

Retreat at Vanves, near Paris, for the reception and recovery of ladies and gentlemen afflicted with disorders of the mind : under the immediate direction of Drs. Voisin et Falret.

Contributors

Bureaud-Riofrey, A.-M. 1803-
Voisin, F. 1794-1872.
Falret, M. 1794-1870.

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RETREAT AT VANVES, NEAR PARIS,

FOR THE

RECEPTION AND RECOVERY

OF LADIES AND GENTLEMEN AFFLICTED WITH

DISORDERS OF THE MIND,

Under the immediate direction of DRS. VOISIN* *et* FALRET,†
Members of the Royal Medical Academy, and Physicians
for the Insane at the Hospitals of the Salpêtrière and Bicêtre,
in Paris.



THERE can be no doubt as to the very great benefit of isolation in the treatment of the insane; by isolation is not meant that a patient should be kept in confinement, have no communication with his fellow creatures, and not enjoy the advantages of society, of exercise in the open air, and every sort of comfort that man can and should to a certain degree procure for himself; but by isolation in the treatment of the the insane, is meant that it is desirable to make a total change in their mode of life, and that they should be removed from scenes which may have caused, or continue to cause, the disorder of the affective and intellectual faculties. Scientific treatment requires, in isolating the insane, that the usual habitation of the patient should be changed, in order to remove from the disordered mind the excitement occasioned by the associations of ideas and recollections continually awakened.

To all these advantages must be added kind yet firm treatment, instead of the blind indulgence of relations, which

* *Des causes morales et physiques des maladies mentales et de quelques affections nerveuses, telles que l'hystérie, &c.,* par F. VOISIN, D.M. P.

Application de la physiologie du cerveau à l'étude des enfans qui nécessitent une éducation spéciale, par F. VOISIN.

De l'homme, par F. VOISIN.

† *De l'hypocondrie et du Suicide,* par J. P. FALRET, D. M. P.

Statistique des Suicides, par J. P. FALRET.

De la législation relative aux aliénés. J. P. FALRET.

tends to increase the disease; the treatment in question can only be the result of long experience.

To regulate the intellectual faculties is undoubtedly the most certain means of preparing the way for the return of natural feeling, the absence or perversion of which is so deeply deplored by the friends and relations of the patients, and so often leads to such lamentable consequences, both as regards honor and fortune.

How many suicides and other violent acts society would not have to deplore, had parents felt the necessity of placing their afflicted relations under judicious care, at an early period of their disease. How many valuable members of society might have been restored to their friends had their unhappy state met with ready and judicious attention, and had they been placed in a situation calculated for the restoration of health.

Isolation in the treatment of the insane is advantageous to the patients themselves, to their friends and to society.

But there are different modes of isolation. It will not suffice to take the patient from his own home, and place him with his medical attendants and domestics.

This mode of treatment has often been tried, and although attended with great expense, experience has shewn that it does not promote the restoration of the patient.

Friends and relations influenced by their feelings, are unwilling to part from their afflicted relatives; but it is very certain that there is but little chance of seeing them restored to reason, unless they are placed in an establishment where the cure of the insane is well understood, and the treatment conducted on scientific principles.

The best mode of isolation for the insane, consists in placing the patient at an early stage of the malady in an establishment specially adapted for the treatment of mental disease, the experience of the most celebrated physicians proves the efficacy of this treatment.

Willis, Pinel, Esquirol, as well as Sir James Clark, Sir



Henry Halford, Burrows, Pritchard, and many other physicians of note, have found the beneficial effects of a *change of climate*, and advised it for their patients; therefore, the first step in the treatment of mental diseases, is to remove the patients from their usual mode of life; this can never be so successfully done as by placing them in an establishment situated in a foreign country; where the habits and manners are totally different from those to which they have hitherto been accustomed; climate, living, manners, change of apartments, all is new, and this novelty has the most beneficial influence on the patients, as it opens a new field for their ideas, and tends to regulate the intellectual faculties; the separation of the patient from his friends and relations, his residence in a foreign country, change of scene and climate, have the most beneficial result on the diseased mind.

The necessity of change of climate being fully understood, it only remains to place the patients in a proper situation, that is, in an establishment where they are classed in such a manner as to act usefully and beneficially on each other.

Isolation is decidedly the first step in the treatment of the insane, but to ensure the recovery of the patient, exercise, mechanical employment, and muscular exertion in the open air, are essentially necessary.

The establishment at Vanves is situated about two miles and a half from Paris, in one of the most healthy and picturesque neighbourhoods, yet completely removed from the noise and bustle of the metropolis.

The park is upwards of sixty acres in extent, entirely surrounded by a wall, which is concealed by trees; the grounds are beautifully laid out, there are ornamental lawns, spacious flower gardens, and pretty fountains; the patients take their walks, and find occupation and amusement in the varied scenes before them; there is no sameness, no monotony; each patient may have his own garden, and cultivate it according to his fancy. There are two separate establishments, the one for the male, the other for the female sex.

The different buildings are situated on the gentle slope of a hill, and comprise only a ground and first floor, there are no iron bars nor bolts; nothing that can give the idea of an asylum for the insane; gentleness is the principle upon which all the regulations are founded, no violence is allowed, and where restraint is necessary, it is unattended with severity.

The different apartments are so arranged that each patient may fancy himself the only tenant in the establishment.

In each division there is an elegant drawing room where the patients may employ or amuse themselves, there are billiards and different musical instruments, as occupation tends most powerfully to the regulation of the mental faculties; a carriage is kept for the use of the patients. Bathing having proved very beneficial in the treatment of the insane, there are four bathing rooms in the establishment, besides shower baths.

It must be almost superfluous to add that the strictest and most unremitting attention is paid to the medical and moral treatment of the patients.

Drs. VOISIN & FALRET having spent some time in England, and having had several English patients in their establishment, understand the peculiar management they require.

For references and all particulars apply personally, or by letter. pre-paid, to Dr. Bureau de Riofrey, 22, Newman Street, Oxford Street, London, formerly House Surgeon to the Hospital for the Insane at St. Yon.

Or direct to Drs. Voisin and Falret, 104, Rue du Bac, Faubourg St. Germain, Paris; where either of these gentlemen may be seen every Tuesday and Friday, from 1 to 3 o'clock.

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