A visit to asylums in St. Petersburgh, Moscow, Ninji Novgoro, and Warsaw / by Robert Jones.

Reprinted from "The Journal of Mental Science," April, 1890.

A Visit to Asylums in St. Petersburg, Moscow, Nijni Novgorod, and Warsaw.

By ROBERT JONES, M.D.Lond., B.S., F.R.C.S.

A long looked-for trip to Russia became at last possible, and during my visit I made an inspection of nine lunatic asylums, both public and private, which may be taken as fair examples of other institutions for the treatment of the insane in that country. Each province in Russia has one or more asylums, within or near its chief town, and each province is responsible for the maintenance and government of its own asylums; the general management of the latter depends, therefore, upon the interest maintained in them and the discipline enforced by the governing committee. The difficulty which a foreigner, unacquainted with the language, has in appreciating the details of management is naturally very great, and, I fear, if it had not been for the notoriety of Russians as linguists, fully justified in my experience, the information I obtained would doubtless be unreliable. I found that many of the Russian medical superintendents were travellers, and that England had been visited, that the asylums of Bethlem, Colney Hatch, and Hanwell had been also visited. They all (in the nine asylums inspected) spoke French fluently; two ventured to speak English, but they expressed themselves more correctly in writing. All seemed aware of the difficulties of English pronunciation, and were aware of the treachery that existed in applying general principles to our complex language. Although I was favoured with photographs and plans, statistical, structural, and medical reports of these asylums in the Russian language, I fear that I have not profited much in the following account by their possession; what I have to say being mainly from notes made during my visits.

St. Petersburg.—At St. Petersburg I visited the four asylums. 1. *Nicolai Tchoudavorets*, or St. Nicholas the miracle performing, is in the middle of the town, close to some extensive ironworks. It is a large, dull, dreary, dark, and dismal building of three and four storeys, and is distinctly visible from the Neva. It was formerly a great prison; its use as such having been discontinued for over 12 years. The approach to it is by ill-paved, roughly cobbled roads, each cobble seem-

ingly set (as is characteristic of the Russians) with the wrong end upwards, and over which the *isvostchiks* drive their *droskis* regardless of shaking and jostling. Entering by an imposing double-lodged gate unchallenged, I passed through a courtyard, and, ringing a bell, was ushered into a spacious apartment on one side of the lofty entrance hall, which was flanked on each side by a stone staircase leading to a balcony, whence access is obtained to the main wards on the first floor. At the level of each floor is spread a strong rope-netting across the well of the staircase as a precaution against accidental or suicidal falls over the banisters. In a specially-arranged section of this asylum are excellent medicated baths—electric, Turkish, Russian, etc. Dr. Tomaschewski, who has written upon and worked at epilepsy and the pathology of hallucinations, has recently translated Dr. Ireland's work on "Imbecility" into Russian. He, in company with two of his colleagues (one a lady doctor), showed me over the asylum, and I was much impressed with their earnestness of purpose, their interest in the patients, and their genial kindness to all around. I feel sure that among the educated Russians the characteristics of the nation so eloquently described in a contemporary are greatly overdrawn. In this asylum there was overcrowding, also deficient light and ventilation (the windows were double), and a total absence of what we in England describe as home comforts and domesticity; a general want of æsthetic and humanizing surroundings; no pictures on the walls, no books or newspapers in the wards, no birds, no pets to be seen; but the asylum was clean, the floors in excellent condition, being painted a drab or light-fawn colour and varnished, giving them a pleasantly clean appearance. The clothing I considered very indifferent, some patients without shoes or stockings; true it was a Russian summer, and the heat during the day is often very great. No occupation is found for the majority of the patients of either sex. As against the absence of books, papers, pictures, and pleasing surroundings, must be set the ignorance of the Russian lower classes (only 12 per cent. of whom can read), their slovenliness, their careless, indifferent habits, and their total disregard of the æsthetic. As to the general tone of the wards, the patients were very quiet, there being less noisy talk on the female side than is usually observed in English asylums. The Russians are essentially quiet, even Russian crowds being sober in their behaviour, silent and deferential in their manner and bearing. What a contrast to the Saxon or Celtic holiday gathering! This asylum labours under very great disadvantages as to recreation owing to its situation in the middle of the city. The outdoor space is cramped; the *airing courts* deserve the name, for they are only little strips of path, with no green, and scarcely larger than the wards. The staff were numerous, but wanting in smartness; no uniform is provided, and it is difficult to distinguish the attendants from the patients. The forms of insanity mostly to be met with are melancholia, alcoholic insanity, and epilepsy among the men, general paralysis not being common. The women

suffer largely from the nerve psychoses—allied forms and modifications of hysteria and hystero-epilepsy. There were under treatment during the year 234 males, 166 females—a total of 400 in this asylum. 2. The next asylum visited is at the tenth verst, about eight miles on the road from St. Petersburg to Peterhof, and is under the able superintendence of the most genial Russian doctor, M. Tscheremschansky, who, in company with his three assistants (one of them a lady doctor), escorted me over the whole building. This is the model asylum of St. Petersburg, being a moderately recent building of brick, covered with stucco to represent stone. It is regularly built, well equipped, and has in its superintendent, Dr. Beliakoff (who in his writings quotes Dr. Clouston and the West Riding Asylum Reports), Dr. Biaskoff, and the lady doctor, Borosdina Rosenstein, energetic and skilled pathologists. Microscopy and physiological chemistry are earnestly studied, this being the acute asylum and the chief teaching school in the specialty for metropolitan medical students. I was very pleased with it. The medical superintendent writes and speaks English well. He is intimately acquainted with the names of Tuke, Savage, Clouston, Maudsley, and Bucknill, and is evidently interested in the bibliography of his specialty. This asylum is called the Hospital of our Lady of the Afflicted (Hôspice de Notre Dame des Affligés); it is capable of accommodating 250 to 300 inmates. The main plan of the building is arranged as three sides of a square, being open at the back. The front is given up to administrative offices, laboratories, chapel, etc.; the two sides for male and female patients are unequal, the former, on the left of the main entrance, having at its further end a spur, connecting it with another group of buildings arranged like three sides of a parallelogram. The entrance hall is large, the wards are roomy, the single rooms lofty, and the various offices partake of the usual extensive Russian scale. The main wards, it should be stated, are formed out of a long corridor in the very centre of a block, which is divided lengthwise by two partitions into three compartments, the middle one, a passage, being used as day rooms, and those on either side as dormitories, single or associated, according to their size. It will be seen that the light in the day rooms must be borrowed, except at each end, or as occasionally happens when one or more side rooms are added to the corridor ward, forming alcoves, which considerably improve the lighting and add to the comfort, but the complaint already made against the appearance of the wards in the first asylum holds good here—they are too bare, bleak, and cold looking, certainly free from any imputation of domesticity. The patients, a very rough-looking lot—but generally quiet—mostly dine in their own wards, and live plainly, but abundantly—soups, good meat, vegetables, black bread, weak (save the mark) tea, and *kwas*, a liquor fermented from rye or fruit, being the usual carte to select from. The Russian *kwas* is a thick, unpalatable-looking drink, not unlike our beer, although much weaker; the average Englishman certainly

prefers something stronger, but after several tentative efforts at its ingestion one grew to like it. Baths are not too abundant, but there is a very good swimming bath in a shed on the grounds, which I understand is in frequent use by the patients in the summer months. Fire stoves are arranged near the baths ; in the winter months they are used for warming purposes, and are capable of giving out abundant heat; hot water coils are also abundant. The Russian stoves are a specialty. They are built of brick, lined with glazed tiles, and consist of a fire-place communicating with a long series of quadrangular flues, ending in the chimney ; often they are so contrived that one stove will heat two or three rooms. The fuel is wood, and once the wood is kindled the small iron door is shut, and the fire is not seen, but felt; the temperature (which can be modified by means of a damper) may easily be raised to 77° or 80°. Coals are scarce and very dear in Russia; transhipment is also expensive, and the winter is long and trying. It is, therefore, a wonderful and wise provision of Nature that wood is so abundant; in fact, Nature provides more wood than can be burnt as fuel or used for industrial purposes, there being unbroken belts and territories of birch, fir, poplar, and alder; and the oak is also abundant. Owing to the flatness of the country it is difficult to get a sufficient fall for sewerage ; a system of earth and water closets is, however, in vogue. The bright and extensive gardens and recreation ground for the patients are all that can be desired. They are well wooded, there is an abundance of green grass, the paths are good, clean, and dry, and there are plenty of seats. A large farm is tilled ; the soil is sandy and fairly good, and there is proper employment for the inmates. Generally this asylum is clean, in good order, and free from smell ; its condition reflects credit upon the management. A most unfortunate incident occurred as we were going through the refractory ward. As was his custom, the genial superintendent listened to the complaint of every patient himself. A determined-looking male, of fine, muscular build, requested an interview, and after a few minutes' quiet *tête-à-tête*, suddenly, and with the impulse and strength of a lion's paw, struck the doctor with open hand on the face, bruising the left eye and cutting his cheek terribly. Help was at hand, but the catastrophe was too much for the lady doctor, who almost swooned and was overcome. After an interval the chief was removed home, and we continued the visit in his absence. He had our full sympathy. We were prepared to sacrifice further inspection, but at his request we carried our round to its conclusion.

3. The third asylum visited was distant about 15 versts from St. Petersburg, in a northern direction. The drive in a *drojki* with a fast-trotting, small horse, in Russian fashion, was very pleasant and picturesque. Crossing the Neva over the *Troitski*, a wooden bridge, and driving through the well-wooded islands in the Delta, studded with pretty villas, whose lawns slope down to the water's edge, one could not but feel that Nature had liberally compensated the natives

for the long and cold winter by giving them so rich, luxuriant, and delightful, although shortened a summer. This asylum, quite in the country, has a very indifferent approach, and is certainly not meant for frequent visiting, the branch road leading to the main entrance from the public roadway being so channelled with deep ruts that the wheels at times sunk up to the axles. All this made very little difference to the *drojki* driver, but his fare had to cling tenaciously to the seat and other parts of the vehicle to avoid being projected outwards. The experience was certainly unique, and reminded one forcibly of that jerky locomotion on the back of a trotting camel. The asylum at Udelnaya, a small village on the Finland Railway, is called St. Pantheleymōn, and is capable of accommodating 600 patients. It is an establishment for chronic cases, of both sexes, and it is truly a colony, for an amount of liberty is practised here which I have never seen in England, Wales, or Ireland, and the non-restraint shibboleth, as here understood, would cheer the heart of the most theoretical Scotch superintendent. There are no locks or locked doors by day, no airing courts, and no separation of the sexes when out of their wards. The male and female wards are arranged on the block system. The blocks are one-storeyed, and built entirely of timber, with caulked joints; they diverge from a common centre, being arranged along a semi-circle; the diameter of the semi-circle, a high hoarding of timber, forms the front (main entrance) boundary, the space between this and the ends of the blocks being the semi-circular garden, which is common to both sexes. As is usual, each block (one floor) is partitioned off into three divisions, the middle being the day-room (mostly with borrowed light), the lateral ones being dormitories—single and associated. The bedding was clean, but coarse; the appointments generally were crude, but the patients seemed comfortable and happily resigned to their surroundings, fond of their attendants (a feature not generally marked in lunatics), and quietly contented. From my experience in this asylum, I believe sincerely that there is a something—sexual polarity, call it what you will—which soothes and civilizes the lunatic when allowed to meet the opposite sex. Many of us have noticed the soothing effect which attendance at winter dances has upon those patients who are thus allowed to meet and enjoy a little natural conversation in a microcosm of their own. It is my belief that many attend dances who are not dancers, and even for the matter of that chapel, to enjoy that companionship which is instinct in mankind. I cannot but feel that advantage would be obtained in the treatment of the insane if, with discretion, judgment, and due supervision, the sexes were allowed to meet oftener, as at meals, etc. The supervision at St. Pantheleymōn is very thorough in the joint recreation ground, and the superintendent informed me that the privilege was not in any single instance abused. The various offices, the inspector's lodge, the attendants' common room, overlook this garden, and the watchfulness of the staff, constant

as it is, to a great extent is painlessly indirect, rather than painfully and obtrudingly direct. The staff wear no uniform ; their manner to their superiors is deferential to a degree ; the loyal Russian looks upon respect to his superior as a bounden duty and a creed. The male attendants appeared to me young. They were kind, and seemed to mix with the patients freely and without restraint ; the latter were not complaining either to the superintendent or, as is often the case, to a stranger. The female staff is recruited mainly from the foundling hospitals, the little girls when grown up being compelled to serve as nurses, sisters in hospitals, midwives, lunatic attendants etc., whereas the boys become available for military service. It is a curious moral perversion that devoted and " holy " Russia should consider it right to sustain at vast expense to the State these foundling hospitals, which succour the illegitimate, more often than not, at the expense of the legal offspring. The sight of these vast nurseries in St. Petersburg and Moscow would afford instructive materials for reflection to the student of social science. The management of the asylum at Udelnaya devolves upon Dr. Tschish, who is assisted by four colleagues. He is a very young man, of active, energetic, and earnest temperament, who is evidently esteemed as a true worker in the specialty, as his portrait figures among a group of eminent Russian psychologists, which I saw in various asylum offices. At my visit there were resident here 334 males, 171 females—a total of 505. 4. A short distance from St. Pantheleymōn is the Royal Asylum of the Emperor Alexander III., built as a home for insane patients of the middle and upper classes who are unable to afford the higher payments of single charge. State servants, those employed in civil (theatrical and various Government offices) and military occupations, find a home here, and the funds of this asylum, depending as they do upon Royal favour, appear to be in a very satisfactory condition. The medical superintendent, Dr. Dmitrieff, has held office for many years, and he is decorated with several orders, being evidently a *persona grata.* This asylum is encircled with very picturesque surroundings—the gardens, paths, and outbuildings all showing that this institution is something beyond the usual run. Comfortable drawing-rooms are found here ; pianos, pictures, books, birds, aquaria, etc., point to the fitness of things—in fact, everything that tends to cheer the depressed, afford rest to the weary, and sustain the flagging energy has existence here. This is the first asylum that I visited where anything like occupation is provided generally for the patients—carpentering, turning, upholstering, tailoring, etc. A special feature of this establishment is a school for imbeciles. There are about thirty children receiving instruction and training here. The appointments at this asylum are satisfactory, and the medical superintendent is quite prepared to test any innovation not conjectural for the benefit of his patients. Electric light is used within and without. The chapel in the grounds is considered unusually elaborate for an asylum chapel,

but divine worship as carried on in Russia is so full of ritual that I am not able to enter into it here. Several of the *ikons* were richly jewelled. My visit to this asylum was altogether a pleasant surprise. It is capable of accommodating 250 to 300 patients, and the detached houses in the grounds are much in the style of Swiss châlets elaborately ornated.

Moscow.—My next visit was to the asylums of Moscow. Whatever may be said of St. Petersburg, it is not a genuine Russian town; it may be German, or it may be Belgian or French, or even English, but it is not Russian. It is only when you arrive in Moscow, with its gilded cupolas, its coppered green roofs, its whitewashed houses, its bazaars, and its essentially Eastern habits, that you really feel yourself to be in Russia. A strong feeling exists against St. Petersburg among the Muscovites, owing to the removal of the Court, with all its attendant ceremonials, to that place after the time of Peter the Great. The first of the asylums inspected was the large private establishment owned and managed by Dr. Savei Moquelevitch. It is well situated towards the southern outskirts of Moscow proper, near the convent of Novo Devitchi, and is included within one of the extensive curves of the river Moskva. The grounds of this asylum are charming; the gardens, promenades, drives, and sheltered nooks, the fountains, the pretty verandahs of the various private houses, which are separate establishments under one administration, combine to reflect credit upon the excellent management which has pervaded this hospital with an air of luxury. I had the pleasure of dining with the doctor and his select patients, several of whom joined his table. Even here the inevitable pumpkin, or gourd, comes up, which all who have travelled in Russia are familiar with. We were at this table an international collection. One lady had spent much of her time in England; a French Count had been long resident in Moscow; a nobleman hailed from Astrakan; and the home service was represented by a Russian General. Conversation was necessarily limited, being in a foreign language, French, the language of diplomacy, being our common ground. The Russians, clever linguists as they are, compensated fully for my own deficiency, and the kindness shown to me gave me confidence amidst novel surroundings. In this asylum (plans and photographs of which were supplied) everything that modern science and western art could do for the afflicted was carried out. Cleanliness, kindness, freedom from restraint, amusements, and, above all, a genial, sympathizing manager —from whom the tone of the establishment was taken—were pleasing impressions. Lawn tennis has not yet caught the Russian mind, except as a trying and unnecessary muscular exertion, but croquet is much in vogue. Horses are kept for the use and recreation of the inmates, there being carriage exercise in summer and sledging in winter. A farm is rented by the medical superintendent for the supply of the usual produce. The patients pay sums varying from 10

roubles (£1) to 50 roubles (£5) per week, according to requirements. I went over the whole of the asylum according to the plan before us, and spent most of the day with the officers and patients. I was struck with what was done for the general comfort. The appointments in the various houses were excellent, and left little to be desired. Dr. Moquelevitch, indeed, has his heart in his work. He accompanied me over (2) the *University Clinic*, where there are about 50 lunatics, under the charge of Professor Koshevnikoff and four assistants. This is the acute asylum for Moscow. The buildings are not unlike Wellington Barracks without the square in front—plain, but two-storeyed, ugly-looking rather than pretty—substantially erected in a costly manner, with very thick walls, abundance of light and loftiness, the rooms all over sixteen feet high. Special precautions have been taken to render the structure (built of bricks, faced with cement, and in shape like three sides of a parallelogram, with a spur at right angles to each end outwards) fireproof, there being a vaulted brick roof to each room, with iron girders, over which is laid the wooden floor of the room above. The blocks are divided into two unequal parts, longitudinally, like the old wards of Bethlem, only there are sash windows in the day rooms almost to the ceiling; the divisions serve as corridor-ward and dormitories, mostly single rooms. The doors are very substantially made, and the fittings good. They might be hammered and beaten all night without much noise. The padded rooms are lined with thick, well-tanned hide—leather being comparatively cheap in Russia. The heating must have been complex, and the architect and engineer had evidently met and worked together in this building. Usually no proper, economical, and, at the same time, scientific provision is made by the architect for heating large buildings until after or near their completion, with the effect that you get an icy draught in one place and the heat of the tropics in another. Warmth is obtained from furnaces in the basement, cold air (entering through large tunnels from the outside) becoming heated, and then carried through tubes in the walls to the various rooms above the doors. The vitiated air of the wards is extracted through inlets on the level of the skirting, and carried also in the walls to the highest points, where they are protected. All the woodwork is painted and varnished, the colour being a light stone. Mechanical restraint is rare, more so than in French and Italian asylums for similar patients. The strait-waistcoat is the method employed. The fault already referred to in regard to other asylums, viz., a want of homeliness and domesticity, is shared here. Very little furniture, except benches, tables, and beds, is seen; tin plates for dinners, tin pannikins, and much slovenliness might be remedied. The meals I considered execrably served. No pictures in the wards, no variation in the colour of the rooms, no books or newspapers to while away the terribly long and weary hours. If ever surroundings influence a mental condition, detention for treatment in such an asylum ought to render a victim hopelessly incurable. The

airing courts are cramped and small, a high wooden hoarding shuts you round, and no glimpse is got of the outer world. A larger airing court beyond this is, I believe, used for some patients, and a still larger one with gardens, beyond this, apparently for three classes of patients, but they were unoccupied during my visit. It is probable, as in the University Clinic of Berlin, that other patients, not affected mentally, use the more extensive grounds, the poor lunatics being hemmed into a pen. I thought it were better to die than to linger in such a place. The attendants in this asylum are numerous, but they looked young, inexperienced, and untidy. On a summer afternoon, pleasantly warm out of doors, all the patients were indoors. Such a state of things would hardly be the case in England. I did not see any female patients, and, if I remember rightly, I do not think there were any. Fortunately for the inmates, there were far more vacancies than inmates. I was informed that there was accommodation for 98 males and 88 females; total, 186. No suicides had occurred, but the normal mortality is high. A good physiological and pathological laboratory is a great feature of this asylum. 3. The third asylum visited in Moscow lies in the northern suburbs, about six miles from the Kremlin, in the neighbourhood of Sokolniki, where there is an extensive "People's Park." It is called the Préobrejanski Lunatic Asylum. It is in three distinct sections; an older building, with two not very modern annexes, the oldest portion not unlike a monastery. Possibly from the same causes that operate in England (increase of registrable insanity), the old asylum has been added to from time to time. A medical superintendent is here in charge with four assistants. There are 400 patients (229 males and 171 females); 40 epileptics (30 males, 10 females); 20 general paralytics (12 males, 8 females—a great contrast to general paralysis in England). Light and ventilation were scarce, the clothing was indifferent, and there was an air of easy-going administration, incompatible with health, comfort, and proper cleanliness. Much freedom was seen everywhere, amounting even to laxity; the male patients were allowed free entrance into their dormitories, and lounged carelessly on their beds, smoking. The dormitories and the bedding were therefore unsatisfactory—not unclean, but untidy. Classification was unsatisfactorily carried out, some noisy dements interfering with the comforts of others. Easy and apparently unrestricted access was obtained to the bath-rooms, which were not over-clean. The baths were sunk into the floor. The attendants were untidy, but extremely deferential and courteous. The staff (medical and otherwise) suggested under-pay and want of personal vanity—general indifference to outward appearance, etc. As an example of the easy-going routine of this sleepy hollow may be mentioned my entrance. I passed the *conciergerie* unchallenged, found my way into a court-yard or garden, entered by a door, ascended a series of steps, yet without meeting anyone, walked across a lobby, and into a female

ward, retraced my steps, and descended in another direction, to find myself opposite a shrine or chapel, with a series of ikons and rays. Passing out through another door, I seemed to be entering a second ward, where, thanks to the kindness of a sympathizing inmate, I was at last able to find the medical staff, four of whom were at lunch, waited upon by two hungry-looking patients. I was unable to procure a report or plan of this asylum. Possibly neither was to be had, considering the varying age of the asylum, or, as may also be possible, the disturbance caused to digestion by my sudden appearance on the scene taking this form of vindication. A few notes and sketches, however, made immediately afterwards, helped me (with what I saw) to form an opinion upon the management. The grounds for exercise were very limited. Tobacco was given to patients for helping in the industrial ward work.

Between Moscow and St. Petersburg, near Tver, is the village of Bourashevo, where an excellently arranged asylum for 430 patients, under the charge of Dr. Litwinoff, was recommended for my inspection, but unfortunately I was unable to avail myself of the introduction. From Moscow I travelled to Nijni Novgorod, and completed the studies and sights of the great international fair by a visit to the lunatic asylum. I experienced much difficulty in getting a view of this establishment, and had it not been for the kindly interference of English residents I should have been unable to gratify my ambition in this respect. There is at Nijni an arrangement which I had not hitherto met with as regards the insane. Walking through the town proper, after spending a day at the great fair, I chanced to pass several barrack-looking blocks abutting on some of the by-streets towards the outskirts of the town. My desire to have a peep became all the more urgent when I listened to the curious, unnatural noises emanating therefrom, shouting, scolding, praying, singing, boisterous laughing, and plaintive wailing. These I considered somewhat phenomenal, and I looked for a lodge-gate, passed through, and soon entered a ward, repeating this performance in two or three other similarly noisy blocks at various distances. In none of these separate blocks did I encounter a medical officer—at any rate, not to my knowledge. Most of the patients confined in these domains were harmless chronic, but frequently noisy cases, such as are often met with in the larger workhouses in England. The asylum proper at Nijni is a modern building, containing 234 patients (156 males, 78 females), and is in charge of two medical directors, one for each division of sexes. As it unfortunately happened, neither superintendent was resident, and the layman in charge (whose duties were those of acting clerk and steward) could not admit me without medical permission. Through the services of an attendant, kindly allowed me as escort, we set off to the two superintendents' houses, neither of whom was in, and here came the help of our English friend, a lady, long Russianized by residence and marriage, and the mother of one of the

superintendents, who courteously furnished me with the necessary permit. Everything was clean and in good order, the grounds were extensive, occupation was found for the male and female patients, and there was general attention and kindness. Some very maniacal patients were seen here, which is the receiving bureau for all the lunatics of the district, and whence, after a certain interval, the chronic cases are drafted into the blocks referred to. It is a grave responsibility to allow the pleasant clerk and factotum to receive the admissions, as happened during my visit, in the absence of both medical officers, and to find these cases translated into padded rooms, according to the opinion and judgment of our friend, was in my mind wholly unjustifiable. The two superintendents, living outside the asylum, make periodical visits, and are allowed private practice. This also, in my opinion, was a highly anomalous procedure in an acute asylum, where the medical staff, relatively to other institutions, appeared to be greatly undermanned. In the blocks above referred to (I cannot say whether in all of them a medical officer resides, for I saw none, but was informed, after my visit, that there were such) a much more wholesome indifference to discipline is observed than in any asylum hitherto visited.

At Kazan, two days' journey towards Astrakan, down the Volga, there is a newly-constructed lunatic asylum, on the most approved plan, but I regret that I had no opportunity to inspect it.

Warsaw.—My last visit was to the asylum, St. Johannes à Deo, for 200 males, in Warsaw, the capital of the ancient kingdom of Poland. This institution is managed by an elderly superintendent and two elderly colleagues, with the result, probably, that the administration was not of a very energetic nature, much being left to the attendants, who, in most cases, appeared to justify the trust placed in them. This is one of the oldest asylums visited, and, like the city in which it is situate, seems to have a halo of departed glory about it. Warsaw has seen better days—its Royal Palace is now the barracks for Russian troops. In this asylum there was insufficient light; all the windows are barred. The rooms (scarcely wards) were low and close, cheerless-looking, with worn-out furniture; the bedsteads in the dormitories were wooden, and had loose straw for mattresses. Some restraint-chairs were also seen here, but were not in use at the date of my visit. Patients are secluded, and, I believe, restrained without previous medical permission. The bath-rooms were dingy, and the floor was stone, cement, or hardened earth, with a boiler (unprotected) in one corner for supplying hot water. The baths are sunk in the floor. The airing courts are small; the patients pent up and hemmed in by a high wooden palisading. There are no paths, the whole of the court being tracked, while the only shelter from the sun is furnished by a few lanky trees, such as poplars, birches, or acacias. Private patients are received here, and have a somewhat better accommodation than the others. I was much indebted to a chronic patient, who was

cosmopolitan in his sentiments, for pointing out everything of interest in the patients or their surroundings, while they not infrequently looked upon him as one of the great among men. He was most useful to me (as the medical officer, who was free to escort us round the asylum, could speak very little French), appearing to be quite conversant with the general principle of treatment in this awful and cheerless old building. He was employed as assisting clerk in the medical superintendent's bureau. A new asylum in process of construction, about four miles by railway from Warsaw, was, owing to my limited time, not inspected. Women are treated in a section of the Hôpital de l'Enfant Jesu for general diseases, and number about 200.