

## **Annual report of the Royal Edinburgh Asylum for the year 1848.**

### **Contributors**

Royal Edinburgh Asylum.  
Mowbray, Robert.  
Skae, David.

### **Publication/Creation**

Morningside : Printed at the Asylum Press, 1849.

### **Persistent URL**

<https://wellcomecollection.org/works/vxhhu9kv>

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183 Euston Road  
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ANNUAL REPORT

OF THE

ROYAL EDINBURGH ASYLUM

FOR THE YEAR 1848.

MORNINGSIDE:

PRINTED AT THE ASYLUM PRESS.

MDCCCXLIX.

# ROYAL EDINBURGH ASYLUM.

PATRON—THE QUEEN.

OFFICE-BEARERS FOR 1849.

GOVERNOR.

THE DUKE OF BUCCLEUCH AND QUEENSBERRY.

DEPUTY-GOVERNORS.

SIR GEORGE CLERK, Bart.  
SIR HENRY JARDINE, Kt.  
SIR JOHN S. FORBES, Bart.

LORD MURRAY.  
GEORGE FORBES, Esq.

EXTRAORDINARY MANAGERS.

Lord Provost of the City of Edinburgh.  
Lord President of the Court of Session.  
Lord Justice-Clerk of the Court of Justiciary.  
Lord Advocate of Scotland.  
Solicitor-General of Scotland.  
Dean of the Faculty of Advocates.  
Deputy Keeper of Her Majesty's Signet.  
Members of Parliament for the City.  
Member of Parliament for the County.  
Sheriff of the County of Edinburgh.

Principal of the University of Edinburgh.  
President of Royal College of Physicians.  
President of Royal College of Surgeons.  
Senior Minister of Edinburgh.  
Master of the Merchant Company.  
Preses of the Society of Solicitors.  
Dean of Guild of the City.  
Deacon Convener of the Trades.

ORDINARY MANAGERS.

The Lord Provost (*ex off.*)  
John Bowie, Esq.  
Robert Mowbray, Esq.  
Dr John Taylor.  
James Morgan, Esq.  
Rev. William Robertson.

Alexander Pringle, Esq.  
Dr Christison.  
William Brand, Esq.  
John A. Mackay, Esq.  
Rev. Dr Clark.  
Dr. Pagan.

MEDICAL BOARD.

President of the Royal College of Physicians.  
President of the Royal College of Surgeons.

Dr William Pulteney Alison.  
John M'Farlan, Esq.  
Dr John. Scott.

Dr Gillespie, *Consulting Physician.*

Dr Skae, *Physician (Resident.)*

(Dr Skae's Medical Assistants are, Dr Wingett and Dr Grahamsley.)

Miss Macdougall, *Matron.*

Mr A. M'Intyre, *House Steward.*

Rev. R. Lorimer, *Chaplain.*

Mr John Scott, W.S., *Treasurer.*

Mr H. M. Inglis, W.S., *Secretary.*



# REPORT

BY

THE ORDINARY MANAGERS

OF THE

ROYAL EDINBURGH ASYLUM

FOR THE YEAR 1848.

PRESENTED TO THE GENERAL MEETING HELD ON MONDAY THE  
29TH JANUARY, 1849.

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It again becomes the duty of the Managers to present their Annual Report on the affairs of the important Institution under their care. The Asylum during the past year has remained in much the same state as at the period of last Report. The average number of Patients during the year 1847 was 444; that of the year just ended has been 491, being an increase over the previous year of 47 Patients. The amount of ordinary receipts by the Treasurer during the past year has been £12,816 : 13 : 6, and of his ordinary disbursements, and accounts still due, £12,537 : 0 : 3, shewing a surplus income of £279 : 13 : 3. The Western or Pauper Department of the Institution, although so recently enlarged, is again quite full, or rather crowded; and the Managers are without the means of extending these Buildings, so as to provide accommodation for the numerous applicants for admission. Referring to this subject, and to the great amount of debt on the Institution, the Managers, shortly after the date of last Report, considered it to be their duty to submit



to the consideration of Her Majesty's Government a memorial setting forth the urgent necessity of having the Asylum further enlarged, and their inability to undertake the work from want of the requisite funds, which they could not hope to raise in any ordinary way, on account of the large debt already incurred. It was, therefore, prayed that a loan might be granted from the Public Funds, of such an amount as would enable the Managers both to discharge their present debt to private parties, and to execute the remaining portion of their Buildings according to the general design, the whole sum to be repaid in 20 or 30 years in instalments, along with the interest. To this application the Managers were never favoured with any answer; but the Treasurer, at an interview in London with the Lord Advocate on another subject, in the month of June, was informed that it could not then be granted. Soon after this, the Bill which had been introduced by the Lord Advocate as a general measure for establishing and regulating Lunatic Asylums throughout the Kingdom was withdrawn; and thus matters remain in the same state, with respect to the extension of the Asylum, as they were at the beginning of 1848. It will be for consideration whether the application should not be again resumed, and whether the City Members of Parliament should be farther applied to for their support of such an application, in the success of which their constituents are so much interested.

In the meantime, it has been found necessary for the Managers to undertake several extensive repairs and alterations, particularly in the Kitchen and Laundry departments, rendered indispensable both by a failure in some parts of the Stove Cooking Apparatus, and by the great increase of Patients requiring more extensive apparatus and space for cooking and working. These repairs are now in progress under the superintendence of Mr Bryce, architect, and when completed, will, it is believed, conduce both to comfort and economy.

The tunnel under the Tipperlinn pathway, made for the purpose of connecting the two departments of the Institution without the necessity of any gate between, has been of obvious advantage in many respects.

It is with extreme regret that the Managers notice a misunderstanding which has arisen between them and the Parochial Board, respecting the rate of Board charged for the City



its under the agreement between the parties, the nature and terms of which, the Managers conceive that the Parochial Board have not sufficiently considered. This matter is now under reference to the Sheriff of the County as provided for in the contract, and the Managers trust that his deliverance may have the effect of preventing any future misunderstanding on the subject.

The Board of poor Patients during last year has been £20 for the privileged class, (*i. e.* those admitted under rights of presentation,) and £25 for the others. It may be thought that on account of the comparatively low price of provisions at present, a reduction to some extent may be made from these rates, but considering that the saving on the income of last year has gone so short a way in reducing the large deficiency in the years 1846 and 1847, the Managers, with every desire to commence reducing the Board at the earliest possible period, have not felt themselves justified in doing so without some better prospect than exists at present of being able to clear off that deficiency; and in the contract with the City requiring the Board for the current year to be fixed at this Meeting, the Managers have resolved that the present rates, *viz.*, £20 for privileged, and £25 for non-privileged Patients, be continued for the remainder of this year, and first quarter of 1850, subject to such modification as they may possibly find it in their power to make previous to the 1st of April, when the next quarter's Board is payable.

The Managers have been put to some trouble lately, and are threatened with considerable expense, in consequence of a complaint by certain parties of the drainage from the Asylum into the Jordan Burn being a nuisance, and injurious to the health of the neighbourhood. This matter being at present under discussion between the Treasurer, acting under their directions, and the Procurator Fiscal of County Police, the Managers deem it unnecessary to make farther allusion to it than to state, that while they entirely deny the fact of the drainage of the Asylum being at all injurious to health, as is evidenced by the present healthy condition of the inmates, and even consider that the inconvenience in respect of *smell* from the drains has been greatly exaggerated, they are yet willing, in reference to the feeling of respectable parties residing in the neighbourhood, to incur some expense for the abatement of what these parties consider as a nuisance. With this view, a propo-



sal has been submitted to them, which, it is hoped, may be deemed satisfactory for remedying the evil complained of.

In the annual Report by the Physician, which is submitted along with this, will be found the usual details as to the general results of last year's experience in the Institution, and the Managers need do nothing more than refer to it in regard to these particulars.

The Managers cannot close their Report without alluding to the circumstance that, during the late general prevalence of cholera, the Asylum, as in the case of the fever and influenza of last year, has been hitherto free from this epidemic; and when they reflect on the ravages with which it has visited establishments of a similar nature in other quarters, and the appalling form in which lunatic Patients are said to be affected by it, the Managers feel that their humble gratitude is due for the providential manner in which the Institution under their care has been hitherto spared.

ROBT. MOWBRAY,

*Chairman.*

# ABSTRACT

OF THE

## TREASURER'S ACCOUNTS FOR THE YEAR 1848.

### INCOME AND RECEIPTS.

#### I. ORDINARY.

1. Amount of Board for Patients, (exclusive of two Patients in the Institution whose Boards were redeemed by a single payment,) - - - - -	£12316 8 10
2. Rent of Grounds let, Crop 1847, - - - £88 14 0	
And Produce, &c. sold, - - - 79 16 1½	
	168 10 1½
3. Sundries. - - - - -	331 14 6½
	<u>£12816 13 6</u>

#### II. EXTRAORDINARY.

1. Subscriptions and Legacies paid, - - - £474 0 0	
2. Money borrowed, - - - 870 18 0	
3. Sum received from A. Dow's Curators, - - - 60 0 0	
	<u>1404 18 0</u>
Total Receipts, - - -	<u>£14221 11 6</u>



## EXPENDITURE.

## I. ORDINARY.

Receipts brought forward, - £14221 11 6

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

1. Provisions, Coal, Gas, &c.	-	£5898	13	7
2. Repairs and Furnishings, including expense of Cropping Grounds, &c.		2382	9	4½
3. Taxes and Assessments,	-	196	15	4½
4. Insurance against Fire,	-	15	7	6
5. Water-Duty,	-	50	0	0
6. Feu-Duty, less income tax,	-	384	9	0
7. Interest on loans, &c.	-	916	6	7
8. Miscellaneous Payments,	-	116	0	1
9. Extra Allowances to Officers,	-	18	15	0
10. Mr Hughes' Retired Allowance,		58	5	0
		£10037	1	6

## (2.) Salaries, &amp;c., viz.—

1. Resident Physician,	£300	0	0
2. Assistant do.	80	0	0
3. Matron,	70	0	0
4. House Steward,	55	0	0
5. Gardener,	50	0	0
6. Gate Keeper,	30	0	0
7. Consulting Physician,	25	4	0
8. Chaplain,	70	0	0
9. Secretary and Clerk,	26	5	0
10. Treasurer and Clerks,	250	0	0
11. Gardener's Assistants,	59	18	0
12. Wages of Attendants, &c.	1205	16	2
13. Sum voted to Dr Guthrie,	52	10	0
14. Law Agent's account, (nuisance case,)	10	10	0
		2285	3 2
			12322 4 8

Balance of Receipts, - £1899 6 10

## From which deduct—

1. Balance due to Treasurer at 31st December, 1847,	-	£1497	6	9½
2. Arrears of Board due at 31st December, 1848,	£490	4	6½	
Less ditto due at 31st December, 1847,	191	1	9	
		299	2	9½
			1796	9 7
Balance due by Treasurer at 31st December, 1848,	-	£102	17	3

## ABSTRACT

OF THE

## ORDINARY INCOME AND EXPENDITURE.

Amount of Ordinary Receipts, as before,	-	-	£12816	13	6
Do. do. Payments, do.	£12322	4	8		
And accounts for Blankets, &c. still unpaid,	214	15	7		
				12537	0 3
Nett Surplus on the Year,	-	-	£279	13	3

## STATE OF FUNDS AT 31st DECEMBER, 1848.

## I. DEBTS.

1. Amount of Debt on Promissory Notes, &c.	-	-	£18070	18	0
2. Accounts for the quarter ended,	-	-	1685	14	9
3. Outstanding Accounts and proportion of current feu-duty, interest, taxes, &c.	-	-	600	0	0
			£20356	12	9

## II. ASSETS.

1. Subscriptions and Legacies,	-	-	£1085	0	0
2. Arrears of Board,	-	-	480	0	0
3. Rent of Crop 1848,	-	-	85	0	0
4. Provisions and Stock on hand,	-	-	347	14	10
5. Balance in Treasurer's hand,	-	-	102	17	3
			2100	12	1
Deficiency,	-	-	£18256	0	8

## LIST OF SUBSCRIPTIONS, &amp;C., OBTAINED IN 1848.

1. H. M. Gibb (annually),	.	.	.	.	£1	0	0
2. Dr Andrew Combe's Legacy,	.	.	.	.	50	0	0
3. Miss Dundas (annually),	.	.	.	.	1	0	0
4. Dividend on Legacy of the late Mr Lawrie,	.	.	.	.	95	0	0
5. Legacy from the late Miss Monypenny,	.	.	.	.	100	0	0
6. St Andrews (additional),	.	.	.	.	20	0	0
7. Kingsbarns, Fife, do.	.	.	.	.	20	0	0
8. Lord Blantyre,	.	.	.	.	10	0	0
9. Legacy from the late Miss Burns, Leven Street,	.	.	.	.	10	0	0
10. Legacy from Mrs Blair, 3 Stafford Street, payable by three instalments, at Whitsunday 1849, 1850, and 1851,	.	.	.	.	15	0	0



STATEMENT OF WORK DONE AT THE R. E. ASYLUM DURING THE YEAR  
ENDING 31ST DECEMBER, 1848.

## By WRIGHTS—

## EXTRAORDINARY.

Tables and Benches, - - -	£4	15	6
Window Shutters and Wire Blinds, - - -	28	12	6
Lining Seclusion Rooms and Doors, - - -	40	19	0
Fence round Grounds, Airing Grounds, Washing Green, and Pump, - - -	30	14	6
Shade over Steam Boiler, &c. - - -	21	17	8
Presses, Shelving, and Cart Frames, &c. - - -	29	18	6
Painting, - - -	164	0	0

£320 17

## ORDINARY.

Glazing, - - -	£24	7	5
Repairs, - - -	88	5	2
Coffins, - - -	35	13	6

148 6 1

## By UPHOLSTERERS—

Sea Grass Mattresses and Pillows made, - - -	£35	10	0
Do. do. do. repaired, - - -	30	4	0

65 14 0

## By TAILORS—

Clothes made, - - -	£311	7	2
Clothes repaired, - - -	60	12	10

372 0 0

## By SHOEMAKERS—

Shoes made, - - -	£150	12	6
Shoes repaired, - - -	£40	9	4

191 1 10

## By PRINTERS' WORK, - - -

53 3 10

## By FEMALES, Western Department—

Shirts made and repaired, - - -	£29	2	4
Gowns, &c. made and repaired, - - -	30	4	3

59 6 7

## By SMITHS—

Gas Fitting and Plumber Work, - - -	£20	10	0
Repairs on Gas and Steam Pipes, and Boiler, - - -	30	12	6

51 3 0

Total work done, - - -

£1261 13 0

## Value of Goods in Store,—

Blankets, Bed Covers, Mattresses, Pillows, and Cotton, - - -	£166	8	8
Shoes, Made Clothes, and Stockings, - - -	60	4	6
Table Cloths, Towelling, Dowls, and Canvas, - - -	14	5	6
Cotton Pirns, Tapes, and Prints, - - -	5	1	6
Provisions, - - -	7	2	8
One Ton Rope for Oakum, - - -	12	0	0
Wood on hand, - - -	82	2	0

£347 14 10

*Abstract of Provisions, &c., used in the R. E. ASYLUM during the  
Year 1848.*

	WESTERN DEPARTMENT.				EASTERN DEPARTMENT.				TOTAL FOR BOTH DEPARTMENTS.
	Mar.31.	June30	Sept.30	Dec.31.	Mar.31	June30	Sept.30	Dec.31.	
Roasting Meat,	2296	279	299½	347	2147	1801	2240½	2017½	13,427½ lbs.
Boiling do.	2626	2999	3092	3158	2121	1814	1962	1884	19,656 "
Houghs,	4050	4150	4176	4160	—	—	—	—	16,542 "
Ox-heads,	10700	11025	11050	11850	—	—	—	—	44,625 "
4 lb. Loaves,	2190	2350	2152	1885	2190	2350	2157	1885	17,154 "
6 oz. do.	79086	77260	77900	83150	—	—	—	—	317,406 "
Oat Meal,	16318	14235	13446	14720	920	810	910	920	62,279 "
Flour,	568	546	546	602	250	196	238	196	3,142 "
Barley,	4624	4368	4378	4424	355½	357	351	355½	19,213 "
Rice,	885	1140	1397½	920	81	81½	126	154	4,785 "
Pease,	1170	1170	1170	1160	224	221	221	221	5,557 "
Potatoes,	—	—	—	—	—	—	—	—	—
Fresh Butter,	19½	13	18½	19½	99	97½	96½	97½	461 "
Salt do.	44	45½	45½	55½	823½	819¾	836	840	3,509¾ "
Sweet Milk,	828	819	819	828	552	569	591½	598	5,604½ gallons.
Skimmed do.	4132	4186	4186	4232	—	—	—	—	16,736 do.
Cheese,	—	—	—	—	31¾	5¾	—	—	37½ lbs.
Eggs,	82	78	112	117	85	78	110½	117	779½ dozens.
Tea,	104¾	101¼	120⅝	121	101⅝	106⅝	107⅝	106⅝	869¼ lbs.
Coffee,	571	474	497¼	506	63¼	63¼	63⅞	63¼	2,301⅞ "
Raw Sugar,	1980½	1725½	1897	1945½	511½	533½	709½	555	9,858 "
Lump do.	19	25½	40	78	104¾	117¾	121	122½	620½ "
Molasses,	—	—	—	—	10	—	10	—	1030 "
Salt,	1344	672	1176	2128	224	—	224	336	6,104 "
Beer,	683½	975	1005	1030	571½	625	650	510	6,049½ gallons.
Porter,	440	—	—	—	460	480	460	240	2,080 do.
Mustard,	8	4	15	10	8	10	13	10	78 lbs.
Pepper,	8	4	14	10	8	9	13	10	76 "
Vinegar,	8	—	8	—	32	10	36	—	94 bottles.
White Soap,	114	117	111	102	26	26	26	28	550 lbs.
Brown do.	910	970	1060	1120	26	26	26	28	4,166 "
Soft do.	401	441	467	552	65	67	65	70	2,128 "
Soda,	397	403	423	434	26	26	26	28	1,783 "
Starch,	26	27	36	28	—	—	—	—	115 "
Candles,	40	39	38	42	19	39	37	42	316 "
Blacking,	56	48	50	56	70	53	56	56	448 "
Currants,	21	14	14	33	28	18	27	17	172 "
Arrow Root,	136¾	86¾	215½	196	19½	33	20	100	807½ "



*Vegetables used in ROYAL EDINBURGH ASYLUM, 1848.*

	EASTERN DEPART.				WESTERN DEPART.				TOTAL FOR BOTH DEPARTMENTS
	Quarter ending Mar. 31.	Quarter ending June 30.	Quarter ending Sept. 30.	Quarter ending Dec. 31.	Quarter ending Mar. 31.	Quarter ending June 30.	Quarter ending Sept. 30.	Quarter ending Dec. 30.	
Beans, -	—	—	22	—	—	—	9	—	31 pecks.
Beet, -	6	—	—	—	18	4	—	—	28 heads.
Broccoli,	—	442	—	26	—	—	—	—	468 "
Brussels Spts.,	12½	5	—	74	5½	—	—	—	97½ gallons.
Cabbage,	924	3300	2826	1002	2163	4130	4000	3670	22015 heads.
Carrots, -	413	343	—	823	911	300	—	—	2790 lbs.
"	—	—	279	—	—	—	11	10	300 bundles.
Cauliflower,	—	—	642	70	—	—	844	—	1550 heads.
Cellery, -	72	55	—	272	—	—	—	4	403 dishes.
German Greens,	350	—	—	220	1470	—	—	1900	3940 "
Kidney Beans,	—	—	44	22	—	—	—	—	66 "
Leeks, -	161	664	—	93	1265	—	—	186	2369 bundles.
Onions, -	10	8	—	101	42½	32	—	91	284½ pecks.
"	—	12	946	—	—	50	1892	—	2900 bundles.
Parsley, -	8	30	48	174	—	—	—	214	474 "
Pease, -	—	—	209	6	—	—	49½	—	264½ pecks.
Potatoes,	195	260	356	832	39½	71½	2317	3564	7635 "
Rhubarb,	—	67½	28	—	—	16	—	—	111½ dozen.
Savoys, -	3926	2230	—	307	3691	690	—	—	10844 heads.
Spinach,	—	50½	—	—	—	12	—	—	62½ gallons.
Turnips,	2645	1830	1930	1930	39466	21698	—	14866	82435 lbs.
"	—	—	175	—	—	—	449	—	624 dozen.

# PHYSICIAN'S ANNUAL REPORT

TO THE

MANAGERS OF THE ROYAL EDINBURGH ASYLUM

FOR THE YEAR 1848.

*(Read at the Annual Meeting of Contributors, held on the 29th January 1849.)*

I HAVE much pleasure in submitting to the Managers my report of the history of the Institution during the past year. The results are satisfactory. If the alleviation of suffering and the cure of disease are the great ends for which the Asylum was founded, these objects have been attained to an extent which must be gratifying to every benevolent mind.

Notwithstanding the additional accommodation acquired in the early part of 1847, and the increase since that time of the average number of inmates from 409 to 491, the House continues to be always full, and I have been reluctantly compelled to refuse admittance to a large number of patients. Yet the number admitted has been great, amounting to 246 making, with those who remained in the house at the close of the previous year, 712 individuals who have enjoyed the advantages which the Institution affords. The general results of the year are here thrown into a tabular form:



TABLE I.—*General Results of the Year.*

	Males.	Females.	Total.
Number of Inmates at the close of 1847,	235	231	466
Admitted during the year 1848, . . .	126	120	246
Discharged, . . . . .	89	82	171
Of whom were Cured, . . . . .	68	61	129
"    Uncured, . . . . .	20	22	42
Died, . . . . .	44	24	68
Number of Inmates at the close of 1848,	228	245	473

Average number resident during the Year,—

Males, 241.68.

Females, 249.52.

Total, 491.6.

Per centage of  
cures.

From this table it appears that 171 patients were discharged, of whom 42 were more or less improved, some of them materially so, and 129 were cured. The cures are in the ratio of 52.44 per cent. to the number admitted, and of 26.27 per cent. to the mean number resident. With the exception of the year 1844, the proportion of cures has exceeded that of any former year; and, considering that no restriction whatever is exercised on the admission of patients from the City and neighbouring parishes, from whence most hopeless cases are frequently sent, the result must be regarded as in the highest degree gratifying.

As an erroneous statement, founded upon incorrect data, has been lately made with regard to the comparative number of cures in the old City Bedlam and this Asylum, it may be well to point out, once for all, for the guidance of those who may wish to institute a comparison, that there are five different methods in common use for calculating the per centage of cures, each of which gives very different results, and that these results vary under different circumstances. The methods referred to may be illustrated by the statistics of this Institution for last year.

1. Per centage on number discharged, (including deaths,) 54.
2. " on number admitted, . . . . . 52.44.
3. " on mean number resident, . . . . . 26.27.
4. " on total number treated during the year, . 18.
5. Per centage on total number treated for a period of  
years. As for example, 3 years, . . . . . 30.3.  
4 years, . . . . . 32.2.  
5 years, . . . . . 35.8.



Of these methods the two first give results which are apparently the most favourable, and the two last those which appear the least so, if a short period only is included in the calculation. But it is worthy of remark, that by the last method, if the average number annually resident in the Asylum remains the same, the per centage of cures will appear to increase regularly with every additional year that is included in the calculation; so that in an Asylum where there is a small average number resident, and where the per centage of cures may be only 15 or 16 if calculated on a single year, by taking periods of 3 or 4 years, it will increase to 25 or 30 per cent., or by including 10 or 15 years, it may rise to 40 or 43 per cent. The reason of this is obvious;—in taking the per centage of cures annually the average number resident is repeated in each calculation, but in taking the per centage on a period of years it is included only once, so that every year the calculation approaches nearer and nearer to one founded on the admissions only.

All the methods are more or less fallacious, and the results in one Asylum can only be compared with those of another when the methods of calculation are the same, and when the Institutions are similarly situated in respect to numbers, management, and the nature of the cases admitted.

It would be out of place here to enter into an examination of the comparative merits of the different methods of computation, these have been amply discussed elsewhere; but it may suffice to state, that those uniformly adopted in your Reports are the two which are considered by the best authorities on the subject to afford the fairest estimate of the results, and those which are commonly used in the Reports of the best managed Asylums. They have been employed, therefore, not only as the fairest, but also for the sake of uniformity; while, at the same time, the details are given with sufficient minuteness to enable any one to calculate the results according to any other method which may be required for statistical purposes.

The number admitted into the Eastern Department, that occupied by the higher classes only, keeps pace with former years, and the results are worthy of being distinguished in a separate table.



TABLE II.—*General Results of the Year in the Eastern Department*

	Males.	Females.	Total.
Number of Inmates at the close of 1847,	28	23	51
Admitted during the year 1848, . . .	18	10	28
Discharged, . . . . .	18	10	28
Of whom were Cured, . . . . .	11	9	20
Uncured, . . . . .	6	2	8
Transferred to the Western Department,	2	0	2
Died, . . . . .	2	1	3
Number of Inmates at the close of 1848,	25	21	46

Average number resident during the Year—51.

The ratio of cures in this part of the Establishment is unusually great, being 71.42 per cent to the admissions, and 39.21 to the mean number resident.

Necessity for increased accommodation.

Although the number remaining in the House at the 31st December 1848, was only 473, the average number resident during the year was 491.6; for five months the numbers exceeded 500, and at one period amounted to 510. This number, you may easily conceive, could not be accommodated without some degree of inconvenience and crowding, and nothing but the urgency of the applications could have induced me to admit so many. The approach of the alarming epidemic which has visited this country during the last few months led me, however, still farther to restrict the number of admissions, so as to reduce the total number of inmates as much as possible, and thus obviate any danger which might be apprehended from an overcrowded state of the House. The number of cases annually refused admission into this, and indeed into all the public Asylums of the country, abundantly testifies the necessity of extended accommodation for the pauper lunatics of Scotland, and how desirable it is that the Western Department of the Institution should be completed so as to provide at least for the wants of the surrounding counties. From an estimate founded upon well established data, it cannot be doubted, that in Mid-Lothian and the six neighbouring counties alone, there are not less than 250 pauper lunatics who cannot be received into any public Asylum; and of whom the greater portion, in all probability, are at large, while the remainder are either boarded in some



private Establishments, or kept in work-houses. By the completion of the Western Department of this Asylum, ample accommodation would be afforded for the pauper lunatics of the district referred to.

The following table, exhibiting the ages of those admitted, contrasted with that of last year, shews a larger proportion of cases under 30 years of age, and a smaller proportion above 60, a circumstance to which in part may be attributed the greater proportion of cures.

TABLE III.—*Ages of those Admitted.*

	Males.	Females.	Total.
From 10 to 20, . . . .	10	9	19
20 to 30, . . . .	42	42	84
30 to 40, . . . .	34	32	66
40 to 50, . . . .	22	22	44
50 to 60, . . . .	13	10	23
60 to 70, . . . .	4	4	8
70 to 80, . . . .	0	1	1
80 to 90, . . . .	1	0	1
Total, . . . .	126	120	246

The succeeding table, in which the cases are classified according to the method usually followed, presents some features of contrast with those of previous years.

TABLE IV.—*Forms assumed by the Disease in those Admitted.*

	Males.	Females.	Total.
Mania, . . . .	28	32	60
Puerperal Mania, . . . .	0	5	5
Homicidal Mania, . . . .	0	1	1
Melancholia, . . . .	19	26	45
Monomania of Suspicion, . . . .	22	16	38
"    Pride, . . . .	5	0	5
"    Superstition, . . . .	0	3	3
Demonomania, . . . .	0	1	1
Dementia, . . . .	41	34	75
General Paralysis,— <i>"Paralyse generale des Alienes,"</i> . . . .	6	0	6
Delirium Tremens, . . . .	3	1	4
Moral Insanity, . . . .	1	1	2
Idiocy, . . . .	1	0	1
Totals, . . . .	126	120	246



Admissions.

Here we have one case of congenital idiocy added to the small number in the House, and to the small number, I may also say, for whom the public have as yet thought it necessary to provide an Asylum. The efforts making abroad of late years, and more recently, in London, to improve and even to cure these much neglected objects of sympathy, may lead, it is to be hoped ere long, to some plan for a suitable Asylum for them in Scotland or for their removal at least from the public highway or the work-house to our Hospitals for the Insane, where, at a proper age, and by proper treatment, their imperfect mental and physical organs may be duly exercised and developed, so as to elevate them if not to the standard of sanity, at least to a sphere of usefulness and enjoyment.

Idiocy.

Puerperal  
Mania.

The number admitted labouring under puerperal mania exceeds that of any former year. One of these cases illustrates very forcibly the special importance, in this form of insanity, of early removal from home to an Asylum. In the female referred to, well marked symptoms of mental derangement were manifested soon after the birth of her child, and continued to shew themselves in occasional outbursts of passion, threatenings, sullessness, and irritability. Yet she was left alone with her children, and but imperfectly watched, until at last, under a sudden impulse, she destroyed her infant, and made an attempt upon her own life. This case suggests other very serious reflections. After her admission she remained calm and rational, exhibited no delusions or paroxysms of excitement,—she conducted herself with perfect propriety, and it would have been extremely difficult for any one, not knowing her previous history, to have detected a trace of mental derangement. I cannot help asking the question, had the child been illegitimate, or had its death occurred in circumstances of any kind which were calculated to excite suspicion, how would it have fared with this female had she been placed at the bar of our public tribunals? I shall not attempt to debate such questions in this brief abstract of the yearly history of the Asylum; but the reflections suggested by this case remind me of others which I would be wanting in my duty to the public were I not to put on record here, to be compared with similar ones reported by some of the most distinguished medical jurists, but for which no place has yet been found in the legal definitions of this disease. Such a case is the

Legal responsi-  
bility of the In-  
sane.



following, which I have taken almost verbatim from the lips of the relatives who described the history of the individual.

J. T. aged 47, married, and the mother of three children, is described as having received a good education, belongs to the Presbyterian Church, is naturally of sober and industrious habits, but reserved and sombre in her disposition, and possessed of average intellectual power. She is of the nervous temperament. The disease is of three months' standing. At the beginning she was tormented by hallucinations of hearing; voices occasionally prompted her to destroy her children. She at the same time felt an impulse to obey these internal suggestions; and she would spring suddenly out of bed in a phrenzy of anguish, and earnestly petition her friends to tie her hands to prevent the perpetration of a deed from which her reason and conscience recoiled with horror. Her friends state that during the time she was subject to these homicidal impulses, her intellectual faculties were more powerful and acute than ordinary, and she reasoned upon and deplored her miserable condition in a most affecting manner.

Homicidal  
Mania.

I cannot but pause at this part of the recital to ask the question, had this female, impelled by those inward impulses, destroyed one of her offspring at this time, on what plea could she, labouring under no delusions perverting her judgment regarding what is right and what is wrong, displaying more acuteness than ever in the exercise of her intellectual and reasoning powers, on what plea could she have escaped the last penalty of the law?

Her subsequent history is most instructive. Within the last few days, says the Case Book of the Institution, her condition has undergone a change, and her malady has assumed the form of Monomania of Fear. She now never manifests the homicidal propensity. Suicide is her sole thought and object. She now entertains many delusions showing an exaggeration of the feeling of Fear,—such as that her soul is doomed to perdition; that she is about to be buried alive; or that some other dreadful bodily harm is about to befall her. No cause of her malady can be traced. No hereditary predisposition exists.

Such was the history of this female previous to her reception into the Asylum. How perfectly does the continuation of her history complete the record of a mind unhinged. During the



first three weeks after admission she was taciturn, inactive, dull, melancholy, and obstinate. She refused her food, was fed several times with the stomach pump, and always required much persuasion before she could be induced to take her food voluntarily. She now remained constantly in bed; was weak and emaciated, but made no attempt at suicide. Soon afterwards she began to take her food voluntarily, and to speak of her home and family in terms of the strongest affection,—expressed fears about their welfare, and despaired of ever seeing them again. Since this period she has thought and spoke of nothing else, and night and day she cries upon her “Jamie,” and her “bairns” to come and take her home.

Unquestionably the plea of insanity in criminal cases has of late years been admitted, with some degree of laxity, so as in some measure to weaken the strength of the law by rendering it more or less uncertain; but such transition states of legal administration, whether due to the force of public opinion, or the uncertain and contradictory evidence of medical witnesses, can never justify the withholding of truth, but, on the contrary, render it more imperative on the dispassionate observer of nature to record his experience, in order that legal definitions, medical opinions, and popular sentiment may at last combine in recognising what are the true features of an irresponsible mania.

Among the same class of cases admitted during the year, there was another, suggestive of reflections bearing upon the same points, and instructive in other respects, shewing how dangerous it may prove to disregard the first symptoms of Insanity, and to leave its unfortunate victim himself, his family, and society, alike unprotected from his violence. This individual imagined that he was an object of persecution, and to guard himself against his imaginary foes, he purchased a quantity of gunpowder, which he kept by him. On several occasions he presented himself at the Police Office, and demanded protection; but no attention was paid to his requests, or to the Insanity which prompted them. He accordingly entrenched himself in his own house, armed with his packet of gunpowder, and for several days lay in his bed watching the door of his room, expecting every moment to see his relentless foes enter, and resolved to blow them and himself up the moment they



appeared. At last, moved, it may have been, by some distant sound, he flung the packet of gunpowder in the fire, and a dreadful explosion took place; his wife and children narrowly escaping with their lives. He immediately afterwards attempted to commit suicide, and inflicted, it is stated, about thirty wounds on his chest before he was secured. How many lives might have been sacrificed by this neglected maniac, it is impossible to estimate,—fortunately no one suffered materially; but such incidents shew how carefully the first indications of insanity should be watched, in order to prevent those calamitous and shocking atrocities which not unfrequently occur.

In my last Report, referring to the assertion that suicide had been epidemic in certain districts, and threatened to be so in this country, I constructed a table illustrative of this subject, so far as it could be eliminated from the experience of the Asylum. I have again constructed one for the past year, which is as follows:—

Suicidal impulse.

TABLE V.—*Illustrative of Suicidal tendency in those admitted.*

	Males.	Females.	Total.
Have attempted Suicide, . . .	9	29	38
Have meditated do. . . .	6	10	16
Total,	15	39	54
Forms of Insanity during which Suicide was attempted.			
Mania, . . . . .	2	8	10
Puerperal Mania, . . . .	0	1	1
Delirium Tremens, . . . .	1	0	1
Melancholia, . . . . .	7	21	28
Monomania of Suspicion, . . .	3	2	5
Dementia, . . . . .	2	7	9
Forms of Insanity during which Suicide was meditated.			
Mania, . . . . .	0	5	5
Melancholia, . . . . .	2	5	7
Monomania of Suspicion, . . .	2	0	2
Dementia, . . . . .	2	0	2
Means used in the attempts made.			
Suspension, . . . . .	2	4	6
Strangulation, . . . . .	0	3	3
Drowning, . . . . .	3	9	12
Precipitation, . . . . .	1	5	6
Cutting Throat, . . . . .	2	5	7
Stabbing, . . . . .	1	0	1
Starvation, . . . . .	0	2	2
Burning, . . . . .	0	1	1



From this table, it would appear that a much larger number of attempts to commit suicide have been made by the patients of 1848 than by those of 1849. What relation these facts may have to passing events, or to the general condition of the country, it would require a much more extended series of observations to determine, but the table is interesting as a contribution to psychological statistics bearing upon such questions.

I am happy to say, that, notwithstanding the number of cases of this kind admitted during the past year, and the number of attempts to commit suicide actually made and meditated, no casualty of any kind has occurred in the Institution in consequence

TABLE VI.—*Causes of Disease in those admitted.*

	Males.	Females.	Total.
Anxiety, . . . .	4	5	9
Terror, . . . .	2	2	4
Grief, . . . .	3	12	15
Chagrin, . . . .	4	5	9
Remorse, . . . .	0	2	2
Disappointed Affection, . . . .	0	8	8
Disappointment, . . . .	8	3	11
Gratified Ambition, . . . .	1	0	1
Mental Fatigue, . . . .	3	1	4
Defective Education, . . . .	1	1	2
Religious Excitement, . . . .	6	8	14
Jealousy, . . . .	1	1	2
Visiting an Insane Sister, . . . .	0	1	1
Shock from hearing of the suicide of an acquaintance, . . . .	0	1	1
Destitution, . . . .	2	1	3
Old Age, . . . .	1	1	2
Epilepsy, . . . .	5	1	6
Intemperance, . . . .	30	16	46
General Debility, . . . .	0	1	1
Injury of Head, . . . .	2	3	5
Coup de Soleil, . . . .	1	0	1
Critical Period, . . . .	0	1	1
Child Bearing, . . . .	0	5	5
Amenorrhœa, . . . .	0	1	1
Dysmenorrhœa, . . . .	0	1	1
Menorrhagia, . . . .	0	1	1
Tropical Climate, . . . .	0	1	1
Fever, . . . .	4	3	7
Injury of Testes, . . . .	1	0	1
Syphilis, . . . .	0	1	1
Idiocy, . . . .	1	0	1
Unknown, . . . .	46	33	79
Total, . . . .	126	120	246
Hereditary Predisposition was traced in	13	14	27



The preceding table, illustrating the causes of the disease, closely corresponds with that of the previous year; it exhibits nearly the same proportion of cases (upwards of 20 per cent) in which insanity was brought on by over-exertion and anxiety of mind, disappointments, poverty, and distress. It presents, too, more than the usual number of victims to Intemperance, this cause alone having produced the attack in upwards of 13 per cent. of the females admitted, and in nearly 24 per cent. of the males; or, in other words, of 126 males admitted during the year, insanity was caused by habits of intemperance in nearly one out of every four.

Causes.

Anxieties.

Intemperance.

The prevalence of Fever in the city continues to operate in the production of insanity. In seven of the cases admitted, the attacks having been the sequels of this disease.

Fever.

Two cases occurred during the year illustrative of the effect of Sympathy in developing the disease in persons predisposed to it, confirming the many urgent reasons, so frequently adduced, and substantiated by the reports of Asylums, for the early removal of the insane from the care of relatives. In one of the cases referred to the attack occurred after visiting an intimate friend who was insane, and in the other, after a visit paid to an insane sister. Both the individuals affected were strongly predisposed to insanity, having both suffered from previous attacks.

Sympathy.

TABLE VII.—*Forms of the Disease in those Discharged Recovered.*

	Males.	Females.	Total.
Mania, . . . . .	23	28	51
Puerperal Mania, . . . . .	0	2	2
Melancholia, . . . . .	14	18	32
Monomania of Suspicion, . . . . .	10	6	16
„ Pride, . . . . .	4	0	4
Dementia, . . . . .	13	5	18
Delirium Tremens, . . . . .	4	1	5
Moral Insanity, . . . . .	0	1	1
Total, . . . . .	68	61	129

The preceding table, compared with the corresponding one of the previous year, affords data of some interest. In that table, the cases of *Mania* discharged cured, were only about 50 per cent. to the cases of this kind admitted during the year, a percentage



considerably below the average. In this table the per centage of cures is 85, being above the average, and bringing the general results of the two years very nearly to the average results of treatment in such cases.

The proportion of cures in cases of Monomania and Dementia is increasingly larger compared with former years, being 56.5 per cent. of the former, and 24 per cent of the latter, to the cases of this kind respectively admitted during the year.

#### Recoveries.

Of the cases discharged cured, many present themselves to my mind as worthy of comment, and very interesting in a practical point of view, but as any essay of this kind would be misplaced here, I shall confine my remarks to one or two of general interest.

Of the cases of Mania discharged cured, no less than four presented the disease in a well marked periodical and remittent form. In one of them the attack recurred with the utmost regularity every 28 days;—the gentleman recovered his entire sanity in about 8 days, and remained perfectly sane until the recurrence of the paroxysm. The period of recurrence was so well marked that the attendants could foretell the precise day when he would be ill, and when his violence would require his removal from the convalescent to the refractory ward. In each of these cases a variety of remedies were tried for the purpose of averting the recurrence of the attack, but without any marked benefit; and if I were to attribute recovery in either of them to the means employed, it would be to the strenuous exercise of self-control on the part of the patients themselves, to which they were encouraged by every persuasive motive.

One of the most interesting cases which left the House, was that of a gentleman, who, on his admission, presented, in a well marked degree, all the features of that most hopeless and distressing disease—the General Paralysis of the Insane. The imperfect articulation of words, the staggering gait, and the peculiar delirium of ambition and wealth so characteristic of this disease, were all present. These symptoms developed themselves simultaneously after some previous indications of approaching insanity, but without being preceded by any symptoms of an affection of the brain. Contrary to all expectation, and to general experience in such cases, in a few months he was restored to a state of perfect sanity of mind, and although the



incomplete General Paralysis remained, his friends and family could not detect the least trace of mental aberration or impairment. Subsequent to his discharge, he continued in this state for some months, but after being exposed to great mental anxiety, he was soon afterwards suddenly seized with convulsions, which continued to recur with increasing violence until he died; his mind remaining unaffected to the last. This case suggests many points of interesting discussion and inquiry to medical men, but more suited for a medical journal than for a general Report, for which the preceding brief notice forms a sufficient record.

Of the cures, by far the greater number, indeed so large a proportion as 80 per cent., as will appear from the following table, were recent cases, in which the disease had not existed more than one month. It is gratifying to find, that the public and the relatives are becoming more and more alive to the importance of the early removal of the insane to an Asylum. The advantage derived from so doing, both to the public and the patient, is most satisfactorily demonstrated by the results here exhibited.

TABLE VIII.—*Duration of Disease previous to Admission in those discharged Cured.*

	Males.	Females.	Total.
Under 1 month, . . . . .	47	43	90
„ 3 months, . . . . .	6	4	10
„ 6 months, . . . . .	3	5	8
„ 1 year, . . . . .	4	1	5
„ 2 years, . . . . .	1	0	1
„ 3 years, . . . . .	3	0	3
„ 5 years, . . . . .	1	0	1
Unknown, . . . . .	3	8	11
Total, . . . . .	68	61	129

Of those cured in whom the disease had been of some duration, one illustrated, very forcibly, the powerful influence of hope in curing certain forms of insanity, and the advantages in some cases of change of scene. The gentleman referred to had been for two years in a private Asylum, and when transferred to this Institution, he laboured under the deepest despondency, and was regarded by his friends as in a state all but hopeless. He was much emaciated, and his general health seriously disordered.



On admission he was confidently assured that an improvement in his general health, by the administration of certain medicines and the sedulous use of the various means of recreation and employment which the House affords, would be rapidly followed by his restoration to health and society. Inspired by hope, he made daily amendment; and before many weeks had passed, this gentleman, who had for two years sat listlessly brooding over real ills and worse imaginings, was the most active member of our community, and was constantly to be found, either reading, gardening, playing billiards, painting, or actively engaged in some way, emulating every one in usefulness and energy.

The succeeding table explains how so many cases could be admitted during the year, notwithstanding the want of the additional accommodation required to meet the wants of the community;—75 out of 129 were discharged cured at the expiry of three months. The urgency of friends very often makes this early dismissal necessary, when a further probation would be a more prudent course; and perhaps the urgency of the applications for admission makes the dismissal more readily conceded than it otherwise would be. All these reflections point out the extreme desirableness of extended accommodation.

TABLE IX.—*Period of Residence in the Asylum of those discharged Recovered.*

	Males.	Females.	Total
Under 3 months, . . .	40	35	75
„ 6 months, . . .	12	10	22
„ 1 year, . . .	14	14	28
„ 2 years, . . .	1	0	1
„ 3 years, . . .	0	1	1
„ 4 years, . . .	0	1	1
Residence of 18 years, . .	1	0	1
Total, . . .	68	61	129

One of the cases discharged, it will be remarked, had been 18 years in confinement. This was the individual referred to in the Report for last year, who had preserved an unbroken silence for a period of 19 years. He now obtains employment as a gardener.

#### Mortality.

The mortality during the past year has continued to be considerable, although less than it was during the year preceding.



The deaths were 68, giving a per centage of 13·84 to the mean number resident. Notwithstanding the number of deaths, the amount of sickness during the year was not great. On the contrary, compared with that of 1847, it was very small. The mortality, therefore, was due, not to the prevalence of any particular epidemic, or of any accidental cause, but, as will be apparent from the following table, to those diseases to which the insane are especially liable, and which are developed so abundantly in a community, composed as that of the Edinburgh Asylum now is, of a large proportion of debilitated and aged incurables, accumulated during the course of years in the Old Bedlam, the City Workhouses, and in the House itself.

TABLE X.—*Causes of Death.*

	Males.	Females.	Total.
Apoplexy, . . . .	1	2	3
General Paralysis, . . . .	12	1	13
Maniacal Exhaustion, . . . .	1	1	2
Senile Exhaustion, . . . .	2	1	3
Phthisis Pulmonalis, . . . .	14	7	21
Pleuro-Pneumonia, . . . .	6	4	10
Emphysema, . . . .	1	0	1
Pneumo-Thorax (following Phthisis),	1	0	1
Bronchitis, . . . .	2	1	3
Dysentery, . . . .	1	4	5
Chronic Diarrhœa, . . . .	0	1	1
Peritonitis, . . . .	1	0	1
Erysipelas, . . . .	0	1	1
Chronic Abscess, . . . .	1	0	1
Ramollisement Cerebi, . . . .	1	0	1
Collapse from Burn received previous to admission, . . . .	0	1	1
Total, . . . .	44	24	68

Of these 68, death, it may be said, was the natural termination of the disease under which they laboured in 50. This was certainly true of the cases of Apoplexy, General Paralysis, and Exhaustion, and may be said to be equally so of the cases of Phthisis, Dysentery, and Chronic Diarrhœa, so common are those diseases among the old incurable inmates of an Asylum.

The two last mentioned cases in the table were moribund upon admission, and ought not to have been sent to the Asylum to die. The female had been permitted to throw herself into the fire in her insanity, and died within a few hours after she reached the Institution from the effects of the extensive injury she sustained.



TABLE XI.—*Ages of Patients Deceased.*

	Males.	Females	Total
From 10 to 20, . . . . .	1	0	1
20 to 30, . . . . .	6	5	11
30 to 40, . . . . .	9	6	15
40 to 50, . . . . .	10	8	18
50 to 60, . . . . .	9	1	10
60 to 70, . . . . .	3	3	6
70 to 80, . . . . .	5	0	5
80 to 90, . . . . .	1	1	2
Total, . . . . .	44	24	68

## Pathology.

Post mortem examinations were permitted in 31 cases out of the 68; and as my observations add nothing to what is already known with regard to the pathology of insanity, I content myself with adding the facts to those heretofore recorded, in the form of a brief abstract.

Of the cases examined, 4 had been cases of Mania, 6 Monomania, 1 Delirium Tremens, 11 Dementia, 5 General Paralysis and 2 Epilepsy; and the *Morbid Appearances* in the brain, were as follows:—

*Congestion of Membranes* in 6; of which 2 were Mania, 1 Epilepsy and 3 General Paralysis.

*Opacity of Arachnoid* in 13, viz., 1 Mania, 3 Monomania, 5 Dementia, 1 Epilepsy, and 3 General Paralysis.

*Sub-Arachnoid sero-albuminous effusion* in 10, viz., in 1 Mania, 2 Monomania, 3 Dementia, 1 Epilepsy, and 3 General Paralysis.

*Adhesion of Membranes to Calvarium* in 1, a case of Mania.

*Adhesion of Membranes to Cortical Substance of the Brain* in 3; all of them General Paralysis.

*Adhesion of Membranes to posterior margin of the Cerebellum* in 1 case of Epilepsy.

*Meningeal Hoemorrhage* in 4; 1 Mania, 1 Dementia, and 2 General Paralysis.

*Effusion of serum* into the sac of the Arachnoid, in 1 case of Dementia.

*Congestion of Hemispheres* in 3; 1 Monomania, 1 Dementia, 1 General Paralysis.

*Atheromatous Deposits upon Arteries at the base of the Brain* in 1, a case of Mania.



*Remains of an Old Hoemorrhage* into the right Corpus Callosum, in 1 case of Epilepsy.

*Increased Density* of the Brain in 2, cases of Dementia.

*Anemic* condition of the Brain in 2, both cases of Dementia.

*No Morbid Appearances* were observed in seven cases, viz., in 1 case of Mania, 1 of Monomania, 1 of Delirium Tremens, 1 of Epilepsy, 2 of Dementia, and 1 of Dementia with Catalepsy.

In all the cases of General Paralysis examined, there were either adhesions of the Membranes to the Cortical Substance, or thickening and Opacity of the Arachnoid, or Effusion of a Sero-Albuminous character beneath it, except in one of them, in which there was, along with slight Opacity of the Membranes, an extensive hæmorrhagic effusion beneath the Arachnoid. This case, although closely simulating General Paralysis in many respects after admission, ought perhaps to have been regarded as one of an Apoplectic seizure, followed by Dementia, but the history of the Patient previous to admission, was too imperfect to admit of certainty as to the Diagnosis.

Although the mortality during the year was considerable, the amount of sickness, I am happy to say, was small. None of the Epidemics prevalent in the City extended their influence to the Asylum.

Amount of sickness.

On the approach of the Epidemic Cholera to the neighbourhood, I deemed it my duty to use every prudent precaution against its invasion. None of the Patients were permitted to visit the City. Restrictions were imposed upon the visits of the friends of Inmates; and all Patients admitted, who came from infected districts, had their clothing immediately destroyed, in addition to the practice in all cases, of giving them a warm bath upon their admission. It is with devout gratitude I have to record, that hitherto the Inmates of the Asylum have been providentially preserved from this pestilence; and notwithstanding the general prevalence of sickness and Diarrhœa, fewer of the Patients have suffered from these affections than during the previous year.

Cholera.

In respect to the medical treatment of the inmates, I have nothing to add to the records of the past. No means have been left untried, which experience has justified as worthy of confidence, and the success with which the general principles upon

Medical treatment.



which the Insane ought to be treated, has been carried into effect, must be judged of by the results of the year.

#### Chloroform.

Chloroform, which, at the date of my last Report, was a novelty, has now, at least in this part of the empire, become a therapeutic agent of daily use. I have found it to be so in the Asylum, and to afford great facilities for the performance of many minor operations upon the Insane, which could not otherwise be performed without difficulty. As a curative agent, I have derived no advantage from it, except in one or two cases of Delirium Tremens, where it fulfilled all the purposes usually attained by the use of opium, and in a manner much more certain and satisfactory. In one case which I saw in consultation out of the Asylum, opium had already been used very freely without any good effect, but after a full dose of chloroform the Patient slept soundly for a great number of hours, and awoke in a state of convalescence.

#### Moral treatment.

The moral and hygienic agencies of former years have continued in full operation during the past. To enumerate all these, would be to recapitulate much of the former Reports.

#### Religious exercises.

The Inmates continue to enjoy, and with manifest advantage, the daily prayers and reading of the scriptures, the two services of the Sabbath, and the frequent visits of our Chaplain. A handsome and liberal supply of Bibles has lately been distributed through the House, forming a boon which has been highly prized by many. The Mirror continues to be written for, and to be read both in the House and abroad. The profits of its sale afford a handsome supply of newspapers, and its circulation keeps up an interest in the Institution which has led to the reception of many handsome donations of books. The Library continues to increase, and as there is now a catalogue, prepared and printed by the Inmates, to be found in each gallery, it is rendered of ready access to all readers, and has greatly extended its utility. A simple minded, but intelligent Inmate, who was lately a country schoolmaster in the north of Scotland, thus describes his comforts in a letter to a friend:—"I came in here about the beginning of winter. There has been no case of cholera here yet, and I am told there was no case of fever here last year. Every thing in this establishment is kept very clean, the floor is washed twice a-week with water, and soap often, and three times a-day swept with a brush. I have a good clean bed for myself, with a mattress that suits me better than your good

#### Literature.



soft bed of chaff, or a feather bed. When the warm long days come, I expect to be walking and working a little in the fields and gardens, and grow stronger \* \* \* I have received many mercies since I left home, and many things in this establishment suit me well. There is a library containing about a thousand volumes in the House, including many religious books, and plenty Bibles. There is preaching twice on Sabbath, and family worship twice a-day. \* \* \* This place is about two miles from Edinburgh, in a healthy place, facing the sun, that comes to shine in my room about six hours a day during the winter, through a window as large as two or three doors, which is very agreeable."

The weekly Ball and Concert has been kept up with its usual Amusements. interest and advantage; and with the more extended experience of another year, I continue to regard it as a valuable moral, as as well as a therapeutic agent. One important modification of the arrangements regarding it was made during the year, in the separation of the two Departments. The Tuesday evenings are now set apart for a re-union of this kind, which is strictly private, in the Eastern House, and the number of visitors to the Thursday evening entertainment in the Pauper Department has been greatly restricted.

Pic-nic Parties, Drives, and Walks to the country during favourable weather, Curling during the prevalence of the frost, and the usual in-door amusements, have all been carried on with their wonted activity. In addition to these advantages, I may add, that during the summer season, the benefits of sea-bathing were regularly enjoyed by two or three parties weekly from the Eastern Department.

The most important of all the hygienic agents in operation Occupations. for the cure of the Inmates remains to be noticed, namely, the *occupation* afforded to the Patients. The record of work done, which accompanies this Report, bears ample testimony to the extent to which the resources of the Institution have been rendered available for this purpose. The value of the in-door work alone amounts to £1261 : 13s., and exceeds that even of the previous year by £354. I believe these results will bear comparison with those of any other Institution. They include the in-door operations alone, and such only as afford a real return. Such are the works executed by the Carpenters, Glazier, Upholsterer, Tailors,



Shoemakers, Printers, Females, and Blacksmiths, under which denomination is included a very large amount of gas-fitting and plumbers' work. Besides these, there are the important and extensive operations carried on in the garden and grounds, the labours of the females in the kitchen and laundry, and the numerous occupations of those who work actively for their own comfort and amusement, although not contributing to the records of work done for the Institution. There have been many idlers in the House, as there always are in the busy world outside, but no one has been idle from the want of an occupation. All who could be induced to work, and safely trusted with the employment of their choice, have been engaged, and they form together an active, industrious, and productive little world.

**Improvements and alterations.**

A variety of Alterations and Improvements have been effected in the house and grounds during the past year, involving much time, labour, and in some cases expense, but attended with corresponding advantages.

**Excavated road.**

The Excavated Road between the grounds of the two departments, which was rendered necessary by the intervention of the Tipperlin Lane, and which was commenced at the close of last year, was soon afterwards completed, and has been found to be a very great advantage in every respect. The necessary drainage and excavations were made entirely by the Patients.

**Levelling.**

The Levelling of the Grounds in front of the Western House has been forwarded by these operations; the soil removed in forming the new road having been used for this purpose.

**Fence.**

The Fence surrounding the Grounds has been completed, and a new wall, rendered essential by the dilapidated condition of the old one, erected along the northern boundary of the grounds.

**Airing ground, &c.**

A new Washing-Green has been enclosed in connection with the laundry, and also an Airing-Court for the use of the Patients occupying the last addition made to the building, which, from the unfinished state of the House, could not be provided with one according to the plans, until a further extension takes place.

**Water.**

The supply of Water has been greatly increased since the operations of the Water Company were completed, and I believe that when certain changes are made in the mode of supply and distribution, the quantity furnished will be sufficient for all purposes. The addition we have already obtained has been a very great boon.



The imperfect construction of the Steam Apparatus for Washing and Cooking gave rise to many evils, of which the more important were the unnecessary expenditure of fuel, and the destruction of the plaster work of the building by waste steam. These evils are in the course of being eradicated, and although the outlay attending the operation must in the meantime be considerable, the ultimate saving, and the additional comfort to the inmates will be great.

Washing and  
cooking appa-  
tus.

At the close of the year 1847, in consequence of the serious excess of expenditure, as compared with the receipts arising chiefly from the high prices of provisions, and the inadequate board received for the Pauper Patients, I was requested by the Managers, with the assistance of Dr Christison, to revise the dietary of the Pauper department, which was considered to be on rather too liberal a scale. Satisfied of the imperative necessity of a full and nourishing diet for the Insane poor, I commenced this task with extreme caution. After a careful revision of the dietary, and a comparison with the dietaries of the different Public Hospitals and Asylums, several alterations were made, and after meeting with the approval of Dr Christison, were carried into effect. The changes made were not material, but such as were calculated to produce as great a saving as practicable, with the least possible sacrifice of nourishment to the Patients. The present dietary, compared with that of other well conducted Asylums, appears to be a sufficiently fair one, and the results of the year, so far as one year goes, testify that the changes made were not attended by any deterioration of the rates of cure, or any increase of the sickness or mortality. A copy of the diet table now in use in the Pauper department, is appended to this Report.

Alteration of  
dietary.

It is with much pleasure that I this year again bear testimony to the zeal and efficiency of the Officers and Servants under my jurisdiction. They have been animated by a praiseworthy ambition to support the credit of the Institution, and have discharged their duties with fidelity and care. Exceptional cases have occurred, as they always will, but in these the discipline of the House has been exercised with rigour, and I may say, without offering undue praise, that the general conduct of the Attendants and Servants throughout the year has been to me a matter of satisfaction and pride.

Attendants, &c



The Institution has lost one truly faithful and excellent Servant, by the death of Miss Ainslie, the Matron's Assistant. She was beloved by all who knew her and could value one who was unceasingly anxious about the discharge of her duties, and uniformly upright, amiable, and kind.

In the death which has just taken place of my highly esteemed and accomplished predecessor, Dr Mackinnon, we have lost a warm friend, who never ceased to take a deep interest in the Institution, the greater portion of which grew up under his care, and which is indebted for the high position it now occupies to his zealous and enlightened exertions. His death has been sincerely deplored by his old friends in the Asylum, by whom he will long be remembered, as one who was pre-eminently amiable and good.

It is with grateful feelings that I record my thanks to my Assistant, Dr Wingett, for his unwearied exertions on behalf of the Patients, and for the careful, assiduous, and efficient discharge of all the duties assigned to him. Since the close of last year, the Institution has been deprived of the services of Dr Guthrie, who enjoyed your esteem and confidence up to the time of his departure, and whose loss was much regretted.

I beg, in conclusion, to render to you my best thanks for the aid you have uniformly given me, in the discharge of my responsible duties, by your kind and steady support. I trust, that under your care, the Institution may ere long be completed,—that its advantages may thus be extended to many who are now denied an Asylum,—and that it may maintain the high reputation it has acquired.

DAVID SKAE, *M.D.*

ROYAL EDINBURGH ASYLUM,  
26th January 1849.



## DIET TABLE

OF THE

*Pauper Department, ROYAL EDINBURGH ASYLUM.*

## ORDINARY DIET.

## BREAKFAST.

Oat Meal, made into Porridge, six ounces.

Skimmed Milk, three-fourths of a pint.

## DINNER.

One quart of Broth, containing two ounces and a half of Barley ; or four ounces Pease.

Butcher Meat, cooked, free from bones, four ounces and a half ; or Fish, eight ounces ; or Dumpling, eight ounces, on alternate days.

Potatoes, one pound and a half ; or Bread, six ounces.

## DINNER FOR WORKERS.

One quart of Broth, containing two ounces and a half of Barley ; or four ounces Pease.

Butcher Meat, cooked, free from bones, four ounces and a half daily ; or Fish, eight ounces ; or Dumpling, eight ounces.

Potatoes, one pound and a half ; or Bread, six ounces.

## SUPPER.

Oat Meal, made into Porridge, six ounces.

Skimmed Milk, one half pint ;

or,

Bread, six ounces.

Coffee, one-fifth of an ounce.

Sugar, half an ounce.

Sweet Milk, one-sixteenth of a pint.

## RATES OF BOARD.

Pauper Department—privileged Patients,	.	.	£20 p. annum.
"                    non-privileged ,,	.	.	25 "
Intermediate class (for females only),	.	.	35 "
Higher classes, ordinary rate—privileged,	.	.	55 "
"                    "                    non-privileged,	.	.	60 "

This last rate entitles to a single sleeping apartment and a sitting room, and an attendant common to 5 or 6 patients. For superior accommodation, separate attendants, and other extra comforts, a higher board is charged, which is a matter of special arrangement.



