078	11 11
3. For life patient, and sundries,	318	17 7
4. Temporary loans,	6600	0 0
	<u>10,351</u>	14 10
Total receipts,	<u>L.13,855</u>	4 0

II. PAYMENTS.

1. ORDINARY.

(1.) Disbursements for the Institution, viz.—

1. Provisions, coals, &c.	L.1519	12	5
2. Wages of attendants, &c.	393	17	5
3. Repairs and furnishings,	302	3	3½
4. Taxes and assessments,	21	1	4
5. Insurance against fire,	19	11	6
6. Gas,	45	19	4
7. Miscellaneous payments,	14	10	0
8. Feu-duty, (less income-tax,)	389	0	9
	<u>L.2,705</u>	16	0½

(2.) Salaries, allowances, &c. viz. —

•1. Resident physician,	L.212	10	0
•2. First matron,	67	10	0
3. Second do. (part of year)	16	8	6
4. House clerk, and steward, (do.)	14	12	0
5. Gardener, and gate keeper, (do.)	20	1	6
6. Consulting physicians, (1841,)	65	2	0
7. Chaplain, (part of year,)	25	13	6
8. Secretary,	26	5	0
9. Treasurer,	42	0	0
	<u>490</u>	2	6

Carried forward, L.3,195 18 6½

* Note. — These sums comprehend five quarters' payments.

Brought forward, . L.3,195 18 6½

2. EXTRAORDINARY.

(1.) For Original Institution, viz. —

1. Furnishings, additions, and other improvements, &c.	L.310 19 1	
2. Retired allowance to Mr Hughes,	60 0 0	
3. Sum voted to chaplain on leaving,	21 0 0	
4. Poor's assessment for year 1841,	7 6 11	
		399 6 0

(2.) For New Institution —

1. Mason, (balance,)	L.1987 11 7	
2. Wright, (do.)	2173 10 0	
3. Plumber, (do.)	565 15 7	
4. Slater, (do.)	201 7 1	
5. Plasterer, (do.)	101 3 6	
6. Ironfounder, (do.)	189 0 0	
7. Engineer — for heating apparatus, steam boiler, kitchen range, &c.	742 14 0	
8. Painter,	348 8 0	
9. Gasfitter,	247 19 10	
10. Bellhanger,	107 13 6	
11. Asphalte Company,	99 19 8	
12. For enclosing grounds,	320 0 0	
Excavations, and laying out grounds, &c.	593 9 2	
13. For manure, fruit trees, &c. cropping, &c. and gardening utensils,	135 5 10½	
14. For furniture, &c.	1414 9 7	
15. For improvements on Jordan burn,	19 6 6	
16. Architect, (do.)	690 0 0	
17. Clerk of works, (do.)	104 10 0	
18. Business account relative to buildings and subscriptions, &c.	129 0 0	
19. Advertising, printing, postages, &c.	160 18 6	
20. Interests on loans and bank account, &c.	502 2 3	
21. Sundry payments and expenses,	72 10 1½	
		10,909 14 9
Total payments,		L.14,504 19 3½

GENERAL SUMMARY.

Amount of Income and Receipts,	L.13,855 4 0	
Do. of Expenditure,	14,504 19 3½	
Balance of Expenditure,	L.649 15 3½	
Add,—Payments on bank account beyond drafts,	780 13 3	
Arrears of board, &c., at 31st Dec. 1842,	L.48 1 2½	
Less do. due at 31st Dec. 1841,	1 13 5	
		46 7 9½
		L.1476 16 4
Deduct,—Balance due by Treasurer at 31st Dec. 1841,	302 17 7	
Remains balance due to Treasurer at 31st Dec. 1842,	L.1,173 18 9	

II. GENERAL ABSTRACT of the Expense of the NEW ASYLUM.

I. BUILDINGS AND FURNITURE.

1. Foundations, and levelling within walls,	L.430	0	0
2. Mason,	10,003	11	7
3. Wright,	7,226	12	11
4. Ironmonger,	1,238	0	0
5. Slater,	621	7	1
6. Plasterer,	404	3	6
7. Plumber,	1,265	15	7
8. Asphalte Company,	99	19	8
9. Warming and drying apparatus, kitchen range, &c.	742	14	0
10. Painting and papering,	348	8	0
11. Bellhangers,	107	13	6
12. Gasfitters,	247	19	10
13. Furniture, &c.	1,780	0	0
14. Architect's commission, &c.	L.1090	0	0
Clerk of works, measurer, &c.	341	14	0
		1,431	14 0
		L.25,947	19 8

II. RELATIVE EXPENDITURE.

15. Draining and laying out grounds beyond walls, improving Jordan burn, &c. about	L.540	0	0
16. Planting, &c. within and beyond walls,	160	0	0
17. Enclosing grounds with paling,	320	0	0
18. Business accounts connected with buildings and subscriptions, &c.	364	0	0
19. Advertising, printing, &c. relative to do.	402	10	4
		1,786	10 4
		L.27,734	10 0

III.—STATE OF FUNDS AT 31ST DECEMBER, 1842.

I. ASSETS.

1. Value of bank stocks — say,	L.9,240	0	0
2. Subscriptions, &c. outstanding	L.2,770	15	0
Additional do. proposed,—say,	200	0	0
		2,970	15 0
(This amount includes L.2000 from the city, and L.260 from Leith.)			
3. Legacies announced, (amount uncertain,)— say,	850	0	0
4. Arrears of board,	L.48	1	2½
Less for life patient,	12	11	6
		L.35	9 8½
5. Rent of grounds let, crop 1842,	160	0	0
6. Value of produce, provisions, &c. on hand,	170	0	0
		365	9 8
		L.13,426	4 8

II. DEBTS, &c.

1. Amount of promissory notes, &c.	L.11,600	0	0
2. Balance due to Royal Bank,	3,367	10	1
3. Do. due to Treasurer,	1,173	18	9
4. Accounts outstanding, (about)	1,150	0	0
		17,291	8 10
Amount of deficiency,		L.3,865	4 2

IV. STATE of SUBSCRIPTIONS, &c. for NEW ASYLUM.

Total amount of Subscriptions obtained for the New			
Buildings, in 1840, 1841, and 1842,	L.12,944	6	1
Additional proposed, (as before,)	200	0	0
	L.13,144	6	1
Legacies during the same period,	1,184	10	6
Whereof paid —	L.14,328	16	7
In 1840,	L.859	8	0
1841,	6,552	12	10
1842,	3,071	15	5
	L.10,483	16	3
Legacy duty, &c.	24	5	4
	10,508	1	7
Amount outstanding,	L.3,820	15	0
Whereof —			
Subscriptions,	L.2970	15	0
Legacies,	850	0	0
	3,820	15	0

V. LIST of SUBSCRIPTIONS obtained in 1842.

1. INDIVIDUALS.

Her Majesty the Queen Dowager,	L.50	0	0
A Lady, (additional subscription, per J. Mackenzie, Esq. W.S.)	150	0	0
John Balfour, Esq. of Trenaby, (for Orkney,)	200	0	0
A Friend, (per Rev. Mr Thomson, Dysart,)	50	0	0
Sir George Clerk, Bart.	25	0	0
James Cornwall, Esq.	21	0	0
Alexander Mitchell of Stow, Esq.	20	0	0
Robert Suttie, Esq. Gayfield Square,	25	0	0
Sir George Suttie, Bart. (additional subscription,)	5	0	0
Mrs Christie, Abbotshall, Kirkcaldy,	20	0	0
Lord Dalmeny,	10	0	0
Miss Curll, Kelso,	2	2	0
John Scott, Esq. of Menby,	10	0	0
Robert More, Esq. London,	10	10	0
James Nisbet, Esq. do.	10	10	0
Miss Logan, St Bernard's Crescent,	0	10	0
Alexander Stevenson, Esq. (additional subscription,)	8	8	0
Miss A. Brown, (per Whyte & Co.)	2	0	0
Major Clunie, (H. M. Buffs, India,)	2	0	0
Miss Stewart, St Andrew Square,	2	2	0
Mr Duncan M'Intyre, Cupar, Fife,	10	0	0
Francis Chalmers, Esq.	10	0	0
William Addis, Esq. plumber,	10	0	0
Messrs Marshall & Sons, jewellers,	3	3	0
Rev. George Robertson, Thurso,	10	0	0
Albert Cay, Esq. (second subscription, making up L.10,)	8	0	0
Mr Carfrae, land surveyor,	2	2	0
H. M. Gibb, Esq. Prince's Street, (second subscription,)	1	1	0
Messrs Mylne & Sons, gasfitters,	10	0	0
Messrs Bryden & Sons,	10	0	0
Mr John Haldane, Galashiels,	10	0	0

LIST OF SUBSCRIPTIONS IN 1842, continued—

2. TOWNS AND PARISHES, &c.

The City of Edinburgh, (for its insane poor,)	L.2000	0	0
St Cuthbert's, (second subscription, to make up L.1360 for do.)	760	0	0
South Leith, (to make up L.750 for do.)	310	0	0
Biggar, (second subscription to make up L.50,)	34	0	0
Borrostowness, (to make up L.50,)	35	0	0
Calton, (Corporation,)	10	0	0
Cockpen,	10	0	0
Colinton, (third subscription to make up L.50,)	23	0	0
Coldstream,	10	0	0
Crail,	10	0	0
Cramond, (third subscription to make up L.100.)	66	0	0
Dalkeith,	50	0	0
Dirleton, (second subscription,)	60	0	0
Earlston,	30	0	0
Eckford,	10	0	0
Forgan,	30	0	0
Jedburgh, (second subscription to make up L.50,)	30	0	0
Kingsbarns, (to make up L.50,)	18	10	0
Kirkliston,	50	0	0
Libberton, (Individual Heritors, to make up L.100 for parish,)	20	0	0
Melrose, (third subscription to make up L.60,)	40	0	0
Nairn, (county,)	10	0	0
North Berwick,	10	0	0
Pencaitland, (third subscription to make up L.30,)	2	6	6
Pennicuick, (to make up L.60,)	15	0	0
Petty,	10	0	0
Ratho, (to make up L.40,)	4	0	0
Sanquhar,	10	0	0
Tain,	10	0	0
Tranent, (third subscription to make up L.60,)	20	0	0

3. LEGACIES.

Mrs Cochrane's Executors, L.10 and interest,)	L.14	11	6
Mrs Hosier of Newlands,	100	0	0
Mrs General Baillie,	20	0	0
Mr George Lawrie, Windmill Street,	400	0	0
Miss Jessie Jackson, (share of residue, amount uncertain.)			

MEDICAL REPORT

For 1842.

For 1842.

THE Resident Physician has to report on the Institution as follows:—

	Total.	Male.	Female.
At the close of 1841 the number of the inmates was, . . .	59	40	19
During the year 1842 there were <i>admitted</i> ,	154	73	81
<i>discharged</i> ,	42	22	20
{ Of whom were <i>recovered</i> , . . .	32	19	13
{ More or less <i>improved</i> , . . .	10	3	7
There <i>died</i> , . . .	9	6	3
At the close of 1842 the number of the inmates was, . . .	162	85	77

Although the above results, from the peculiar nature of the cases, are of little interest in reference to the treatment of insanity, they are interesting and important in connection with the history of the Institution. They shew that its operations have been on a more extended scale than during any former year. This, it need scarcely be said, has been owing to the opening of a large department for the poorer classes — an event looked forward to with anxious wishes, not alone by those connected with the Institution, but by all interested in the condition of the insane in this part of Scotland. And it is gratifying to think, that the sympathy for, and earnest desire to ameliorate the condition of the insane, which has been so conspicuously displayed on this occasion, is but a manifestation of a wide-spread feeling, the effects of which are every where seen in the erection of new, and the improvement of old Asylums — in the abolition, or very limited use of personal

restraint, and the extension of the advantages and pleasures of social life to those who were excluded from these benefits. The direction which philanthropy has here taken, must command the approbation of all, and it only remains to be wished that it may lead to results still more decided in their character.

In the early part of the year a considerable number of patients was sent to the Institution, in anticipation of the opening of the new buildings, and some inconvenience experienced from the limited nature of the accommodation available for them. It was necessary to open the buildings themselves before the workmen had left them; but these and other difficulties, necessarily connected with such an undertaking, were overcome, and the Asylum occupied and organized without a single accident of any kind.

The patients first admitted have been, as was anticipated, in by far the larger proportion, old and incurable cases. From St Cuthbert's Workhouse, and the private Asylums around Edinburgh, a large number were received—patients who had been, for even long periods of years, inmates of these Institutions. While it would have been more satisfactory to myself to have received patients of a less hopeless kind, yet it was gratifying to see the Institution made available for the care of the insane poor, in all stages of their malady, for whom, as is now very generally allowed, neither Workhouses nor private Asylums are naturally adapted.

I proceed to exhibit the facts of the year in tabular forms. Although no opportunity was omitted of making inquiries regarding the history and progress of the disease in each particular case. I had often to regret, that the information afforded was meagre and unsatisfactory, and sometimes altogether wanting. Farther information may, however, yet be obtained, in regard to some of the cases, so that the returns may be verified or corrected when a period of longer duration than one year is embraced in the statistics of the Institution. The tables have, successively, reference to the admissions, the recoveries, and the deaths.

Table No. 1 exhibits the age at which the disease appeared in the cases admitted. It is in relation to age, thus considered, that such a table has its chief interest.

	Total.	Males.	Females.
From 1 to 10, [congenital] - -	4	4	0
10 to 20, - - -	9	7	2
20 to 30, - - -	63	32	31
30 to 40, - - -	43	22	21
40 to 50, - - -	23	6	17
50 to 60, - - -	9	2	7
60 to 70, - - -	2	0	2
70 to 80, - - -	1	0	1
	154	73	81

The middle periods of life, when both the moral and physical causes of the disease abound, are shewn by such returns as the above to be the most liable to the disease.

Table No. II. exhibits the condition of those admitted in regard to marriage.

	Total.	Males.	Females.
Married, - - - - -	48	25	23
Unmarried, - - - - -	106	48	58
	154	73	81

The above table exhibits the discrepancy in the number of the two conditions, displayed in the returns of Asylums, in even a greater proportion than is usual.

Table No. III. exhibits the Profession of religion in those admitted.

	Total.	Males.	Females.
Established Presbyterian, - - -	111	55	56
Dissenting ———, - - -	23	10	13
Episcopalian, - - - - -	13	6	7
Roman Catholic, - - - - -	6	2	4
Deist, - - - - -	1		1
	154	73	81

Table No. IV. exhibits the degree of education in those admitted.

	Total.	Males.	Females.
Well educated,	31	16	15
Can read and write,	81	43	38
Can read only,	37	11	26
Can neither read nor write,	5	3	2
	154	73	81

No conclusions can be drawn from the above table, although it is important that such a record should be kept. In what relative proportion does the disease occur in the more and less educated classes of society? Does it increase, in frequency, in direct proportion with the increased exercise of the brain which civilization implies?

Table No. V. exhibits the occupations of those admitted.

	Total.	Males.	Females.
Domestic servants,	42	2	40
Agricultural labourers, and agricultural labourers' wives,	23	20	3
Of no occupation, (gentlemen and gentlewomen,)	15	4	11
Dressmakers,	9	0	9
Soldiers and Soldier's wife,	6	5	1
Shopkeepers,	5	4	1
Teachers and Teacher's wife,	4	3	1
Clerks,	4	4	0
Governesses,	4	0	4
Weavers,	4	4	0
Carpenters,	4	4	0
Tailor and Tailors' wives,	3	1	2
Masons,	3	3	0
Sailors,	3	3	0
Housekeepers,	2	0	2
Shoemakers,	2	2	0
Colliers,	2	1	1
Innkeepers,	2	0	2
Hawkers,	2	0	2
Carding Millers,	2	2	0
Surgeon,	1	1	0
Solicitor,	1	1	0
Military Officer,	1	1	0
Engineer,	1	1	0
Corn Merchant,	1	1	0
Painter,	1	1	0
Blacksmith,	1	1	0
Saddler,	1	1	0
Modeller in a Brassfoundry,	1	1	0
Officer in Excise,	1	1	0
Printer,	1	1	0
Nurse,	1	0	1
Factory Girl,	1	0	1
	154	73	81

The large proportion of agricultural labourers in the above table is explained, by the patients belonging to country parishes being those first admitted — the arrangement for the transfer of all the city patients not having yet been concluded. It is generally supposed that artisans, especially those engaged in the more sedentary employments, are more liable to the disease than the class in question.

Table No. VI. exhibits the cases arranged according to the temperaments displayed.

	Total.	Males.	Females.
Nervous,	49	25	24
Lymphatic,	30	11	19
Nervo-sanguine,	26	15	11
Bilious,	24	10	14
Sanguine,	17	9	8
Nervo-lymphatic,	5	3	2
Nervo-bilious,	3	0	3
	154	73	81

The largest number of cases, it will be seen, are included under the nervous temperament. No small proportion, however, come under the lymphatic and nervo-sanguine. I would remark, in connection with these facts, that the constitution of the insane is generally characterized by excitability without strength, or by languor of all the functions, bodily and mental. In other words, it is a weak constitution, and this peculiarity it is important to keep in mind in the physical regimen and medical treatment of the disease.

The following table, No. VII., exhibits the cases arranged according to the two great varieties of race which occur in this country — the fair and the dark, or the Xanthous and Melanous. Mixed varieties are referred to that which appeared to be most characteristic. The criteria were the colour of the eyes, of the hair, and of the skin.

	Total.	Males.	Females.
Xanthous,	109	56	53
Melanous,	45	17	28
	154	73	81

Tables might be appended, exhibiting the state of the pulse and respiration, but are deferred till more numerous observations have been made. Meantime, it may be stated, that a frequent but weak pulse has been most frequently found, and that the relation between the number of the heart's pulsations, and the respiratory movements, appeared less constant than in the state of health.

Table No. VIII., exhibits the number in which hereditary predisposition was ascertained to exist.

	Total.	Males.	Females.
Hereditary predisposition ascertained to exist, but undetermined whether on the Paternal or Maternal side.	13	8	5
On the Maternal side,	16	8	8
— Paternal	10	6	4
On both,	1	0	1
Total hereditary predisposition, .	40	22	18
Hereditary predisposition not ascertained to exist,	114	51	63

A Table, No. IX., of the exciting causes of the disease, follows. With several of these it will be understood that hereditary predisposition concurred. In a large number of cases, from the imperfect history obtained, the exciting cause could not be ascertained.

	Total.	Males.	Females.
Intemperance in the use of spirituous liquors,	12	9	3
Disappointed affections,	12	0	12
Loss of relatives,	9	4	5
Injuries of the head,	6	4	2
Perverted views of religion,	5	3	2
Domestic disquietude,	5	1	4
Misfortunes,	4	3	1
Gastric irritation,	4	3	1
Aspersions of character, or affronts received,	3	1	2
Attack of fever,	3	0	3
Overstrained mental exertion,	2	2	0
Amenorrhea,	2	0	2
Fright,	2	1	1
In connection with the healing of an abscess,	1	0	1
— cessation of Phthisical symptoms,	1	1	0
The puerperal state,	1	0	1
Unusual fatigue, and excitement of mind,	1	1	0
Hot climate,	1	1	0
Disappointment in obtaining a situation,	1	1	0
Exciting cause unascertained, but hereditary predisposition known to exist, .	18	13	5
Exciting cause unknown, but predisposition from former attacks known to exist,	5	4	1
Congenital weakness of mind,	5	5	0
Unknown,	51	16	35
	154	73	81

The following table, No. X., exhibits the forms assumed by the malady in the cases admitted.

				Total.	Males.	Females.
Mania,	Continued,	.	.	25	12	13
	Periodical,	.	.	11	5	6
Total Mania,				36	17	19
Melancholia,				23	12	11
Monomania of	Suspicion,	.	.	6	4	2
	Unseen Agency,	.	.	4	2	2
	Pride,	.	.	5	1	4
	Imagined Poverty,	.	.	2	0	2
	Jealousy,	.	.	1	1	0
Total Monomania,				18	8	10
Moral Insanity,						
	With Homicidal impulse,	.	.	1	1	0
	Suicidal do.	.	.	1	0	1
	Generally destructive do.	.	.	1	1	0
	Impulse to burn,	.	.	1	0	1
	to steal,	.	.	1	1	0
Total Moral Insanity,				5	3	2
Dementia in the form of Imbecility,				43	21	22
Fatuity,				29	12	17
Total Dementia,				72	33	39

This table does not represent the proportion in which the several forms of the disease occur in recent cases, as many included under the head of dementia had presented the other forms of the disease in the early stages — dementia being the common termination of all the others. The cases included under Moral Insanity were well marked examples of that interesting, and, in a medico-legal point of view, most important form of the disease.

In the following table, No. XI. the complications are exhibited in connection with the forms of the disease.

	Total.			Mania.		Melancholia.		Monomania.		Dementia.			
				M.	F.	M.	F.	M.	F.	Imbecility.		Fatuity.	
		M.	F.							M.	F.	M.	F.
Paralysis,	8	3	5	1	1	0	0	0	0	0	2	2	2
Epilepsy,	8	5	3	4	1	0	0	0	0	1	2	0	0
Phthisis,	4	3	1	0	1	1	0	1	0	1	0	0	0

Epilepsy and palsy, if not accompanied with Dementia in the first stage, seldom fail to lead to this form of the malady in the end.

In table No. XII. the cases admitted are arranged according to the duration of the malady.

	Total.	Males.	Females.
Under one year's duration,	39	17	22
More than one year's duration,	115	56	59
	154	73	81

By all medical experience the curability of insanity is found to be in inverse proportion to its duration. It is curable when recent, but incurable when of long standing—a truth which is now also pretty generally assented to by the public, but not *acted upon*: the disease is too frequently concealed, or combated by ineffective measures, at the precise period when it most readily yields to appropriate treatment.

The following table, No. XIII. exhibits the forms of the disease in those recovered.

	Total.	Males.	Females.
Mania,	15	8	7
Melancholia,	10	6	4
Monomania,	5	3	2
Moral Insanity,	2	2	
	32	19	13

Mania and Melancholia are found to yield more readily to medical treatment than the other forms. This may arise, in part, from the symptoms being of a kind to attract attention sooner than in some of the other forms, and thus lead to earlier treatment. Unfounded suspicions, and other forms of monomania, are not unfrequently entertained, long before they are noticed by friends or others. They are often even carefully concealed by the patients themselves.

The duration of the disease in those recovered, is exhibited in Table XIV.

	Total.	Males.	Females.
Of less than one year's duration,	21	13	8
Of more,	11	6	5
	32	19	13

The period of residence at the Institution, in those recovered, is exhibited in Table XV.

	Total.	Males.	Females.
Under 3 months,	13	6	7
6 months,	7	3	4
1 year,	8	7	1
2 years,	1	1	0
3 years,	1	0	1
5 years,	2	2	0
	32	19	13

Two of the cases were inmates of the Institution for the period of five years. One was a case of melancholia, the other of periodical mania. By very slow degrees the former was roused from his depressed state. In the latter, the paroxysms returned at longer and longer intervals, till they ceased to appear. In both, a convalescence of eighteen months seemed to establish recovery.

The following table, No. XVI., exhibits, in one view, the facts connected with the patients who died. Of these one had been an inmate of the Institution for a period of twenty-five years. The others were patients who were bedridden, and evidently dying, at the period of admission. One was actually moribund, from having travelled 70 miles to the institution in a weak state, and two were in the last stage of consumption. These are generally considered inadmissible cases, but no exclusion could be exercised in the circumstances of the patients. I think it right, however, to take this occasion to caution persons at a distance from exposing patients, weakened by prolonged excitement, to the fatigue of a long journey. There is much risk of collapse ensuing; for the popular notions regarding the powers of endurance of the insane, are altogether wrong.

No.	Sex.	Age.	Duration of Insanity.	Period of Residence in Asylum.	Form of Insanity.	Cause of Death.	POST MORTEM APPEARANCES.		REMARKS.
							Within the head.	In other parts of Body.	
1	F.	63	5 years with intervals.	12 days.	Monom. of fear.	Exhaustion coma.	Dura mater adherent to skull, and injected. Sinuses engorged. Arachnoid slightly opaque. Pia mater, minutely injected; two clots of blood, one on each of the hemispheres. A small quantity of serum in lateral ventricles. Substance of brain extremely vascular. During the examination, several ounces of bloody serum escaped.	Concentric hypertrophy of the left ventricle of the heart.	The complication here—hypertrophy of the left ventricle—is very frequently found in the post mortem examination of the insane.
2	M.	31	2 years with intervals.	1 month.	Dementia with hemiplegia.	Coma.	Dura mater adherent to skull. Arachnoid very opaque. Effusion of serum into subarachnoid cellular tissue. Pia mater very vascular. Brain soft and vascular. About two ounces of fluid in lateral ventricles.	No morbid appearances.	
3	M.	35	3 years.	6 weeks.	Monom. of unseen agency.	Phthisis pulmonalis.	Dura mater vascular. Arachnoid opaque in several places. Substance of brain, vascular. About two ounces of serum in lateral ventricles.	Adhesion of the pleura of both lungs to parietes of chest. Suppurating tubercles in both lungs. Pericardium distended with serum, and slight hypertrophy of left ventricle of heart.	Phthisis is also a frequent complication of insanity.
4	M.	51	9 months.	23 hours.	Unknown.	Exhaustion from travelling 70 miles in a weak state.	Dura mater very adherent to skull. Arachnoid slightly opaque. Pia mater very vascular. Brain vascular, and a large quantity of serum in the lateral ventricles.	Slight hypertrophy of left ventricle. A small cartilaginous tubercle on upper surface of liver.	
5	F.	25	3 months.	3 weeks.	Mania.	Phthisis pulmonalis.	Increased vascularity of membranes, and substance of brain without apparent organic lesion.	Pleura very adherent to parietes of chest. Lungs infiltrated with tuberculous matter, numerous tubercles and vomice at the roots of both lungs, particularly of the right. Heart large and flaccid. Semi-organized lymph in ventricles. Mitral valves ossified, and much altered in form.	See Nos. 1 and 3. Insanity disappeared before death.
6	M.	48	3 months.	12 days.	Melancholia.	Cancer of rectum.	Do.	Small quantities of pus within the peritoneum. Mucous surface of rectum much ulcerated and thickened.	The insanity was secondary on the intestinal affection.
7	M.	65	30 years.	26 years.	Imbecility.	Hydrothorax.	Arachnoid opaque. Effusion of lymph serum in subarachnoid cellular tissue. Brain vascular. Lateral ventricles distended with serum, and arteries, forming the circle of Willis, ossified.	In cavities of pleura a very large quantity of serum. Lungs infiltrated with semi-opaque serum. Heart very large and flaccid. Liver of a nutmeg colour. A large biliary calculus in gall bladder.	An example of hydrothorax, in connection with diseased heart, and a feeble and relaxed state of body.
8	M.	55	18 months.	5½ months.	Imbecility, with general paralysis.	Coma.	Dura mater and pia mater very vascular. Arachnoid unusually opaque, and effusion of lymph serum in subarachnoid cellular tissue. Brain vascular. Lateral ventricles distended with serum.	No morbid appearances.	A well marked example of the <i>paralytic generale</i> , so common a complication of insanity.
9	F.	78	20 months.	2 months.	Mania.	Senile debility.	No inspection of body permitted.		

Appreciable lesion of the membranes, or substance of the brain, was found in all the cases examined. With such facts the medical profession are familiar, but it may not be out of place to direct attention to them on the part of others, for the proof that insanity is a bodily disease — a view which divests it of much of the mystery attached to it. With the exception of the cases alluded to, of which the result was anticipated, the household has enjoyed a remarkable degree of health during the year.

In the moral management of the Institution, during the year, the principle has been kept in view, to treat the inmates, as much as possible, as rational beings, and to afford them a sphere of exertion, and even usefulness, suited to the range of their faculties. In an Asylum, there are few cases in which all the powers of the mind are prostrated or perverted, and in which nothing can be done to rouse apathy to exertion, or direct restless activity into a useful channel. Generally, some occupation or amusement can be afforded, congenial to the habits or tastes of the individual. During the year the means of doing so have been increased. With the extension of the grounds the agricultural and gardening operations have been carried on on a larger and more varied scale. In this occupation a large proportion of the inmates have joined — divided into the skilled and unskilled, who perform the operations suited to their capacity with wonderful energy and precision. The hours of labour are short, for fatigue is as hurtful as idleness to the insane, but they are well employed.

The in-door occupations, which scarcely yield in importance to the out-door, have been increased in number and variety. Carpentry, tailoring, shoemaking, and basket-making, besides others more simple, have been followed with considerable success. As frequently as possible, the employment has been afforded to which the individual had before been accustomed. Even a schoolmaster has been provided with a class on which to exercise his profession.

With many of the inmates, especially of the higher classes, amusements take the place of, or become occupations. Those which are accompanied with bodily exercise have been very generally preferred by the inmates themselves. Bowls in summer, and billiards in winter, have been never-failing resources. In excursions to the country some have taken an interest, who were apathetic to every thing else.

There is one amusing occupation in which, happily, nearly the whole household has joined, namely, singing. A very large class, for instruction in this art, has been conducted in the Institution, on the Mainzerian plan, by M. Guynemer, with results which have been satisfactory, and promise to be still more so by and by. Already, the taste for music excited, begins to display itself in the Institution, in other and pleasing forms. For this, as for every common purpose, reunions of the inmates produce the happiest effects, — exhibiting, in a striking degree, the restraining and

humanizing influence which *society* has been long known to exercise on the mind of man.

It is now three years, with the exception of a limited period, when a suicidal patient was restrained, that the Institution has been conducted on the principles of non-restraint. With its extension I have found it both more expedient, and, paradoxical though it may appear, more easy to dispense with this measure.

The substitutes have been principally occupation, and increased vigilance on the part of the attendants — very rarely seclusion. The removal of restraint has been regarded as one of the means only, for the attainment of the important end — the mitigation or removal of the disease.

With non-restraint, it becomes more important than ever, to secure the services of well educated and kind hearted persons as attendants. The companions — the advisers — the guardians of the inmates, duties involving the comfort and well-being of the latter, devolve upon them. I have endeavoured — and the object I think the most important to be aimed at in improving the constitution of our Asylums — to raise the standard of qualification for the office. By classifying the duties, and increasing the remuneration, I have in part succeeded. To guide the attendants in their duties, full printed instructions have been placed in their hands.

In connection with the moral treatment of the inmates, I may take this opportunity of bearing my testimony to the adaptation of the Dormitory system, in the construction of an Asylum for the poorer classes. In the new buildings the accommodation is almost exclusively of this kind, of which the advantages are many. The presence of the attendants in the same rooms with the inmates, keeps up that moral restraint during the night, which is exercised with benefit during the day. A more friendly and confidential relation is established between them. There is less noise, and less risk of suicide in the case of desponding patients, whose gloomy thoughts are apt to overpower them in the stillness and solitariness of a cell; while ventilation, heating, and cleanliness, which are so important in the hygiene of such an Institution, are thereby better secured.

W. MACKINNON, M.D.