

## **The sixty-third annual report of James Murray's Royal Asylum Perth.**

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James Murray's Royal Asylum for Lunatics.

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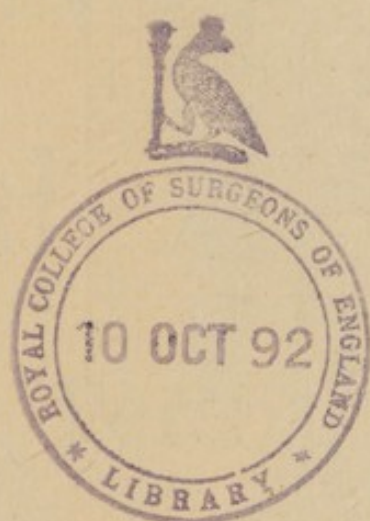
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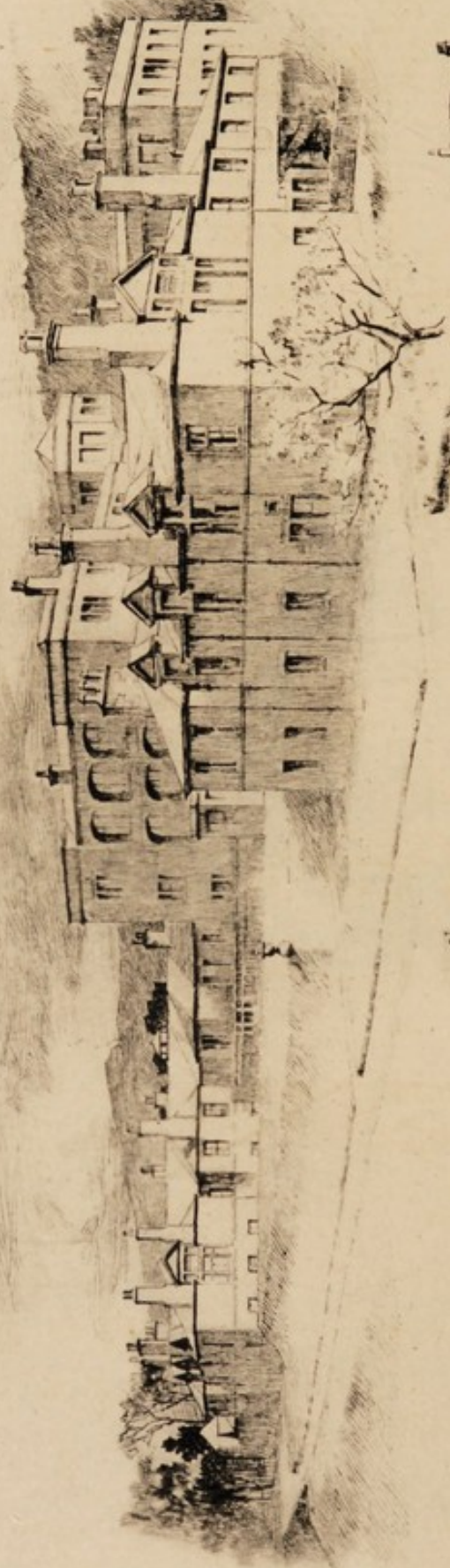
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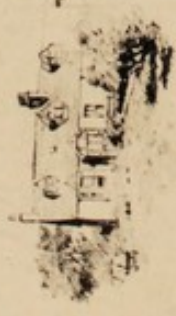




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• KINCARRATHIL •



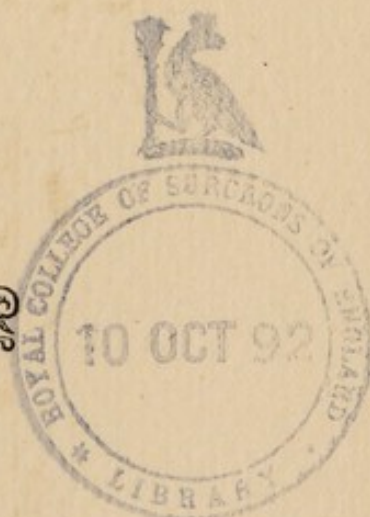
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THE  
SIXTY-THIRD  
Annual Report  
OF  
JAMES MURRAY'S  
Royal Asylum  
Perth.



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Royal Charter.

# James Murray's Royal Asylum, Perth.

## Chairman.

The Viscount Stormont.

## Directors Ex-Officio.

His Grace the Duke of Athole, K.T., Lord-Lieutenant of the  
County of Perth.

Sir Charles J. Pearson, Sheriff of the County of Perth.

John Grahame, Esq., Sheriff-Substitute of the County of Perth.

J. P. Whittet, Esq., Lord Provost of Perth.

J. P. Pirrie, Esq., Lord Dean of Guild, Perth.

George Wilson, Esq., First Bailie, Perth.

A. Bell, Esq., Convener of Trades, Perth.

A. G. Reid, Esq., President of the Society of Solicitors of Perthshire.

Rev. A. Fleming, B.A., Minister of St. Paul's Church, Perth.

## Life Directors.

Wm. Smythe, Esq. of Methven.

H. C. R. Macduff-Duncan, Esq.  
of Damside.

David Mackinlay, Esq. of Cor-  
don.

The Viscount Stormont.

## Annual Directors.

Lieut.-Col. E. R. Stewart Richard-  
son of Ballathie.

Geo. Gray, Esq., Bowerswell.

John Steel, Esq. of Blackpark.

John M. Miller, Esq., Mayfield.

Sir R. D. Moncreiffe of Mon-  
creiffe, Bart.

Andrew Coates, Esq., Pitcullen.

Albert Butter, Esq., Perth.

E. A. Stuart Gray, Esq. of Gray  
and Kinfauns.

Alex. Macduff, Esq. of Bonhard.

J. Bower, Esq., M.D., R.N.

James F. Pullar, Esq., Rosebank.

J. D. Lumsden, Esq. of Hunting-  
towerfield.

## Committee of Management.

The Viscount Stormont.

John M. Miller, Esq.

J. Steel, Esq.

J. P. Whittet, Esq.

Andrew Coates, Esq.

Albert Butter, Esq.

Alex. Macduff, Esq.

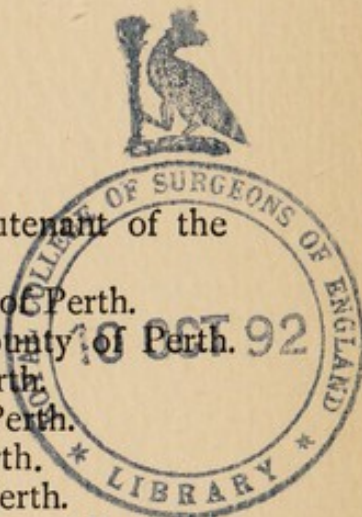
J. Bower, Esq., M.D., R.N.

## Joint Secretaries and Treasurers.

Messrs. Mackenzie & Dickson, Solicitors, Perth.

## Auditors.

Messrs. J. & R. Morison, Perth.





## Asylum Staff.



Physician Superintendent.

A. R. Urquhart, M.D.

Assistant Medical Officer.

Frank Hay, M.B., C.M.

Chaplain.

Rev. W. D. Knowles, B.A., Lond.

Matrons.

Miss Sharp, at the Asylum.

Miss Ball, at Kincarrathie.

Housekeeper.

Miss Crichton.

Chief Attendant.

Mr. W. Henry.

At JAMES MURRAY'S ROYAL ASYLUM,  
the 9th day of June, 1890.

At the Annual General Meeting of Directors of  
the Asylum, held in terms of the Royal  
Charter,—David Mackinlay, Esq. of Cordon,  
one of the Life Directors, presiding.

*Inter alia :—*

**T**HE Secretary read the Annual State of Accounts  
for the year ending 31st March, 1890, prepared  
by the Auditor, which was ordered to be engrossed.

The Secretary thereafter read the Report of the  
Committee of Management on the affairs of the Insti-  
tution for the year.

The Chaplain read his Report.

Dr. Urquhart afterwards submitted his Annual  
Report as Physician Superintendent.

The Report of Sir Arthur Mitchell, Commissioner in  
Lunacy, on the occasion of his recent visit, was read.

On the motion of the Chairman, the Meeting resolved  
—That the Reports now read be approved of and  
recorded in the Minute Book of the Corporation, and  
that the same, or a suitable abstract thereof, be printed  
and circulated under the direction of Dr. Urquhart and  
the Secretaries.

On the motion of Lord Dean of Guild Pirrie, it was  
agreed that the following be elected Annual Directors  
in room of those retiring, viz. :—

Alex. Macduff, Esq. of Bonhard,  
J. Bower, Esq., M.D., R.N.,  
James F. Pullar, Esq. Rosebank,  
James D. Lumsden, Esq. of Huntingtowerfield ;



and that Mr. Macduff and Dr. Bower be added to the Committee of Management.

The List of Directors accordingly now stands as printed on page 3.

John Steel, Esq. of Blackpark, moved, and it was unanimously agreed to, that Viscount Stormont be re-elected Chairman for the ensuing year.

It was thereafter moved by Rev. Arch. Fleming, and unanimously agreed to, that the Meeting re-appoint Messrs. Mackenzie & Dickson as Secretaries and Treasurers of the Institution, and also that the Chaplain, Auditors, Matron, and Housekeeper be re-elected.





REPORT of the PHYSICIAN SUPERINTENDENT  
for the Year ending 31st May, 1890,  
presented at the ANNUAL GENERAL  
MEETING OF DIRECTORS, 9th June,  
1890.

**I** HAVE the honour to submit the Sixty-<sup>General  
Statistics.</sup> third Annual Report, together with Tables  
of Medical and General Statistics.

On the 1st June, 1889, there were 104 persons  
on the Registers of the Asylum.

Twenty-five were admitted during the year, of  
whom 16 were men and 9 women.

Twenty-two were discharged, 10 men and 12  
women.

The number of deaths was seven, 4 men and  
3 women.

The total number of cases under treatment  
was 129, and the average daily number on the  
books 98.

There now remain 55 men and 45 women—  
total, 100,—being a decrease of 4 during the year.  
Six men and three women reside voluntarily in  
the Institution, eight are at Kincarrathie, and one  
is absent on pass.

The average rate of the admissions for the <sup>The Admissions.</sup> last twenty-five years is 25 per annum, which  
is exactly the number received during the year  
now ended. This shows a very marked decrease  
on last year's return, when the number of admis-  
sions was 38.



Of those admitted during the year the usual tale of bodily infirmity has to be told. Nine out of the twenty-five were in a feeble condition owing to the ravages of acute or chronic physical disease, and of these nine three have died and one is slowly dying.

*The New Wings.*

The new Hospital Wings, which were formally opened on the day of last annual meeting, have proved efficient in dealing with such cases. This Asylum now possesses Reception Wards, in which unpleasant institutional features are minimised, while the apparatus of treatment is adequately furnished. A sensitive, morbid patient is received into rooms of home-like appearance; and the trying period of residence in an Asylum—the early days of strangeness—is palliated. On the other hand, the declining number of “furious” persons is equally well provided for in separate and special apartments.

*Architectural Principles.*

The tendency to build huge caravansaries for the accumulation of heterogeneous cases of insanity seems to lessen year by year. The modern Asylum is apparently to lose its grand architectural façades and imposing vistas in an aggregation of separate dwellings, with central administrative departments. It was to me an instructive suggestion that was made by Mr. John Dickson, when he would have the Athole Hydropathic Establishment built as a congeries of villas around central halls devoted to the affairs of the cuisine and the social life generally. Had he been concerned in the designing of Murray’s Asylum on a similar principle, he would have anticipated by sixty years



the most modern ideas of architecture for the insane.

To such an extent has this been carried at Alt Scherbitz, near Leipsic, that one is hardly aware of being in the midst of an Asylum for 600 patients while wandering amongst the villas and cottages, the offices and stores, hidden away in its woody expanse. And at Kankakee, in the United States (the very land of Asylum corridors), the buildings for the different classes of patients are detached and scattered on a somewhat similar plan.

It was, indeed, a question of considerable importance whether the Hospitals here should not have been disconnected from the main building; but the small size of the parent institution and the exigencies of management were held to negative such an arrangement.

There seems to be of late years a greater inclination on the part of those suffering from the milder forms of mental disease to voluntarily place themselves under treatment for their malady as they might seek relief from other physical disorders. This has been recognised elsewhere by the establishment of out-patient departments in connection with the great County Asylums of Yorkshire; and it is obvious that such persons (who may be on the verge of more serious trouble) should find Asylum arrangements applicable to their special wants.

We hear from time to time of "Asylum-made lunatics," and the strongly expressed idea that residence amongst the insane would shortly drive the strongest-minded mad. An Asylum, of course,

Effect of  
Asylum  
Surroundings.



is by no means the best place for every insane person, and discrimination in treatment must begin before such a step is advised. It is, however, the first plunge into a mad world that is most keenly felt by the sensitive, even by those who after a time find a power of accommodation to surroundings—an anæsthesia of use-and-wont to round off the fictitious horrors of Asylum life. But others, who are elated by mania or depressed by melancholia, are rendered in some measure oblivious to their environment. The selfishness of their disease, their extreme and constant concentration in their own fanciful life, causes in many instances an obtuseness of feeling, whether of mental or bodily pain. The man whose bladder, without obvious inconvenience, can hold four pints of urine (a recent experience of ours), or the man whose eternal damnation is, to him, an assured and ever-present fact, is not likely to be troubled by the lesser inconveniences of life in a Lunatic Asylum.

Such observations for long obscured the truer view, that enfeebled or morbid minds are undoubtedly to be influenced by their surroundings. It is now fully recognized that science and art must be laid under contribution to brighten, to interest, to regulate, and to cure. We seek to strike chords of mind responding to the sense of colour, proportion, right,—to harmonize faculties jangled out of tune. Therefore, it becomes necessary to devote so much of valuable time to the problems of asylum architecture, the occupations and amusements of the patients, as well as to questions of purely medical treatment and microscopic pathology. It is not given to every one to be an



original investigator or a philosophic commentator, although it is within the province of all to patiently observe and record—to add a stone to the monumental edifice of science. Still more is it the duty of each to succour the sick and care for those committed to his charge, and nothing is common or unclean that falls to him to do, if it but come within the scope of his duty.

The causes of insanity, as discovered on admission, present no feature of uncommon interest. Eight were hereditarily predisposed, and four had previous attacks. In two cases it was noted that no insanity had hitherto occurred in the family, but that the fathers were drunkards of habit and repute. Cardiac disease of a definite nature existed in seven cases, and improvement in the state of the heart was usually followed by mental improvement, or even recovery. On the other hand, a persistent disease of the heart, uncompensated and unchecked, seemed to result in a continuance of the mental disease.

Cases of  
Insanity.

In one case lately received, the mental trouble was distinctly aggravated by this complication. The patient had suffered from insomnia, but managed to keep his place in the world until, in an evil moment, he took a dose of stimulant medicine, hoping to induce sleep. This induced a hurried action of the heart, which almost killed him in the first place, and culminated in such severe depression that he was forced to seek admission as a voluntary patient.

As usual, a large proportion of patients were received whose malady was of long standing.

Cases of  
Long Standing.



These reduce the recovery rate, and present comparatively few features of medical interest. They have previously undergone every possible means of treatment. Still, though cases of little apparent interest, they sometimes prove of the greatest significance. None are more deserving of investigation than those whose recovery has been delayed for a long period, and those who recover under the most untoward circumstances. One case especially demands a brief note. A gentleman who was admitted after four weeks insanity, and during the second attack, was found to be suffering from eczema, hernia, hæmorrhoids, and malignant tumour of the nose. For fourteen months he was oppressed by fixed delusions of the direst nature. He conceived himself to be the son of perdition, and was monotonous in his daily round of fancies. Yet he improved in health and lost his delusions, until finally discharged recovered and returned to his business. The fatal disease of his nose, which had meanwhile remained stationary, did not trouble him for some months, when it suddenly took on a fresh growth and he died exhausted in body but of sane mind.

Only in proportion as these cases are understood, and the termination predicted, can medical science claim that authority which it is but slowly gaining, and the reproach of ignorance diminish.

Former  
Residences of  
Admissions.

Those admitted came from the following localities :—Two from Perth, 2 from the County of Perth, 1 from Fife, 1 from Forfarshire, 2 from Edinburgh, 5 from Glasgow, 9 from other parts of Scotland, and 3 from England. No application



for admission from the County or City of Perth was refused. There were three patients for whom application was made, and whose means would not permit of their being placed here at the ordinary minimum rate of board, but none of them had special claims to consideration, coming as they did from Liverpool, Edinburgh, and Glasgow. The rate of one patient was reduced to £35 and that of another to £40 during the past year.

The general Recovery Rate of the Asylum The Recoveries. during the years 1865 to 1889 inclusive, is 33·33 per cent. on the number of admissions. This year it is 32 per cent. on the total number, 18·18 for men and 66·66 for women. Altogether 8 patients left the Institution restored to health.

Of those discharged unrecovered, seven were The Removals. transferred to other Asylums, either permanently or temporarily; and six were returned to their friends as capable of home life, although they could not be certified of sound mind.

The advantages of change from one Asylum Transfers. to another, from the Asylum to one of its dependencies, or from the Asylum to home life, have been fully manifested during the past year. There are many patients, who can for a time be safely trusted to the care of their friends, who would not, even if they could, free themselves permanently from Asylum control; and it is a rare event to find a patient, removed under proper advice, returning from leave of absence in a deteriorated condition.



## The Deaths.

The percentage of deaths on the average number resident was 7·13. This is a higher mortality than has been observed for some years past, and is accounted for by the nature of the cases under care. Three were admitted labouring under fatal maladies, which inevitably ended in death. Three were patients long resident, worn out by age and wasting diseases. One was subject to inflammatory attacks of the stomach, and died in one of these attacks. The average age at death was 63. Four were males and three were females. Four *post mortem* examinations were made, and accurate records preserved. In the other cases objections were made to such investigations.

Average  
Numbers  
Resident.

The average daily numbers on the books during the year were—certificated male patients, 49·91; female, 43·25. Voluntary male, 2·21; female, 3·00. Total, 98·37. This is a decrease of 6 from the average of last year, and an increase over the average daily number since 1864, which is 81·14. The lowest number for any one day (94) during the past year occurred on the 22nd January, 1890, and the highest (104) on the 21st June, 1889.

Statistics of  
Ten Years.

Brief statistics of the ten years of my service here are of some interest at the present juncture, when the Institution is entering on a new era in respect of the alterations and additions now completed.

On the 13th June, 1880, there were 75 patients resident in the Asylum, while to-day there are 100. The average number of cases admitted



annually was 32; in all 320 have been received. Of these 100 have recovered and 46 have died. Those numbers give a recovery rate of 31 per cent., and a death rate of 5 per cent. Excluding the cases transferred from other Asylums, the recovery rate stands at 42 per cent.

The year has, happily, been free from any Accidents. serious accident, and no escape has taken place. An unusually large number of runaway patients has been under care—one of them, indeed, requiring two attendants to accompany him in his walks. These impulsive cases, sudden, unpremeditated, and purposeless in their attempts, are full of anxiety for those in charge of them. One of those gentlemen was lately sitting in the billiard-room watching a game, in which he had every appearance of interest, an attendant close beside him, and the door of the room wide open. Suddenly he sprang through the glass window into the passage, which might have been much more easily reached by the doorway. He can give no reason for these impulses, which are entirely uncontrollable and unforeseen by him.

We have at present under care four gentlemen and one lady who determinedly attempt to leave the Asylum at every opportunity. And it is unfortunate that most of these cases have no rational end in view. One old gentleman will be pleased with nothing less than a return to Australia, while the lady is anxious to resume business anywhere out of Perth.

The general health of the establishment has General Health. been fairly good. During the winter there was a



## Influenza.

good deal of sickness amongst the old and feeble, and the Institution suffered from the plague of Influenza that visited the country. Out of the total population of 154 there were 15 attacked. Only three patients suffered, and all these were ladies. One, as above noted, died. She had previously and repeatedly had inflammation of the lungs, so that, when the influenza ran on into pneumonia, her chance of life was greatly diminished. The staff suffered more extensively, especially those whose duties called them out of doors. Four out of five gardeners were severely affected, and the coachman had an attack complicated with inflammation of the bowels. Many others complained of slighter symptoms, but fortunately the working of the Asylum was not disorganized by any general and simultaneous occurrence of severe cases.

## The Chapel.

The Chapel has been served in the usual manner by the Chaplain; and, in spite of the general unsuitability of the present arrangements, has been well filled at all the services. The average attendance of patients has been 60. A certain number are detained in the wards by sickness or mental unfitness, and 8 refuse to go for personal reasons.

## Occupations.

The occupation of the patients is the subject of favourable remark in the Reports of the Commissioners. In the Blue Book for 1889 the General Board report specially on "the marked success that has attended the efforts to induce ladies and gentlemen to engage in useful work."



These efforts are not maintained without continuous and personal care, nor have they been attained without some expenditure. The gentlemen have now three separate workshops fitted for their use, and the attendants and artisans provided to carry out this part of the treatment are carefully selected and instructed. On an average 50 patients are occupied in useful work, suitable to their mental and physical condition. By the Daily Register for 31st May it is recorded that 57 were thus employed, 15 refused to work, 9 were unable to work on account of physical or bodily infirmity, and 11 were unemployed for other reasons. Eight were actively employed in some form of amusement only, though of course the workers and others joined them in recreation at suitable hours. Eighteen were out assisting the gardeners, and it is to be remarked that the garden may be considered the backbone of our industrial system. The loss shown on the garden account by the Auditors' Statement, of course, is irrespective of the healthy occupation for the patients and the general amenity of the Institution. Now that the grounds include the farm, and extend as far as Kincarrathie, there is always plenty of opportunity for a return to the closer acquaintance with mother earth that is so potent a charm for disordered bodies and distempered brains.

The Amusements have been conducted on the usual lines, and the same houses at Carnoustie and Pitlochrie retained for the summer quarters of those (43) able to enjoy the change. The annual Pic-Nic afforded an outing for a party of Amusements.



one hundred. The place chosen on this occasion was Falkland.

A Landaulette, built by Reid of Perth, has been added to the carriages belonging to the Institution, and a Tandem Tricycle has been purchased for the use of the patients. During the year there were three hundred and twenty driving parties, and excursions were made to Edinburgh and other places of interest.

We are indebted to many friends for aid in the amusements, notably to Mr. James Coates, Dr. W. Graham Campbell of Dundee, Mrs. Hempel, and Mr. Bryson.

The music for entertainments, etc., has been placed under the direction of Mr. G. Fairweather, who has been active in the service of the Asylum in the past.

New Dining-  
Rooms.

A complete change in our domestic arrangements took place in consequence of the opening of the new dining-room and the disuse of the galleries for that purpose. Patients at the higher rates of board dine with the Assistant Medical Officer and Matron; those at the lower rates dine in the Old Chapel. As all the patients in the south block are now dealt with *en masse*, the work in the kitchen and wards is simplified, and waste is minimised. Greater economy is accompanied by greater efficiency. The attendants and nurses have their meals in their own parlours, so that the patients have the undivided attention of those in charge, and they, on the other hand, are properly treated in regard to food. Instead of snatching a hurried meal alongside the patients, or furtively in pantries, their food is served



decently and in order. Of course, the excited and infirm patients are still fed apart for evident reasons, but the dining-rooms are sufficiently crowded without their presence.

Dr. Liddell resigned his appointment in March The Staff. to resume his studies in Edinburgh, and Dr. Findlay has returned to fill his place for the summer months.

Miss Ball was appointed Matron at Kincarrathie in October last, and continues the management of the household there as successor to Miss Giddings.

I am very much gratified in being able to report that the staff of Attendants and Nurses has never been so efficient and so satisfactory in every respect. No one was dismissed during the past year, and only six resigned for private and personal reasons. Some of the Charge Attendants and Nurses have been here for a long term of years, and all of them are valuable servants. Not one has seen less than two years' service. The inducements that can be held out to those capable of the arduous and responsible work of nursing the insane are never in danger of being too great. In former times they were but little more considered than the insane themselves; but of late it is recognized that at least we should have the insane as well nursed as the patients in ordinary hospitals, and efforts are made to secure this in the Asylums of the country generally. By reducing the hours of duty, by affording time for relaxation and opportunities of self-improvement, by increased pay and improved quarters, we hope to retain the services of the most suitable. It has



already been indicated how the Attendants' parlours, which are private to their use, have led to improvement in the service. It still remains to restrict the number of Attendants sleeping with patients to a minimum. The time has gone by for ever when it was possible for an Attendant to lock himself inside his box bed in a dormitory filled with patients of doubtful habits. Leave of absence has also been increased during the year, so that now each Attendant has every alternate night from eight till ten, one evening a-week from six o'clock, every third Sunday, and one afternoon a-month, besides the annual leave of absence for a week. Of the 15 Attendants on the staff 5 are married men, and there is no doubt that the *morale* of the service has been improved since this proportion has been attained. These men should have cottages at no great distance from the Asylum, where they would be at hand in case of emergency, and where they could live in greater comfort than in the streets of Perth. Again, I would point out that the greater length of service attained by the staff means increased cost, but that increase of cost is amply compensated by efficiency of service.

Alterations and  
Improvements.

The alterations and improvements in progress during the last three years are now practically completed. They have entirely reconstituted the Asylum in many respects. A full account of the Hospital Wings was published in the *Journal of Mental Science*, and reprinted for distribution amongst those interested in such matters. The results of experience have been very gratifying, both in ease of management and comfort in



occupation. The air is proved to be equally warmed and constantly renewed, so that the window seats can be occupied in the coldest days of winter, and the atmosphere in the sleeping rooms remains fresh and untainted in summer nights.

Many alterations had to be undertaken in consequence of the opening of these New Wings, and the cost of these has been met as per State of Ordinary Revenue and Expenditure. The following is a list of the more important now completed :—

1. Kitchen papered and varnished, and generally renovated.
2. Scullery lined with glazed bricks and rendered rat-proof. Sinks and hot-water tank renewed and refitted.
3. Areas opening off kitchen concreted, drained, and covered with glass roof, to form additional accommodation for scullery work.
4. Stores rendered rat-proof, refitted, and modernised.
5. Speaking tubes and mechanical telephones introduced to connect the kitchen with dining-rooms, hospital wards, &c.
6. Amusement workshops refitted.
7. Painting and furnishing of New Wings almost completed.
8. Still-room fitted with gas toaster and tea and coffee infusers.
9. Lightning conductors fitted to the principal points of danger.
10. Farm adapted for dairy purposes. New boiler-house and new piggery formed, buildings refitted as Cattleman's house, and all lime-washed.
11. Fencing round irrigated field erected, and farm roads formed and hedges planted.
12. Stocking with dairy cows, horse and cart bought.



The Farm and  
Garden.

The Farm has supplied milk throughout the year in ample quantity, with improvement in quality, from an average of 10 degrees of cream to 15. The north-east field was irrigated for six months in winter, and produced a heavy crop of hay, which is not yet consumed. The prospect this year is equally good. The manure from the steading has been mixed with earth for top dressing the grass in autumn.

The Garden has produced satisfactory crops as usual. Twenty-four varieties of vegetables were in use.

Financial  
Details.

The sum received from patients' boards was £7772, which is less than last year's results by £364. The average of other years, 1864 to 1889 inclusive, is £5349. The expenditure was £10,172; the income, £8999—thus leaving an excess of expenditure of £1173.

The yearly income per patient was £91 16s 6d; the yearly cost, £103 16s 1d. The weekly cost per patient calculated on the expenditure was £1 19s 1d. The 100 patients on the registers on 31st May, 1890, together pay £8270 per annum, being an average board of £82 14s.

The rates of board for the admissions were—

1	at	...	£470	...	£470
3	"	...	150	...	450
5	"	...	84	...	420
14	"	...	60	...	840
1	"	...	52	...	52
1	"	...	50	...	50
<hr/>					

25 at an average of £91 5s 7d—Total, £2282



The ordinary minimum rate of board is £60 per annum ; but, during the past year, 39 patients were maintained at rates varying from £30 to £52.

The Report of the Visiting Commissioners in Lunacy will be found appended to this. Commissioners' Reports.

In conclusion, I beg to thank the Directors Conclusion. for their continued confidence and support.

A. R. URQUHART, M.D.,

Physician Superintendent.



# TABLE

Showing Changes in the Population of the Asylum during the Year ending 31st May, 1890.

						Certificated		Voluntary.		TOTAL.
						M.	F.	M.	F.	
1st June, 1889.	Resident in the Asylum, ...	...	...	...	...	45	44	2	1	92
	Remaining on Pass, ...	...	...	...	...	...	1	...	...	1
	Remaining at Kincarrathie, ...	...	...	...	...	6	3	...	2	11
	Total number on Asylum Books, ...	...	...	...	...	51	48	2	3	104
						Certificated		Voluntary.		TOTAL.
						M.	F.	M.	F.	
Cases Admitted—										
First Admissions, ...						10	8	5	...	23
Not First Admissions, ...						1	1	...	...	2
Total Cases admitted during the year, ...						11	9	5	...	25
Total Cases under care during the year, ...						62	57	7	3	129
						Certificated		Voluntary.		TOTAL.
						M.	F.	M.	F.	
Cases discharged and died—										
Recovered, ...						2	6	...	...	8
Relieved, ...						6	6	...	...	12
Not Improved, ...						1	...	...	...	1
Voluntary Patients left, ...						...	...	1	...	1
Died, ...						4	3	...	...	7
Total Cases Discharged and Died during the year, ...						13	15	1	...	29
31st May, 1890.	Total number on Asylum Books, ...	...	...	...	...	49	42	6	3	100
	Remaining on Pass, ...	...	...	...	...	...	...	...	1	1
	Remaining at Kincarrathie, ...	...	...	...	...	4	4	...	...	8
	Resident in the Asylum, ...	...	...	...	...	45	38	6	2	91

Officers, 5; Attendants, 15; Nurses, 15; Artisans, 11; Servants, 12.

						Certificated.		Voluntary.		TOTAL.
						M.	F.	M.	F.	
Average number on Books during the year, ...						49'91	43'25	2'21	3'00	98'37
Lowest number resident on 22nd January, 1890, ...						47	42	2	3	94
Highest number resident on 21st June, 1889, ...						51	48	2	3	104
Persons under care during the year, ...						62	57	7	3	129
Persons admitted during the year, ...						11	9	5	...	25
Persons discharged recovered during the year, ...						2	6	...	...	8
Transferred from other Asylums, ...						...	1	...	...	1
Transferred to other Asylums, ...						3	3	...	...	6
Percentage of Recoveries on Admissions, ...						18'18	66'66	...	...	32
Percentage of Deaths on average numbers resident, ...						8'01	6'96	...	...	7'13



# REPORTS

## OF THE

# COMMISSIONERS IN LUNACY

### FOR THE YEAR.

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REPORT BY SIR ARTHUR MITCHELL, K.C.B.

PERTH ROYAL ASYLUM,  
24th July, 1889.

THERE are 55 gentlemen and 46 ladies at present on the Registers of the Asylum. Of these 1 gentleman and 1 lady are absent on pass, and 2 gentlemen and 3 ladies are voluntary inmates.

Several of the gentlemen are resident at Carnoustie. The possession of the two summer houses at Carnoustie and Pitlochry—one at the seaside and the other in the Highlands—is, beyond doubt, very beneficial to the patients, and perhaps equally so to the curable and the incurable.

The changes which have taken place since the date of last visit are shown in the following statement :—

	M.	F.	TOTALS.
Certificated Patients—			
Admitted, - - -	8	7	15
Discharged unrecovered,	4	5	9
Discharged recovered, -	1	6	7
Died, - - - -	3	1	4
Voluntary Inmates—			
Admitted, - - -	3	0	3
Left, - - - -	3	0	3

In the cases of all the patients who died a *post mortem* examination was made.

There are 6 entries in the Register of Restraint and Seclusion referring to the use of



the box, or lidded bed, in the case of an infirm lady labouring under religious melancholy, with excitement.

Three accidents are recorded, but none of them was of a serious character. No escape has taken place.

It is understood that admission is never now refused to a patient of the middle class who is in straitened circumstances, and who belongs to Perthshire. There are at present 34 patients in the Asylum at low rates of board—5 at £30; 1 at £35; 10 at £40; 4 at £50; and 14 at £52 per annum.

The farm is now in the hands of the Directors. The steading has been put into good order, and the byre contains 6 cows. A supply of good fresh milk is thus secured.

Miss Giddings, who has for so many years acted as Matron, has resigned in consequence of bad health, and the Directors have recognised the value of her services by giving her a pension of £60 a year.

Earnest efforts continue to be made, and with a very gratifying success, to get the patients of both sexes to engage in useful work. Full attention is at the same time given to the providing of amusements, and a large number of the patients have carriage exercise.

The staff of attendants and servants is large, and of good quality. The comfort of those employed in the Asylum seems to be properly considered, and their efficiency is thus increased.

The new buildings are now almost fully in occupation. They are admirably designed, and will, it is hoped, realise all that was expected



of them by the Directors and the Superintendent.

When the improvements in progress are completed, it is understood that the north wall, where it is useless and obstructive, will be taken down, and a terrace opened out, on which eventually a chapel and amusement room may be erected. The Asylum is from year to year increasingly prosperous, in a financial as well as in other respects, and this will justify the Directors in making many further improvements, with a view not only to the good of the patients, but to the continued prosperity of the Institution.

Dr. Urquhart was absent when the visit was made, but on all hands the evidence of the care and ability with which he manages the Asylum was seen, and the visit left, as usual, very pleasing impressions.

The Books and Registers were examined, and were found to be in good order and written up to date.

ARTHUR MITCHELL,

*Commissioner in Lunacy.*

#### REPORT BY DR. SIBBALD.

MURRAY'S ROYAL ASYLUM,  
PERTH, 6th February, 1890.

THERE are 97 patients on the Registers of the Asylum at present. Of these 50 gentlemen and 42 ladies are under certificates, and 2 gentlemen and 3 ladies are voluntary inmates.

Since last visit 7 gentlemen and 5 ladies have been admitted under certificates, 2 gentlemen and



2 ladies have been discharged recovered, 4 gentlemen and 3 ladies have been discharged unrecovered, and 4 gentlemen and 1 lady have died.

The deaths are registered as due in 1 case to brain disease, in 1 case to heart disease, and in 3 cases to affections of the lungs.

The Register of Restraint and Seclusion contains no entry. There has been no escape, and no serious accident has occurred.

The Patients in all parts of the Asylum were found well provided for. The way in which they are treated, both medically and otherwise, continues to be marked by great care and ability.

In view of the difficulty of providing useful occupation which patients of the class to which the inmates of this Asylum belong, the employment of a large proportion of them continues to be carried on with gratifying success.

The new Hospital wings are now in occupation. They form a most valuable addition to the resources of the establishment, and enable it to offer advantages to patients requiring asylum treatment such as are rarely to be found. Great care and ability has been bestowed on the elaboration of the details of construction, and the result is of the most satisfactory kind, both from the point of view of their special adaptation to asylum requirements and of their general hygienic efficiency. The decoration is being carried out in a very elegant and artistic manner.

The Books and Registers were examined, and were found regularly and correctly kept.

JOHN SIBBALD,

*Commissioner in Lunacy.*



## REPORT BY SIR ARTHUR MITCHELL, K.C.B.

JAMES MURRAY'S ROYAL ASYLUM,  
16th May, 1890.

THERE are 98 persons on the Registers of the Asylum at this date—54 gentlemen and 44 ladies.

The number of certificated inmates is 90—49 gentlemen and 41 ladies. One of the gentlemen is absent on pass.

There are 8 voluntary inmates—5 gentlemen and 3 ladies.

Since last visit 2 gentlemen and 2 ladies under certificates have been admitted, 3 gentlemen and 1 lady under certificates have been discharged as unrecovered, and 2 ladies under certificates have died.

The deaths were caused by heart disease, and by pneumonia following influenza. In the cases of the 2 patients who died a *post mortem* examination was made.

The only change among the voluntary inmates is the admission of 3 gentlemen.

There are only 2 entries in the Register of Restraint and Seclusion, referring to the employment of restraint in the case of a patient who could not be trusted to leave a surgical appliance in its place. No accident is recorded, nor has any escape taken place.

There are 22 inmates on parole beyond the grounds and 30 on parole within the grounds. These figures indicate that the patients enjoy a large amount of personal freedom.

The new buildings are now fully in occupation. The commendation bestowed on them in the last entry is well deserved. They are admirably



planned, and they unquestionably add to the efficiency of the Institution in the treatment and care of the insane. Very successful efforts have been made to give both the day-rooms and the sleeping-rooms a bright and cheerful aspect. They are elegantly and comfortably furnished, and their warmth and freshness appear to be very satisfactorily secured. They furnish important advantages in the medical treatment of patients who are actively insane, who are dangerous to themselves or others, or who labour under serious bodily disease.

The Books and Registers were, as usual, found in excellent order.

ARTHUR MITCHELL,

*Commissioner in Lunacy.*





STATISTICAL TABLES OF THE MEDICO-  
PSYCHOLOGICAL ASSOCIATION.

PREPARED BY DR. FINDLAY.

*(These Tables do not include Voluntary Patients).*



TABLE 1,

Showing the Admissions, Re-Admissions, Discharges, and Deaths during the Year ending 31st December, 1889.

	M.	F.	T.	M.	F.	T.
In the Asylum, 1st January, 1889, ...				53	49	102
Cases Admitted—						
First Admissions, ... ..	12	10	22			
Not First Admissions, ... ..	0	2	2			
Total Cases Admitted, ... ..				12	12	24
Total Cases under care during the year,				65	61	126
Cases Discharged—						
Recovered, ... ..	3	7	10			
Relieved, ... ..	6	9	15			
Not Improved, ... ..	...	...	...			
Died, ... ..	6	2	8			
Total Cases Discharged, ... ..				15	18	33
Remaining in the Asylum, 31st December, 1889, ... ..				50	43	93
Average resident during the year, ... ..				51'43	45'55	96'98
Persons* under care during the year,†				65	61	126
Persons admitted „				12	12	24
Persons recovered „				3	7	10
Transferred‡ to this Asylum, ... ..				0	1	1
Transferred from this Asylum, ... ..				4	6	10

\* Persons, *i.e.*, separate persons, in contradistinction to "cases," which may include the same individual more than once.

† Total cases, minus re-admissions of patients discharged during the current year.

‡ Patients transferred from one Asylum to another, even when re-certified, are to be regarded as transfers.



# REVENUE AND EXPENDITURE ACCOUNT

FOR YEAR ENDING 31st MARCH, 1890.

## REVENUE.

I. Board of Patients, ... ..	£7772	6	1
II. From Patients for use of Carriages, ...	261	13	0
III. Farm Receipts, ... ..	714	11	5½
IV. Garden Receipts, ... ..	185	8	2
V. Bank Interest, ... ..	5	2	1
VI. Discounts, ... ..	60	0	11
Total Revenue, ...	£8999	1	8½

## EXPENDITURE.

I. House Expenses, viz.—			
Provisions, £3122 17 6½			
Fuel, ... 362 18 6			
Lighting, ... 104 18 2			
Furnishings, Fittings, &c., ... 616 16 8			
Amusements and Petty Outlays, 154 19 9			
Sum of House Expenses, £4362 10 7½			
II. Salaries and Wages, ... 2347 16 10			
III. Repairs to Property, &c., ... 914 13 6½			
IV. Rent, Taxes, and Insurance, ... 452 4 5			
V. Stationery, Postages, and Advertising, ... 86 3 10½			
VI. Rent Charges and Interest, &c., 673 5 8			
VII. Carriage Account, ... 239 15 4			
VIII. Farm Payments, ... 826 19 2½			
IX. Garden Account, ... 269 4 3			
Total Expenditure, ...	10,172	13	9
Excess of Expenditure,	£1173	12	0½

NOTE.—In the ordinary Expenditure of the year the Charge for re-fitting Stores, Farm, &c., and extra Furnishings is included, as per Statement on page 21.



## NEW BUILDINGS ACCOUNT,

Showing Expenditure for Hospital Wings, Workshops, Sheds, Mortuary, additions to Laundry, Greenhouse, &c.—

Mason Work, ... ..	£3172	8	10
Joiner Work, ... ..	1887	3	7
Slater, ... ..	198	19	3
Plasterer, ... ..	543	15	4
Plumber, Smith, Pipes, &c., ...	1160	1	2
Painter, ... ..	118	12	4
Glazier, ... ..	103	7	7
Labourers, Horse, Sundries, ...	667	17	9
Furnishings, ... ..	608	8	6
Expense of Bonds, ... ..	124	19	1
Architect, ... ..	335	13	0
Greenhouse, ... ..	118	15	0
Total,			<u>£9040</u> <u>1</u> <u>5</u>

## FARM ACCOUNT.

Valuation of Stock, 31st March, 1889, ... ..	£25	0	0
Stock purchased during year, ... ..	471	12	9
Wages, Feeding Stuffs, and Accounts, ... ..	208	17	8
Repairs, Alterations, and Fencing, ... ..	146	8	9½
			<u>£851</u> <u>19</u> <u>2½</u>
Sales of Produce, ... ..	£670	3	7½
Rent of Fields, ... ..	26	16	10
			<u>697</u> <u>0</u> <u>5½</u>
Excess of Expenditure, ...			<u>£154</u> <u>18</u> <u>9</u>
Valuation of Stock, &c., 31st March, 1890, ...	£308	6	0
Deduct Excess of Expenditure, ... ..	154	18	7
Balance, ... ..			<u>£153</u> <u>7</u> <u>3</u>



Incorporated by



Royal Charter.

## JAMES MURRAY'S ROYAL ASYLUM, PERTH.

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**T**HIS Asylum is healthily situated, amidst picturesque surroundings, on the Hill of Kinnoull, in the immediate vicinity of Perth. It stands in the midst of extensive Pleasure-Grounds, surrounded by the fields of the Home Farm, and commands unrivalled views, extending over the valley of the Tay to the range of the Grampians. The central position of Perth, and the improved railway service, make it easily accessible from all parts of Scotland.

Being an Endowed Institution and a Chartered Corporation, under the management of a Statutory Board of Directors who have no pecuniary interest in its prosperity, the profits have been devoted to modernising and perfecting the original fabric of the Asylum, in order to render it an efficient Hospital, as well as a comfortable Home, for all classes of Private Patients.

The last important supplement to the resources of the Institution is the erection of two New Wings for the reception of Acute Cases. The Directors have also taken on lease the beautifully situated Mansion-House of Kincarrathie, in the neighbourhood of, but distinctly separated from, the Asylum. It has now been in use for four years as a Convalescent Home, and for Patients of the Higher Classes suffering from the milder forms of mental disease. Other Houses, at the Seaside and in the Perthshire Highlands, are also rented yearly.

The Distinctive Features of this Institution are—that it receives no Paupers; that it contains a limited number of Patients, permitting of Individualized Treatment; and that it is developed as a Central Hospital for the treatment of acute and difficult cases, with Succursal Houses for less serious maladies. Special attention is devoted to the Occupations of the Patients; there are ample means of Amusement; and the utmost liberty, with due regard to safety, is accorded. Carriages are kept for the use of those Patients for whom such exercise is desirable.

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NATIONAL TELEPHONE COMPANY, No. 104 PERTH.

POSTAL AND TELEGRAPH ADDRESS—"DR. URQUHART, PERTH."



