

THE MURRAY ROYAL INSTITUTION,
PERTH.



GENERAL HISTORY
OF THE
MURRAY ROYAL INSTITUTION
[FOR THE INSANE,]

PERTH:

*From its establishment in 1827
To the end of the first Half-century of its existence in 1877.*

BY

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EXCELSIOR:



THE MURRAY ROYAL INSTITUTION LITERARY GAZETTE.

"What are the aims, which are at the same time duties? They are the perfecting of ourselves, the happiness of others."—KANT.

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THE MURRAY ROYAL INSTITUTION:

A HISTORY OF ITS ORIGIN AND PROGRESS:
BEING THE RETROSPECT OF
HALF A CENTURY.

"Yet still, e'en here Content can spread a charm."

1. INTRODUCTION.

WE have many reasons for supposing that some sketch—however imperfect—of the origin and progress of an Institution, which is in certain respects unique in its way in Scotland, and which attains during the present year the respectable maturity of 50 years of age, will possess an interest—different in its kind and degree in different cases, no doubt—for various classes of our readers.

In the first place, there are many former Residents—whether as Patients or Officers—who have a warm heart to what they fondly speak of—by its short designation—as "The Murray:"—sometimes with more special endearment, and with less accuracy of phraseology—as "The old Murray." It can only be a genuine affection or attachment to the place and its associations that leads those who once dwelt within its stout and quiet walls, but who have since gone forth to fight the battle of life in our large noisy cities, to revisit us—especially at festive seasons such as Christmas: that induces them to talk about it among themselves and to their relatives and friends as if it had been to them a sort of *alma mater*:

that urges them to write of it sometimes with as much feeling as the Baroness Nairne wrote and sang of another "Auld Hoose" not very far from us up Strathearn: that gives rise to the "Sunny Memories," and to the Gratitude Gifts from former Patients, described in "*Excelsior*" (No. 5, 1858, p. 3), or to the various expressions of attachment mentioned in the Annual Reports from time to time [e. g. in 28th, 1855, p. 9: and 29th, 1856, p. 9]. However we may explain it—whatever its nature may be—the Murray has, and has ever had, an attraction all its own for many not only of those who have spent years—perhaps the better part of their lives—within it: but occasionally of those who have merely visited it casually. And such has been the strength of this first and favourable impression—of this sort of "love at first sight"—that it has even immediately and materially determined a career in life.

Some of our former officials have no doubt realised the truth of the Poet's saying; that

"Absence makes the heart grow fonder:"

they have found and felt that the world's goods—that place and power—fame or fortune—cannot atone for what we can only define—if it must be expressed in a single word—as "Homeliness:" they have come to see that palatial residences—the delights offered by large cities—large emolument and positions of importance in the world's eye do not make up for the quiet—the unpretentiousness—the rurality of a provincial Retreat like "The Murray." And those of us who have resisted all the apparent or superficial fascinations of Metropolitan positions, with their greater publicity, as well

as their higher pay, feel more and more cause to be satisfied with what the Law of Compensation bestows upon us—certain of the countervailing advantages of a retired, private, *country life*.

There are then many former Inmates and Officers of the Institution, who cannot have access to the official Documents connected with its foundation and early history, to whom some account of the circumstances attending its birth and youthful years can scarcely fail to prove acceptable. And the same holds true of many of the present inmates or officers: for, though not a few of them have spent the better part of a long life—in a few cases over 40 years—in the Institution, or its grounds, the majority cannot be acquainted with the *raison d'être* of “The Murray,”—cannot know why it is so called, and what has been its eventful History.

An interest of an inferior kind, of course—but yet a genuine interest—in the affairs of the Institution has been over and over again expressed in a variety of ways by the relatives, friends, or guardians of those who have resided, or have proposed to reside, in it, whether as Patients or Officers. Nothing is more common than to be asked how it comes to be called the “*Murray*” Royal Institution, and what are its distinctive features?

Frequent inquiries are made, moreover, by strangers—mostly but not always Physicians and Alienists—interested in the History of Hospitals for the Insane in this country, and in that Reform in the treatment of the Insane with which are usually associated such names as those of Conolly, Pinel, or Tuke. Our catechists are sometimes Americans—sometimes Russians, Swedes, or Germans: all men of high general intelligence, and great special knowledge and experience, who regard such a History as ours as something more than a mere local one. For, the History of the Murray is but a reflection of the History of the development and progress in Scotland of the modern mode of treating the Insane. In the course of 50 years the Murray has seen many strange vicissitudes in its structure as in its organisation. The contrast, in it or its History, between the Present and the Past—the old and the new—the mediæval and the modern—is as marked as it well could be: and it cannot fail to be instructive and suggestive to note the gradation of the changes by which so striking a contrast has been effected. Not more striking, however, is this contrast than is that which has occurred in public and professional opinion in Scotland within the same period as regards the Nature and Treatment

of Insanity. Naturally, the change in opinion has led to change in practice: but it is only in such an establishment as the Murray, constructed and organised when very different views prevailed from those now current, that we have the materials for tracing the nature and course of the change in question.

In certain senses the Murray must be regarded as *old*—in others as young or new. It is old mainly when viewed by the light of the many changes that have just been referred to. But in no other sense can it be said to be antiquated. Men are not accounted old, but simply *active and in full vigour*, at the age of 50; and still less are Institutions, that have flourished for only half a century, to be considered ancient. No doubt certain Institutions, like certain men, may be said—as Bailey says in *Festus*—to

“Live in *deeds, not years* ;”

and in this sense, as already admitted, it must be confessed the Murray has already lived a full and long life. It has witnessed many deeds of Revolution or Reform of so radical a kind that they may fitly be designated deeds of Transformation: demolitions and reconstructions of its fabric—reorganisations of its staff—additions to its amenities have followed each other so successively and bewilderingly that it may well be said to be old in its experience of vicissitude. And we have seen that the term “old” is a familiar expression of endearment—more pardonable than the slang denomination now-a-days so commonly applied by irreverent youth to those who are either very little or not at all its seniors, either in years, experience, or wisdom.

On the other hand, our 50-years-old walls are apparently untouched by Time; and they are in fact so solid that they are not likely to tell of Time’s ravages for a century to come at least. The same may be said of our solid, substantial, handsome oak flooring, doors, tables and chairs—none of which, so far as the oak is concerned, are a whit the worse, but all the better, for their wear and *age*.

Not only, however, must the Murray, from certain points of view, not be regarded as old: but it must be considered *young*—more youthful indeed than ever. For, the object and effect of the changes already mentioned have been to keep the Institution not abreast simply, but in advance perhaps, of the views and requirements of the age. The revolutions in structure and organisation that have been adverted to are not yet completed. Changes can be made only in summer instalments. And it has ever been borne in

view by the ruling authorities, that all opinion is progressive and therefore liable to change : that all change of opinion on such a subject as Insanity or the Insane must give rise to corresponding change in practice : and that *continuous change* in the future as in the past is synonymous with *Progress*. In other words, we are prepared to renew our youth from year to year, so as, if possible, to be always fresh and vigorous : and the structural alterations still in progress—the embellishment of the whole interior by the Painter's art—and the copious additions to all the domestic elegancies of furniture and fittings that have been carried out or made for some years, and are not yet completed—form a very fitting commencement of a new career of Half a century.

As will appear partly in the sequel (or elsewhere), there are certain respects, perhaps, in which the Murray has led—and may continue to lead—the way as an Institution for the Insane. That is to say, it would appear to have been first in the field in various operations which have since been adopted by other establishments of similar character, but greater size, apparently because their authorities have regarded such operations as useful or desirable. And there is one respect in which the Murray—in Scotland at least—is unique : it is the only Institution for the Insane that *combines Publicity with Privacy*—that admits no Paupers—that, from its limited size, is compelled to *select its cases*, and treat them very much *en famille*.

In the course of Half a century, almost all the authorities who supervised the foundation of the Institution and the regulation of its earlier affairs have gone to their long home. And, though there are certain present Directors—such as our good friend Sheriff Barclay—who can look back for more than forty years upon the ever-varying aspect of its affairs, few of our considerable and annually changing body of Directors are, or can be, fully acquainted with the early History of an Institution, to the management of whose current affairs they give so much of their time and attention.

We submit then that we have “made out a case” in favour of some sort of sketch of the Origin and History of the Murray during the first Half-century of its existence—by showing how many classes of persons are likely to be interested in or by such a History, and for what reasons.

In the columns of “*Excelsior*,” however, it is impossible to do more than simply outline the subject : and indeed, in a great many instances we must content ourselves by merely giving references to published sources of information.

The History of the Murray Royal Institution is naturally divisible into two great sections, viz. :—

1. Its *General History*—interesting to the General public ; and
2. Its *Medical History*—interesting only to the Medical public.

With the former section only have we here to do. Its Medical History will find a more fitting medium for its record elsewhere, and at a future time.

II. CHRONICLE.

Years.

- 1813-14—Endowment—Deeds of Foundation.
Appointment of Trustees.
- 1821—Preparation of Plans.
- 1822—Conferences anent Plans.
- 1826—Completion of Building.
Death of one of the Trustees—Robert Peddie.
- 1827—Charter of Incorporation printed.
First edition of Regulations and Bye-Laws published.
First General Meeting of Directors.
Opening of the Institution (1st July).
- 1828—First Annual Meeting of Directors.
First printed Annual Report of Directors and Physician.
- 1832—Reduction of Minimum Board-Rate.
- 1836—Construction of 1. Additional (back) Wings.
2. Water Reservoir.
Appointment of 1. Sheriff Barclay as an *ex-officio* Director.
2. A Resident Medical Assistant.
- 1837—Destruction by Fire of Roof and Upper Storey of Main Building.
Resignation of first Resident (lay) Superintendent—J. C. Simmonds.
- 1838—Purchase of Farm [of 36 acres—at a cost of about £7000.]
Appointment of a Chaplain.
- 1839—Death of first Chairman and surviving original Trustee—David Beatson of Kirkpottie.
- 1842—Official Tour of Inspection in England and France—by the Physician.
- 1847—Death of first Secretary—Alexander Mackenzie.

- 1849—Purchase of Pitcullen Bank Estate [at a cost of £5500].
- 1850—Second edition of Regulations printed.
Resident Medical Officer became also Superintendent.
- 1853—Appointment of Miss Giddings.
Separation of the offices of Matron and Housekeeper.
- 1854—Appointment of Dr Lindsay.
Abolition of use of Mechanical Restraint.
Systematic Expansion of—
1. Industrial occupations.
 2. Recreations.
 3. Circulation of Newspapers and Serials.
 4. Games and Sports—out-door and in.
 5. Evening Parties.
- Introduction of—
1. Theatricals—with regular Stage, and Play Bills.
 2. Balls—including Costume or Fancy Balls, with regular Music and Dance Programmes.
 3. Concerts—Vocal and Instrumental—with printed Programmes.
 4. Classes—with printed Reports of Examining Inspectors.
 5. Lectures and Demonstrations—with printed Prospectuses.
 6. Readings and Recitations.
 7. Conversazioni—including Scientific or other Exhibitions.
 8. Floral, Pictorial, and other forms of Decoration.
 9. Omnibus, Railway, Steamboat, and other Excursions—including Pic-Nics.
- Establishment of a Library.
- 1855—Introduction of—
1. Christmas Trees—on the large scale.
 2. Magic Lantern and other Exhibitions.
- Establishment of a
1. Museum.
 2. Bazaar.
 3. Private (Work) Fund.
- 1856—First printed Report by Chaplain.
- 1857—Establishment of "*Excelsior*."
Structural improvements connected with Water Supply—hot and cold.
- 1858—Reservation of the Institution for Non-paupers.
Third edition of Regulations.
Occupation of Pitcullen Bank as an official residence by Dr Lindsay.
Full Medical Staff [of 3 officers, viz. :]
1. Consulting or Visiting Physician—in Perth.
 2. Resident Physician—at Pitcullen Bank : and
 3. Resident Medical Assistant—in the Institution.
- 1859—Investigation of Water Supply.
Death of the first Physician—Dr Malcom.
- 1863—Transfer of Paupers to Murthly.
Structural alterations ; including
1. Abolition of (a) Ventilating Tower.
(b) Several Airing Courts.
 2. Enclosure of Farm-Yard.
- Introduction of Modern (a) Table Furnishings : and
(b) Household Ornaments.
Publication of a Library Catalogue.
Deaths of Directors : 1. General Belshes.
2. John Marshall.
- Erection of
1. A Conservatory [at a cost of £200].
 2. Storehouses and Workshops.
- 1864—Sale of Pitcullen Bank Estate.
Re-arrangement of accommodation for Patients.
Minor Accidents from Fire [in Laundry].
Extensive structural alterations : especially on or in—
1. Central Tower.
 2. Kitchen ; and
 3. Laundry.
- Addition of Steam Boiler and Steam Engines :—with the introduction of Steam heating and cooking.
Publication of Preface to, and Classified Index of, Medical Reports for the Decennium—from 1854 to 1864.
- 1865—Erection of
1. New official residence for the Physician—at Gilgal : and
 2. New Lodge for Head Male Attendant—within the grounds of the Murray.
- 1868—Publication of
1. A Guide to the Museum.
 2. Last printed Annual Report of Directors or Physician.

III. OBITUARY NOTICES.

1. The Founder: JAMES MURRAY.

VERY little appears now to be known of JAMES MURRAY, who bequeathed part of his fortune for the erection, organisation, and maintenance of the Institution that bears his name: at least very little is said regarding him in any of the published documents to which we have access. We are told simply that he was "a native of the Parish of Perth," and "sometime resided at Bridge of Earn." Though the deviser, he was not however the maker, of the fortune, by means of which the Institution was erected. The acquisition by him of the fortune in question involves a romantic story, which is best given in the words of the first published Report of the Institution (pp. 4-5).

"WILLIAM HOPE

"the son of Mr Murray's mother--went to India in early life, and was "for many years a Merchant in Madras, where he realised a very large "fortune. His health had suffered so severely from the climate that, "in the year 1808, it was recommended to him, by his Physicians, to "return to Europe: an advice with which he complied the more "readily as he had then realised an ample fortune, and felt the expe- "diency of conveying his children to England for their education. He "accordingly determined to leave Madras early in the year 1809: and "on the 26th January of that year, he executed his Will—in which he "provided handsomely for his wife and four daughters. Nor was he "unmindful of his mother and her two sons, to whom he bequeathed "considerable Legacies. The Deed, however, contained no provision "for so dreadful a calamity as afterwards happened. But, by a peculiar "interposition of Providence, after Mr Hope was about to embark with "his family, he hurriedly, as appears from his Will, provided that in "the event of himself and his family perishing at sea his fortune should "go to his mother and her two sons, Messrs John and *James Murray*."

"Mr Hope had taken his passage to England in the 'Jane, Duchess "of Gordon' East Indiaman: and with his wife and daughters he em- "barked at Madras on the 30th January, 1809. The fleet, consisting "of 16 Indiamen, sailed from Madras on that day for England. "Nothing material occurred till one o'clock of the morning of the 14th "of March following: when a most violent hurricane came on, and "lasted the whole of that day. The storm continued: and on the "night of the 15th, the wind blew with redoubled fury. On the "morning of the 16th, only seven ships of the fleet appeared—most of "them with the loss of masts, yards, and otherwise much damaged. "But the 'Jane, Duchess of Gordon' and three others were not to be "seen, and have never been heard of since. There can be no doubt

"that they all foundered in the storm: and that the crews and passen- "gers, including *Mr Hope* and his family, perished. Out of this "melancholy event a succession opened up to *Mr James Murray*, which "enabled him to endow this Institution on its present splendid scale."

Though we possess Portraits of his Trustees, it so hap- pens that the Institution contains neither Portrait nor Bust of *James Murray*; and we are informed by Dr Mackinlay of Cordon and Tarsappie—the living and worthy representative of Mr Murray's family—that no materials for Portrait or Bust are extant. In one sense the only form in which the name of *James Murray* is monumentally preserved in this Institution is in that of a White Marble Tablet, which bears the following inscription:—

THIS ASYLUM
was endowed by JAMES MURRAY, a native
of the Parish of Perth,
in the Year 1814:
erected under the management and superintendence of
DAVID BRATSON of Kirkpottie, and ROBERT PEDDIE,
City Clerk of Perth, his Executors:
and opened by Royal Charter,
under the auspices of Mr BRATSON,
the surviving Executor,
on the 28th May, 1827.

THIS TABLET
has been placed by the Directors to record the Gratitude
due to the *Founder* for his benevolent and humane
Bequest; and to his Executors for the anxious attention,
faithfulness, and strict integrity with which they have
fulfilled the Trust committed to them.

WILLIAM BURN, Architect.

The Institution itself, however, which bears his honoured name, and the whole History of its operations—bygone and to come—form the fittest and a sufficient

Monument to the Memory of James Murray.

The first Directors themselves obviously took this view of the matter: for in their second Report (for 1829—p. 4) they confess that they "cannot but turn once more, with "feelings of gratitude and respect, to the **Memory** of "**James Murray**, who, in this Institution, has left behind "him a **Monument** which must transmit his name to "Posterity as one of the most generous and enlightened "Benefactors of his Native Province."

2. The Trustees :

- (1) **DAVID BEATSON of Kirkpottie :**
and
(2) **ROBERT PEDDIE, City Clerk of Perth.**

By legal documents of date 1813 and 1814 the Testator—*James Murray* foresaid—conveyed his whole estate to David Beatson, who is designed as “of Kirkpottie, Merchant in and sometime one of the Bailies of the City of Perth,” and Robert Peddie, variously designed as ‘City’ or ‘Town Clerk of Perth’—as his Trustees and Executors, “particularly for the purpose of applying a certain part of the Trust Estate in the purchase of ground for, and the erection of, an Asylum for the reception of Lunatic persons “in the said city of Perth or its neighbourhood.”

ROBERT PEDDIE, City Clerk of Perth

died in July 1826, “before the Constitution of the Asylum “was adjusted :” whereupon the sole management of the Murray Trust, in relation to the Foundation of the future Murray Royal Institution, devolved upon Mr Beatson, as sole surviving Trustee. Mr Peddie did not therefore live to see the realisation of the Testator’s and of his own wishes in the opening of the Institution, which did not take place till July 1827. But, though it does not appear in any of the printed documents connected with the origin and history of the Murray, it is understood that Mr Peddie, as legal adviser of Mr Murray, not only suggested the direction which his munificence should take—the establishment of a *Retreat for the Insane of the Non-pauper classes*—but immediately guided his client in all the necessary legal steps. We know this, however, that the Trustees did not accept the plans prepared by their Architect till themselves had visited similar Institutions elsewhere, and had taken the “opinions of a number of Noblemen, and gentlemen, “and various official characters in the neighbourhood” as to the suitability of said plans. All this they did early in 1822. They submitted the plans, for instance, to the Physicians and Superintendents of the various Asylums they visited : for in these days Physicians and Superintendents were different persons—the latter being non-medical. All these and other preliminary or pioneer labours were joint : and it is even likely that Mr Peddie took or had the major share of the trouble. There is more than proba-

bility, therefore, in the supposition that the Institution, and all who have in any form or degree derived benefit from it, are under obligation to the foreseeing sagacity and philanthropy of *Robert Peddie*.

The respect entertained for him by those who must have known him well—Mr Beatson and the other original Directors of the Institution—led them not only to inscribe his Name on the Memorial Tablet already mentioned : but to place a half-size oil Portrait of him in the principal room of the Institution—the Board Room, where it is still to be seen : as well as to substitute, in the place he would undoubtedly have occupied in the Board of Directors, his son,

WILLIAM PEDDIE of Blackruthven and Pitcullen Bank,

who is designed in the charter “Writer in Perth.” Mr Peddie—the younger—was one of the original Life Directors of the Institution—along with John Murray of Cordon, brother of the Founder : and subsequently and for many years—from 1840 to 1864—he was Chairman of the Board of Directors.

DAVID BEATSON of Kirkpottie

was the first Chairman of the Board of Directors : and he continued so till his death in December 1838. On the demise of his co-trustee, Mr Peddie,

“he framed and executed the Deed of Fundamental Regulations, “which formed the groundwork of the Royal Charter, under which the “Asylum is now incorporated. Under that Charter the first Meeting “of Directors was assembled on the 28th of May 1827, when Mr Beatson surrendered into their hands the Trust which he had previously “so worthily discharged. He then laid before these Directors the “whole Accounts, and a State of the Funds belonging to the Institution, and gave them a minute History of the Origin and Progress of “the Trust, from the time of its Foundation The “Directors were so highly satisfied with the manner in which everything had been conducted, that it was moved, and unanimously “carried, that, as a mark of Respect and Approbation, a *Tablet of Marble* should be placed on a conspicuous part of the Building with “a suitable inscription as a Token of the warmest “gratitude due to the *Founder* for his benevolent and humane Bequest, “and to his *Trustees* for the anxious attention, faithfulness, and strict “integrity with which they had fulfilled the Trust committed to them.”

Even, however, after Mr Beatson had handed over the Institution and its affairs to a Board of Directors “he “seemed to regard the Institution as a child of his own,

“and he watched over it with more than a parent's care.” Dr. Malcom tells us in his first Medical Report (1828, pp. 25-6) that

“the Chairman, from the warmth of his feelings in regard to the success of an Institution which he has from the laying of the Foundation Stone to the present moment watched over with a care and solicitude that reflect the highest honour on him, may be supposed to be particularly alive to everything done in regard to the Institution.”

A Minute of Directors in January 1839 bore

“That it is proper for the meeting to record the deep feeling of regret for the severe and irreparable loss which the Institution has sustained in consequence of the death of Mr Beatson :

“That, from the commencement of the Institution until his death, he watched over its interests with the most anxious and unremitting attention :

“And that, in being deprived of his invaluable services, the Asylum has lost one of its truest friends and greatest benefactors : and the Directors the co-operation of an able adviser and a man of sterling worth and uprightness of character” [12th Annual Report, 1839 ; pp. 7-9].

It was no doubt in honour of his memory that his brother, Thomas Beatson of Mawhill, who had been one of the Life Directors from the opening of the Institution, was appointed to succeed him as Chairman. Thomas Beatson's rule, however, was short, inasmuch as he died in April 1839. Further and more lasting honour was done to David Beatson's memory by placing in the Board Room—nearly facing the Portrait of his coadjutor, Mr Peddie—a full length Portrait of him in oil—by the late Thomas Duncan, R.S.A., also a Perthshire man and a famous Historical as well as Portrait Painter of his day. This artist, who died in Edinburgh in 1845—and of whom a Biographical notice is given in Chamber's Encyclopædia—is best known perhaps by such Historical Paintings as “Prince Charles' Entry into Edinburgh after the Battle of Prestonpans.” But by many competent critics, his Portraits are preferred to his Historical pieces : and his noble figure of David Beatson has been regarded by the contemporaries of both artist and original as one of the happiest efforts of the Painter's skill.

3. The First Physician—Dr. MALCOM.

Dr. Malcom seems to have been appointed before the Institution was opened : how long before does not appear.

But he was the intimate friend of both the Trustees : and there is every reason to believe that he aided them materially—most likely guided them—in and through all their preliminary investigations and arrangements. His name appears in the very first published Report—in 1828—of which indeed his own professional Report forms an important section. In that section of the Report which was drawn up no doubt by the Secretary—to represent the views of the Directors—reference is made (p. 21) to their having provided for the Institution and its Inmates “the skill of an eminent Physician :” and the Directors “express their warmest thanks to their able Physician for the great zeal and attention displayed by him both before and since the Institution was opened.” In succeeding Reports, and for a long series of years, the Directors continued to pay similar compliments to the Medical Head of the establishment, for Dr. Malcom occupied the important post of Physician down to his death in 1859.

In the 33rd Report of the Institution (1860, p. 6), the Directors remark :

“In the course of the past year the Institution sustained a great loss through the death of Dr Malcom, who has been identified with it since its opening, It is due to the memory of the late Physician to mention that at a general quarterly meeting of Directors, held in December last, the following motion was unanimously agreed to :

“The Directors desire to record their profound sense of the great loss which the Institution has sustained through the decease of Dr Malcom, who from the commencement of it, during the long period of 32 years, has filled the office of Physician to the Asylum in a manner, which, besides reflecting the highest honour on him, was calculated to give the utmost satisfaction to the Directors, and great and general advantage to those whom the dispensation of Providence had placed under his care.”

The 4th Report in 1831 (p. 13-14) informs us that

“the Committee of Management, after mature deliberation, suggested to the Physician the propriety of his visiting the most celebrated Hospitals for the insane in England and upon the Continent. This proposition having met his approbation, arrangements were made in the autumn of last year (1830) to obtain proper medical attendance to the Asylum during his absence. . . . He proceeded to visit the Institutions in England, and then passed over to the Continent, where he inspected the Salpêtrière and Bicêtre in Paris, and the Asylums at Antwerp (and Rouen). In the course of his Tour, he examined minutely all the arrangements made for the accommodation of Insane Patients, and made the most sedulous enquiries with regard to the system of Treatment employed in alleviating and removing their dis-

“order. Most valuable information was freely communicated on these points : and the objects for which the journey was undertaken were thus completely realised. Upon his return, a full Report on the subject was submitted to the Directors : which is highly satisfactory, not only from the faithful picture it exhibits of the Asylums visited by the Physician, but also from the valuable suggestions it contains for the Improvement of the Institution with which he is immediately connected. It is gratifying to add that the Physician has expressed a clear and decided opinion that, in its construction and general arrangements, this Asylum is not inferior to any he visited in the course of his Tour : and as far as his observation goes, it possesses advantages which are rarely to be found in similar Institutions.”

We have made this excerpt—in the *ipsissima verba* of the Directors of the day, or their Secretary—for several reasons. It shows in the first place the liberal, enlightened spirit in which these earlier guardians of the Institution administered its affairs. Neither money nor pains were spared when any opportunity suggested itself of improving the structure or organisation of the establishment—of increasing the comforts of its inmates, or of adding to their chances of Recovery. Such an account of the proceedings of the officials shows in the second place how ready Dr Malcom must have been—at whatever personal inconvenience—and he had a large and laborious private practice both in county and town—to carry into effect the wishes of the Directors in whatever appeared calculated to benefit an Institution, in whose prosperity both they and he took so vivid an interest. And in the third place, Dr Malcom is not the only official of the Institution, who having had even more abundant opportunities of contrasting it with other—British and Foreign—Hospitals or Retreats for the Insane—has come to the conclusion that on the whole the Murray can stand its ground with the most or the best of them.

To the honour of the Directors, be it here noted, that Dr Malcom's Tour of Inspection was not the only one suggested by them to their officers. For, in their 24th Report [for 1851, p. 6] we find it recorded of *Dr Pierides*, who had been appointed to the then new post of “Superintendent and Resident Medical Officer”—that—

“before entering on its important Duties, the Directors considered it due not only to the Institution, but to Dr Pierides himself, that he should have an opportunity of visiting other Asylums in this country, and on the Continent, (in order) to ascertain the latest improvements which Experience and Science have introduced in the Treatment of the Insane. He accordingly made a Tour, and visited many of the

“Asylums of highest repute not only in Scotland and England, but in France : and on his return he gave an interesting account of his journey, and of some of those things which had particularly attracted his attention—in a Report to the Directors.”

It is or has hitherto probably been a mere oversight, that while the Board room is graced with a Marble Tablet bearing the honoured Name of the *Founder*, as well as with Portraits of *Mr Beatson* and *Mr Peddie*, it does not yet possess either Portrait or Bust of Dr Malcom—the active coadjutor of the last mentioned gentlemen in all their benevolent efforts on behalf of the Institution. But curiously enough—as if keeping room for this “missing link” in our Portrait Cabinet of Worthies—there has existed for 50 years, and there still exists, in the Board room aforesaid, a vacant space for a companion Portrait to that of Mr Peddie. And this vacant space is the only thing that mars the appearance—detracts from the symmetry—of what is otherwise a handsome Room, whether used as Board Room, Drawing Room, or Ball Room—to all which, and to many other useful purposes it is so frequently applied. Mr Beatson's Portrait occupies the whole interspace between the large fireplaces on one side of the room : while the Tablet is placed over a central door on the opposite side—facing Mr Beatson's figure, and Mr Peddie's Portrait occupies a space on one side of the said Tablet and door. But the corresponding space on the other side of the door is a blank : and we have already seen that there is no possibility now of procuring any sort of likeness of *James Murray*. This being the case, there can be no difference of opinion, we should imagine, as to whose the portrait should be which should forthwith occupy the *vacant space* just referred to in the too limited Portrait Gallery of the Institution. Next to James Murray, David Beatson, and Robert Peddie, there is nobody who has done more in its early days for this Institution than

WILLIAM MALCOM.

And fortunately it can be matter of no difficulty to secure a duplicate of some of the excellent Portraits that exist of his once familiar features : for we remember to have seen a most faithful likeness of him, as well as a fine work of art—a Portrait publicly exhibited in Perth many years ago—which was the product of the taste and skill of J. M. Barclay, R.S.A., another Perth artist, who has betaken himself to the Modern Athens.

4. The First Secretary—ALEXANDER MACKENZIE, City Clerk of Perth.

Every one who has had anything to do with the construction and organisation of a Public Institution can have no difficulty in understanding how the chief toil—the burden and heat of the day—fall usually upon the Secretary. On the first Secretary of the Murray Royal Institution must have devolved all the trouble of preliminary correspondence, arrangement of meetings, drawing up of legal documents, and framing of Regulations. Not only so, but for the long period of 19 years he no doubt wrote the admirable annual printed Reports of the Institution. And these Reports were very far from being of the orthodox or usual kind—a bald catalogue of statistical facts, interspersed perhaps with a number of platitudes, couched not in the best of English. Alexander Mackenzie, on the contrary, was something more than a mere Secretary; he thought and read for himself: he obviously took a keen interest not only in the Institution, but in the Natural History of Insanity and the Insane. He would appear to have studied all the best works of the day on the subject, and he made the best use of the knowledge so acquired in the Reports alluded to. Thus we find him quoting such works as Abercromby on “The Intellectual Powers:” Brigham on the “Influence of Mental Cultivation and Mental Excitement upon Health:” Ray on the “Medical Jurisprudence of Insanity:” Craigie’s “Practice of Physic:” Andrew Combe in the “Phrenological Journal:” St. John on “Egypt and Mohammed Ali:” the anonymous author of “Illustrations of the Law of Kindness:” writers in the “British and Foreign Medical Review:” besides many works—including even Government Blue Books—on Insanity or its treatment. Indeed Mr Mackenzie’s annual Reports may be said to have included the *Medical* Reports of the Physician: for during the first 20 years of the existence of the Institution, we find separate published Reports by Dr Malcom only on two or three occasions [viz.: in abstract in the first and second]. While in the third there is a short Report by the late Dr Robertson of Alexandria, Inspector of Army Hospitals, who was one of those original Directors, that signalled themselves by their kindly services to the Institution [as appears from the Tribute paid to him in third Report, p. 15]. Many of the annual printed Reports intervening between the third and twentieth—for instance the sixth to the seventeenth—

both inclusive—bore to be the Reports of “the Directors and Physician,” but contained no separate Medical section. The eighteenth to the twenty-first, also inclusive, were simply the “Annual Report of the Directors,” also containing no Medical section or appendix; which however appears in the twenty-second, giving the Medical and other statistics of the Institution for the first twenty-two years of its existence. In all probability it was to Dr Malcom that Mr Mackenzie owed his references to Esquirol, Pinel, Heinroth, Tuke, or other celebrities connected with Insanity or the Insane. But though this be the case, it was by the Secretary that the medical information was deftly incorporated in the general current of a readable, interesting Report—in which its author frequently gives free scope to his fancy. That Mr Mackenzie was a man of literary taste and culture is not to be wondered at when it is mentioned that one of his Brothers was the late Lord Mackenzie, a Judge of the Court of Session, well known for his “Studies in Roman Law,” [which reached its 4th edition last year—1876], and for his other contributions to contemporary legal or general literature. In the twentieth Report of the Institution (p. 8), the Directors thus notice the “melancholy and sudden” death of Mr Mackenzie in 1847:

“On the motion of Mr Belshes of Invermay, seconded by Mr Smythe of Methven, the Directors . . . deem it their duty to enter on record an expression of their deep feeling of the very great respect they ever entertained for his long, talented, and unwearied exertions for the Institution, in which he filled the onerous office of Secretary. They feel assured that not a little of the excellent management and success of the Institution is justly attributable to the superior business habits, and patient attention he uniformly brought to the discharge of the various duties of his office. The Directors feel assured that they have personally lost a faithful friend and able counsellor, and that the Institution has been deprived of a most efficient officer. He was perhaps the last of the Board of original managers of the Establishment, and who, until their deaths, ceased not to take a lively interest in its success.”

Whether or not the appointment was made wholly or in part in compliment to Alexander Mackenzie, the vacant office of Secretary to the Institution was, on his death, conferred on his Brother,

DAVID MACKENZIE, Solicitor, Perth.

Whatever, however, may have been the motive or ground of appointment, this appointment itself was a most fortunate one for the Institution, which never had an officer more effi-

cient—more amiable—more interested in it than David Mackenzie : and we can say so emphatically, for, of his indefatigable and valued contributions to the prosperity of the establishment we had for many a year personal evidence. He was saved all the turmoil of organising a new Institution, but not the perhaps much less pleasant duty of reorganising one sufficiently old in many respects to require *Reform*. He was connected with much more critical periods in the History of the Murray than its Birth or Inauguration : and only those who were associated with him in the harassing labours of such crises can have any conception of the nature or amount of the work he was called upon to perform. But a genuine—perhaps in a sense a hereditary—interest in the place, and a no less genuine sympathy with its officers in the midst of their trying duties led him to be always ready to take his share cheerfully in the labour that had to be gone through. Not only this, but for a long series of years he succeeded his brother as Historian of the Institution's affairs and operations in its annual Reports. These Reports of his, however, were never so full as those of his brother and predecessor in office, by reason of the fact that, from the date of his appointment (1847) onwards, the *medical* appendix constituted the bulk of the published Reports of the Institution, until it was allowed to constitute virtually the Report of Directors as well as Physician—just as at first the Report of the Secretary was essentially the Medical and Directorial Report conjoined. We find accordingly that, in the last published Report of the Institution—for the triennial period from 1865 to 1868—the Secretarial Report is a mere prefatory or introductory Note. The discontinuance of the publication of Annual Reports since 1868 has had this, among other, disadvantages or drawbacks, that there is no printed record of the demise of David Mackenzie, which took place after a lingering painful illness in 1872. But under other circumstances—had the Reports been published annually as before up to the present date—we should have been able to refer to some published Tribute of a suitable kind to the official services of David—as well as of Alexander—Mackenzie—

“*Par nobile fratrum.*”

David Mackenzie was succeeded in the Secretaryship by his son, George Alexander Mackenzie, also a Solicitor in Perth : so that the Secretarial business of the Institution may be said to be, and to have been, in the hands of the same well-

known and respected Family from even before the period of its opening in 1827.

5. THE EARLIER DIRECTORS.

1. GENERAL BELSHES of Invermay.
2. JOHN MARSHALL of Luncarty and Rosemount.
3. DAVID CRAIGIE, Banker, Perth.
4. Dr. FRASER THOMSON, Surgeon, Perth.

We have deemed it only fitting to give the names of a few of those of the Ordinary Directors—now gone to their honourablerest—who conspicuously distinguished themselves by the part they took in the gradual development of the Institution—in the changes that from time to time became necessary in its organisation.

The good old Family of *Belshes of Invermay* was connected with us from the very first—the name of the then Laird—A. H. Murray Belshes—appearing in the first list of Annual Directors in 1828. In the 12th Report—for 1839—his name appears among the Life Directors : and it remained on the said list up to the 31st Report—in 1858—when he was succeeded as a Life Director by his Brother *General John Murray Belshes*. The gallant General—who probably from his more robust health, took for many years a much more active share in the management of the Institution than would appear ever to have been taken by the Laird of Invermay himself, became one of the Ordinary Directors in 1849 (22d Report). He had, therefore, ample opportunity of mastering the affairs of an establishment that bore one of his own family names—“Murray”—prior to his elevation to the Life Directorship in 1858. His name appeared on our list of Life Directors in 1859 (32d Report) : and in the Report of the Secretary for 1863 (36th Report, p. 6) his demise is alluded to as that of one of the “most devoted Directors” of the Institution. Such a description of him, however, gives but a faint idea of the influence he wielded in the Directorate, and especially in the Committee of Management, for many years. Of that Committee, which then met weekly, he was avowedly the central force and figure—the *primum mobile* : though not actually, he was virtually, the Chairman : nothing of any consequence was done without the sanction of “the

General." But he exercised the power of command he had acquired among his colleagues—the virtual superiority they unanimously accorded him—beneficently—discreetly. He had strong views of his own upon most subjects, and he did not, perhaps, relish giving way even when convinced that opposite views could be better defended. But many of his views were both foreseeing and practical, sound and sagacious : and it is perhaps unfortunat e now that some of them had not been adopted as part of the fixed policy of the Institution.

It so happens that *Mr Marshall* and *Mr Craigie* were intimately associated with General Belshes in the many and important changes that took place in the reorganisation of the Institution between 1854 and 1860. Mr Marshall became an Ordinary Director in 1843 : a Life Director in 1859 : and died in 1862, his decease being referred to by the Secretary in the 36th Report—for 1863—as, like General Belshes—with whose name in the official obituary notice his is indeed associated—one of the "most devoted Directors" of the Institution. Mr Craigie became a Director in 1846 : died suddenly in June 1866 : and a short obituary notice was given in "Excelsior" (Nos. 26-7, 1867, p. 8). His memory is more specially connected with the addition of a Conservatory (including both Greenhouse and Hothouse) to the other amenities of our Pleasure grounds, and with the construction of the handsome new Crystal Palace arrangement of the interior of the Central Tower:—the latter, an improvement with which it is only proper to associate the name also of *Dr Fraser Thomson*. Dr Thomson became an Ordinary Director in 1847 : Chairman of the Board in 1865 : and a Life Director in 1868. He died in 1871, and, like Mr Craigie, suddenly.

The early History of the Institution can scarcely pretend to any sort of completeness without introducing the name of its

6. Architect: WILLIAM BURN of Edinburgh.

In their very first Report (p. 18) the Directors testify to "the skill, zeal and attention of the architect:" and express themselves satisfied that the Building, in all its appointments, had been found "in every respect admirably adapted to the objects of the Institution, and calculated in an eminent degree to realise the expectations" that

Mr Burn's reputation had led them to entertain. In the same Report (p. 21) they again speak of him as "the most eminent architect" and commend his technical ingenuity. Before drawing up and submitting his plans in 1821, he had, we are specially told, "visited the principal Asylums both in England and Scotland, and devoted the greatest attention to the subject"—of Asylum or Hospital construction. He was selected as Architect on account of his "well known Talents and professional Eminence" (p. 7). In their 2d Report (p. 4), the Directors tell us that the structural arrangements "excite universal admiration, and render the Asylum a *Model* for the formation of similar establishments." And in point of fact the Murray did subsequently become the model upon which at least one other Institution of a similar kind was constructed—one that has acquired a world-wide celebrity in connection with the name and fame of its first Physician—Dr. Browne—afterwards one of H.M. Commissioners in Lunacy for Scotland. We allude to the Crichton Royal Institution, Dumfries—which, like the Murray, was the fruit of the munificence of a liberal Native of the town or county in whose midst it was erected—alike a suitable and durable Monument to his enlightenment, and a boon of no ordinary kind to the educated Public : for, like the Murray also, the Crichton—as it is familiarly called by its present and former residents—was intended for, and is mainly applied to the use or benefit of, the *Non-pauper* classes of the Community, while it is *National* rather than provincial in its character. The Crichton Royal Institution was so-called in honour of its founder "the late James Crichton of Friars Carse in the shire of Dumfries, Esquire:" its Royal charter was obtained in 1840 : Trustees were appointed, and occupied a more permanent place in the government of the Institution than did those of the Murray : a portion of the building was devoted from the first to the *Poor* of certain of the Southern Counties of Scotland : the first code of Regulations is dated 1839 : and the Institution appears to have been opened in 1840. Unfortunately, however, we have no copy of the 1st Annual printed Report, which was probably—like all its successors—drawn up exclusively by the *Physician* : and which 1st Report—like its companion Report of the Murray—no doubt contained a History of the origin and opening of the Establishment. But, though the Crichton Royal Institution was, we understand, built by the same architect as, and on the model of, the Murray, it is on a much larger scale—being at least 3

times its size, with nearly 3 times the Number of inmates and 4 times the amount of Pleasure ground surrounding it—this ground, however, being partly occupied by another Asylum, subsequently built—the “Southern Counties Asylum”—for Paupers exclusively, to the number of over 300. The Crichton Institution is built of the Red Sandstone so plentiful in its neighbourhood—a colour and material that give the building a much warmer, more picturesque character than is possible with the cold, bluish-black, hard Whin-stone of the Hill of Kinnoull. Moreover, the Architect improved upon his first essay at the Murray by imparting a more decorative character to the exterior. Thus he embellished the coping of frontage, wings and tower with ornamental vases: and the effect of such embellishment can only be appreciated by contrasting the outline of such buildings with and without the addition of little, comparatively inexpensive, ornaments of such a kind. This is one of the æsthetic improvements on the Murray that remain to be effected—the lowering of the unsightly glass-triangle of the Tower, and the arrangement of Vases at the angles of the coping of the said Tower, whole frontage, and portico. Æsthetic improvements of such a character, however, though important enough in themselves, have hitherto been regarded as secondary to those of a conspicuously useful kind—those bearing directly or immediately upon the comfort of the Inmates, or the efficient working of the establishment.

IV. GOVERNMENT & STAFF OF THE INSTITUTION.

1. The Board of Directors.

By the Charter of 1827, a Board of 25 persons was constituted, consisting of the following 3 classes:—

1. *Ex-officio* Directors—9 in number.
2. *Life* Directors—4 in number: and
3. *Annual* or Ordinary Directors—12 in number.

The *first* class includes various Public officials of the County and City—such as

The Lord Lieutenant:
 The Sheriffs Principal and Substitute: and
 The President of the Society of Procurators—of the County:

The Lord Provost and other Magistrates:

The Convener of Trades: and

The Established Church Ministers—in succession—
 of the City of Perth.

For the most part these *Ex-officio* Directors change annually or every few years. But there are exceptions—notably in the case of

HUGH BARCLAY, L.L.D., Sheriff-Substitute of the County,

who has held his office of Director, in virtue of his other office on the Bench, for no less than 43 years: his Name first appearing on the list of *Ex-officio* Directors in 1834 (7th. Report). It is only justice to the learned Sheriff to put it upon record here that during that long period he has not only borne his share in those numerous consultations and questions that rendered judicial experience and advice desirable and valuable: but he has been ever ready, casting aside his robes and dignity of office, to lend willing and genial aid in all the means adopted for rendering pleasant or profitable the inner life of the Institution. Thus he has spared time from his multitude of other pursuits not only to attend the Lectures, Demonstrations, or *Conversazioni* that used to be given or held in our Hall; but he took a prominent part in them himself—for instance as a Lecturer—as more than one of our printed Programmes testify.

The *second* class of Directors—the *Life* Directors—were at first the gentlemen more immediately related by blood to, or associated with, the Founder or his Trustees in the original constitution of the Murray. Thus the first *Life* Directors were

David Beatson of Kirkpottie.
 Thomas Beatson of Mawhill.
 John Murray of Cordon: and
 William Peddie of Pitcullenbank.

As death vacancies occurred from time to time the gentlemen promoted were usually selected from among the *Annual* Directors on account of their social rank in county or town—or their length of service as *Annual* Directors. Among the whole body of Directors subsequent to the death in 1840 of John Murray of Cordon, and of his son, James Murray of Cordon, who succeeded him as a *Life* Director in 1841, there has been no near relative of the Founder—no

representative of the Murrays of Cordon—with the exception of

**DAVID MACKINLAY of Cordon and
Tarsappie,**

who was an Annual Director between 1873 and 1876, but who has not yet become a Life Director.

The *third* class of Directors—those appointed annually, and who hold office for 3 years—includes all the leading

1. Noblemen and other landed proprietors of the County—or some of their representatives.
2. Physicians and Surgeons :
3. Solicitors and Bankers : and
4. Merchants—of the City.

Among the *County Noblemen* have been
The Dukes of Athole.

The Earls of Mansfield, Kinnoull, and Breadalbane.
The Lords Rollo, Ruthven, Lynedoch, Strathallan,
and Gray.

The Baronets of Moncreiffe, Pitfour, Fingask, Och-
tertyre, and Delvine.

The present Sir Thomas Moncreiffe of that Ilk became a Director in 1846 : while the name of his father, Sir David Moncreiffe, occurs among the Annual Directors in 1829. The late Sir Alex. Muir Mackenzie of Delvine was a Director in 1830 : Sir John Muir Mackenzie in 1848 : the present Baronet in 1872. Such illustrations suffice to show that successive generations of our County Noblemen have not only lent the influence of their Names, but given—in such a case as that of the present Baronet of Moncreiffe—over and over again their most zealous personal service in the supervision of the affairs of the Institution.

Among the *County gentlemen* have been representatives of the following old or more modern families :—

The Smythes of Methven.
Grants of Kilgraston.
Macdonalds of St. Martins.
Stirlings of Abercainey and Kippendavie.
Oliphants of Gask and Condie.
Grahams of Redgorton and Murrayshall.
Craigies of Glendoick and Dunbarney.
Hunters of Auchterarder and Glencarse.
Setons of Potterhill and Greenbank.

Nairnes of Dunsinnane.
Macduffs of Bonhard.
Pattons of Glenalmond.
Stuarts of Annat.
Patersons of Castle Huntly.
Blairs of Balthayock.
Bells of Glenfarg.
Sharpes of Kincarrathie.
Cunninghams of Newton.
Murrays of Ayton.
Pitcairns of Pitcairn.
Stoddarts of Ballendrick.
Wrights of Lawton.
Thomsons of Balgowan.
Drummonds of Megginch.
Duncans of Damside.

Many of these Names and families have died out ; while their properties have passed into other hands. Or the Names of present possessors of old Perthshire properties are not those of old County families. A perusal of the printed lists of Directors since 1827 is interesting were it only as showing the singular vicissitudes that have taken—and are still taking—place—in old Perthshire families. And the feeling that change is, and has been, indeed the order of the day among the old families of Perthshire, as elsewhere, is intensified by the perusal of the 3 vols. of Mr Fittis' "Illustrations of the "History and Antiquities of Perthshire," or of other works touching upon Perthshire Genealogy or History. Whole families have been swept away. The Lindsays of Evelick have left only their old fortalice among the "Braes of the Carse" of Gowrie. The Lindsays of Kilspindie, Ardinbathy, Logies, and Tulliallan—all in Perthshire—have left apparently no trace of any kind in the county. On the other hand, the Eviots of Balhousie would scarcely recognise their old Castle in its modernised state.

Among what may be called our *Professional* Directors—Professional in the double sense of their belonging to the learned Professions—of Physic, Law, and Divinity, and of their giving valuable service to the Institution in the form of their skilled opinion at the Board meetings—we may fitly—in connection with an Institution whose prominent feature is that of being an *Hospital*—give precedence to the *Medical* Profession. The Physicians and Surgeons who have occupied positions of the highest usefulness on the

Board of Directors have included not only gentlemen in active practice—the leading Physicians and Surgeons of the county and city, with those of the County and City Infirmary: but gentlemen who had or have retired from practice—from the Military or Naval services of their country—or from private practice in India or elsewhere.

Among those now dead may be mentioned

Dr Stewart of Bonskeid.

Dr Robertson of Alexandria.

Dr Kelty of Tayhill.

Drs Hosack, Stewart, Cleland, Halket, Miller, Macfarlane, Boyter, and Fraser Thomson—all of Perth.

While among the living we have had

Dr White of Perth: who became a Director so long ago as 1843.

Dr Bremner, formerly of Bombay, and now of Edinburgh, who was appointed in 1856, and proved, so long as he was a member of the Managing Committee, one of the most active coadjutors of such men as General Belshes, Mr Marshall, and Mr Craigie.

And we still have Dr Bower, Surgeon, R.N.

The *Solicitors and Bankers* include not only gentlemen locally known as Writers, or holding the position of Agents superintending local Branches of Banks whose Headquarters are in Edinburgh or Glasgow: but those occupying the status of Writers to the Signet in Edinburgh. These gentlemen—connected more or less immediately with the legal profession—for many local Bankers are also Solicitors—have always occupied a prominent place among the Directors of the Murray, and especially in the Committee of Management. At the present moment—exclusive of *Ex-officio* Directors connected with the Law, and of County gentlemen who are members of the Faculty of Advocates, Edinburgh—there are no less than 5 Solicitors—including one Edinburgh W.S.—on our Directorial Board, and 3 of them on the Committee of Management: while our Secretaries and Treasurers are also Solicitors—one of them an Edinburgh W.S., and our Auditors are Accountants. As Business men, such gentlemen are, and have always been, of the greatest service to the Institution—giving to the conduct of its affairs a large measure of their valuable time and attention. Some of these gentlemen, moreover, have occupied their positions—with intervals of release—for

long periods. Thus Mr Conning became a Director in 1847. And it is from the ranks of the *Bankers* and Solicitors that the present Chairman of the Board of Directors was selected, viz:

DAVID LEITCH JOLLY, Banker, Perth,

who first joined the said Board as an Annual Director so early as 1840, becoming a Life Director in 1875.

Of *Clergymen* there has been a succession—since 1827—of the *Established Church* Ministers of Perth and its suburbs. So frequent, however, have been the changes among them that very few have long occupied a place on the Board of Directors:—few have been re-appointed:—and only one has been a member of the Managing Committee. That exception was in the case of the Rev Dr Anderson of Kinnoull, who became an Annual Director in 1845, and a member of the Managing Committee in 1853. There can be little doubt that, had the Charter been drawn up in 1877, instead of 1827, it would not have limited the Clerical element in the Directorate to Ministers of the *Established Church*, but would have offered an equal position to Clergymen of other denominations. The Inmates belong to all the leading denominations—Roman Catholic and Episcopalian, as well as Presbyterian; and to Free Church, United Presbyterian, Congregational or Independent, Original Seceder, and other Churches among Presbyterians. Our present Chaplain is an Independent or Congregational Clergyman in Perth—the Rev. W. D. Knowles, B.A.: while his predecessors have been usually Ministers of the *Established Church of Scotland*. Individual Patients are visited by Clergymen of their own denominations—selected by themselves or their relatives: and Episcopalian, United Presbyterian, and other Ministers have repeatedly taken part in the various educational or other operations of the Institution—for instance, as Lecturers. Thus we have been under special obligations to

The Rev. Wm. Blatch of St. John's (Episcopal Chapel), Perth.

The late Rev. Dr Crombie of Scone (Established Church): one of the Moderators of the General Assembly of the Church of Scotland.

The Rev. Dr Anderson of Kinnoull, another worthy representative of the so-called "Established" Church.

The Rev. Dr Wallace of Glasgow, one of the most eminent Clergymen of the United Presbyterian denomination : and

The Rev. Henry Stirling of Dunning (also a United Presbyterian).

The Boards of Directors have also included a large number of *Military* officers of all ranks—from that of Captain up to General. Among these Military gentlemen have been the late or still living

General Lindsay of Early Bank.

General Cunningham of Newton.

Colonel Paterson of Castle Huntly.

Colonel Drummond Hay of Seggieden.

Colonel Balmain of Dalvreck.

Major Moray Stirling of Abercairney.

Major Jelf Sharpe of Kincarrathie.

Captain Hunter of Auchterarder.

The *Naval* service has, curiously enough, not been represented nearly to equal extent. Still we have Dr Bower, Surgeon, R.N., the indefatigable Secretary of the Fechny Industrial School, on the present Board and Managing Committee.

Lastly, not the least useful and notable of the Directors have been those belonging to the *Miscellaneous* class—gentlemen who were neither County nor City officials, County Noblemen nor Land-owners, Professional men representing Medicine, Law nor Divinity, or Military officers : but who were, nevertheless, Perth celebrities of their day and generation. This class included, for instance, the late

1. Dr Anderson, L.L.D., Rector of the Perth Academy, the ablest scientific man of his time in this part of Scotland—afterwards a Professor in the University of St. Andrews : whose Memory is fittingly perpetuated in the Monumental Water Works, erected under his auspices on the South Inch in 1832.

Though he has never been a Director, it is but proper here to acknowledge the obligations under which the Institution has frequently been placed to his successor in office in the Rectorship of the Perth Academy—another distinguished Mathematician and Natural Philosopher—

Dr Miller, L.L.D., and F.R.S.E.

Not only has he himself more than once lectured in our Hall, or exhibited scientific apparatus at our Conversazioni ; but we have repeatedly had the advantage of the services in

our Pulpit of his son—the Rev. Thomas Duncan Miller, M.A.

The late

2. Robert Buist, Session Clerk of Perth,

better known to the world at large in connection with his Salmon lore, and the Stormontfield experiments—as the “Peter of the Pools” of the “*Field*” newspaper—and as the Historian (in 1866) of the said Salmon-breeding operations on the Tay. He became an Annual Director in 1858.

The 24th Report (1851, p. 7) thus refers to the high character of the Directors, and to the advantages of government by a *Public* Board composed of such Directors :

“The Law has shown particular jealousy toward those who profess to care for the Insane, and to keep Houses for their cure. . . . *Publicity* and Inspection are the grand safeguards against such evils” as the cupidity of the Proprietors of Private Asylums, or the selfishness of interested friends. “And second to these are the respectability and *disinterestedness* of the Board of Management. A reference to the List of Directors of this Institution will show that it is fortunate in having, in the management, persons of such high rank, station and respectability : and their disinterestedness is guaranteed by a provision of the Royal Charter that no one who holds any *office* of *emolument* connected with the Institution shall be eligible to be chosen as a Director.”

2. Committee of Management.

The affairs of the Institution are regulated more especially and immediately by a Committee consisting of 8 members, appointed by and from among the general body of Directors. At present the said Committee is thus made up :

The Chairman (a Banker in Perth) :

Another Perth Banker, who is also an Edinburgh W.S. :

Three local Solicitors :

A retired Naval Surgeon :

A county gentleman (landed proprietor)—living in the suburbs of Perth :

Another county gentleman—not a landowner but living in the country :

while, having seats at all meetings of Committee, as at all meetings of the General Board, are the Physician, and the Secretary (a local solicitor). As a rule, the Managing Committee has from the first been constituted of similarly diverse materials—business men, or those who have been business men, of one kind or other predominating.

Naturally this Committee is appointed from among gentlemen, living in the town or suburbs, who can readily attend all the ordinary, as well as extraordinary, meetings. At first and for a long series of years—up to 1864—these meetings of Committee occurred Weekly, and the Committee itself was known as the *Weekly Committee*—a list of its members being printed in the Annual Reports down to 1865. Thereafter it was designated simply the “Managing Committee” (e.g. in last Report for 1865-1868), and its meetings were held *Monthly*, and are still so held.

3. Meetings of Directors.

The Meetings of Directors are of two kinds, those which are fixed—periodical—ordinary: and those that are special—called for particular reasons. The former consist of

1. Quarterly meetings of the General Board on the second Mondays of March, June, September, and December: including the
2. Annual meeting in June.
3. Monthly meetings of the Managing Committee—on the first Thursday of every month.

All these meetings, as a rule, are held in the Institution—the larger or General ones in the large Hall or Board Room already more than once mentioned—as adorned with the Monumental Tablet and Portraits in honour of the Founder and his Trustees: the smaller or Committee meetings in a smaller, more convenient apartment on the ground storey. The results of all transactions or consultations of any importance by the Managing Committee are duly reported quarterly to the General Board. Special or *pro re nata* meetings are called whenever any business of consequence cannot well be allowed to stand over for an ordinary monthly or quarterly meeting: in which case, if more convenient to the majority of the Directors so summoned, the meeting is convened in the Chambers of the Secretary in town.

4. Royal Charter.

Mr Beatson—as surviving Trustee of Mr Murray—having in 1826 taken the opinion of Counsel as to the best mode of governing the Asylum or its affairs—“as all of them were “decidedly of opinion that much trouble and expense would “ultimately be saved and additional permanency secured by “erecting the Directors of the Institution into a *Body Cor-*

“*porate and politic*, it was thought prudent immediately to “apply for a Charter from the Crown to that effect.” This Charter was accordingly obtained of date March 5, 1827 (1st Report, p. 8.)

5. Published Regulations.

The attention of Mr Beatson—when he found himself, in 1826, sole surviving Trustee of the Founder—“was first “directed to the formation of a proper *Constitution* for the “Asylum: and as this was a subject of the greatest “importance he lost no time in taking the assistance of “Counsel of the first eminence. After much labour and “attention a Deed establishing Fundamental Rules and “Regulations was executed under the direction of these “advisers” (1st Report, p. 8.)

A full code of *general* Regulations and Bye-laws—for the guidance of all classes of officers—non resident as well as resident—and for the administration of the usual affairs of the Institution has been drawn up by the Secretaries and Physicians on at least three occasions, viz: in 1827, 1850, and 1858. The original Regulations of 1827 were “framed after “great consideration and an attentive perusal of the “Regulations of various other similar Institutions.” But *special* Regulations have also been issued—from time to time—in the printed form for the guidance of Attendants and Servants, Engineer, Gardener, or other individual officers or classes thereof: and Rules, Notices, or Cautions, of all kinds are published—for private circulation—now and again as required.

6. Staff—Resident and Non-resident.

At first the Staff of Superintending Officers of the Institution consisted of

Superintendent (lay or non-	}	Resident,
medical),		
Matron,	}	Non-Resident,
Physician,		
Treasurer (a Banker in Perth)		
Secretary (City Clerk of Perth)		

At present the *Resident* Staff includes the

Matron:
Housekeeper:
Head Male Attendant:

Gardener : and
 Two Assistant Gardeners :
 Engineer :
 Messenger and Postman :
 6 Ordinary Male Attendants :
 6 Ordinary Female Attendants :
 2 Cooks :
 3 Laundresses : and
 Housemaid :

—in all 26 officers of different grades. The Physician resides at Gilgal—on the Farm land belonging to, and surrounding, the Institution and its pleasure grounds on three sides : the Gardener occupies the Lodge at the Main gateway to the said grounds : while the Engineer and one of the Assistant Gardeners live in town. All the other officers reside within the Institution itself.

The *Non-Resident* staff consists of the

Chaplain :—a Congregational Clergyman of Perth :
 Joint Secretaries and Treasurers :—Solicitors in
 Perth—one of them also an Edinburgh W.S.
 Auditors :—Accountants in Perth.

In the interval between 1827 and 1877 there have been many changes in the constitution of this Staff—especially the Resident section of it. The first change was the addition of a resident “Surgeon”—as he is called—in 1836—Dr. Paul Pierides—a Greek. Then followed in 1839 a Chaplain—the Rev. John Bell—and a Housekeeper. The Chaplain was appointed on the ground that similar officers had been attached to the larger Asylums of Edinburgh, Glasgow, Aberdeen, and Dundee (11th Report, p. 5). In 1851 Dr. Pierides became “Superintendent” as well as “Resident Medical officer :” the non-medical Superintendent was made House Steward : and the office of Housekeeper was abolished. The non-medical Superintendent first appointed—Mr Simmonds—resigned office in 1837—“having succeeded to a considerable Private Fortune” (11th Report, p. 13) :—a good fortune that does not seem, however, to have blessed any of his successors. In 1854 a female Housekeeper was substituted for a male House-steward. In 1856 the offices of Secretary and Treasurer were conjoined in a firm of Solicitors in Perth : while in 1857 a firm of Accountants in Perth were appointed Auditors. In 1858 the “Superintendent and Resident Medical officer,” who in 1857 was more shortly and appropriately designated “Resident Medical Superintendent,” and who

had hitherto occupied apartments in the Institution, having gone to reside in the Mansion of Pitcullen Bank, adjacent to, and the property of, the Murray, a “Resident Medical Assistant” was appointed to reside in the Institution itself. Dr. Lorimer’s name occurs only in two of the Annual Reports of the Institution—the 31st and 32d—for 1858 and 1859. In the 32d (p. 6) he is referred to by the Secretary as “Assistant Superintendent.” He subsequently died (in 1871) in Java, whither he had gone to push his fortune in private practice. Various notices of him—including an Obituary Memento—are to be found in “Excelsior” (Nos. 34, p. 4 : 9, p. 2 : 19-20, p. 6). Dr. Lorimer was succeeded by Dr. M’Intosh, now at the head of the District Asylum at Murthly near Dunkeld—an establishment that may be considered a sort of offshoot from the Murray, bearing to it the relation that the Southern Counties Asylum does to the Crichton Royal Institution at Dumfries. Dr. M’Intosh’s name appears in three of the annual Reports of the Murray—33d to 35th both inclusive (1860 to 1862), and it is mentioned also in “Excelsior” [Nos. 19-20, p. 6 : 21-2, p. 1]. Dr. M’Intosh again was succeeded in office by Dr. M’Lintock, now in practice in Church-Stretton, Shropshire, where he is Physician also to two Private Retreats for Mental Invalids—gentlemen and ladies respectively. His name too appears in three of the printed Reports of the Murray [from the 36th to the 38th both inclusive—1863 to 1865] : and it is also mentioned in “Excelsior” [Nos. 19-20, p. 6 : 26-7, p. 1]. Since he left the Institution in December 1866, there has been no Resident Medical Assistant. Nor has there been any Visiting Physician since Dr. Malcom’s death in 1859.

V. Object or Character of the Institution.

We are told by the Charter that the Murray was originally intended “as an Asylum for Lunatics alienably
 “. . . . an Asylum for Lunatic persons
 “an Institution calculated to be beneficial and useful to the
 “Public.” The 2d Report (1829, p. 5) describes it as a
 “comfortable Retreat :” and this perhaps has always been
 its distinctive feature, as compared with larger Establish-
 ments for the Treatment of the Insane—establishments
 that acquire an objectionable, Barrack-like character in pro-
 portion to their size and population. The 1st Report (1828,
 p. 16) tells us that “while the Establishment possesses all
 “the advantages of a *Public* Institution, richly endowed, it,

"at the same time, is conducted on principles of the "greatest *privacy* and comfort." This is another of the distinctive features it has maintained throughout, and continues to maintain—the *conjoint advantages of Publicity and Privacy*. Publicity has been secured by

1. The Government of affairs being vested in a Board of Directors composed of the most noted Public men of the county and city of Perth: and
2. The publication of Annual or other Reports up to 1868.

Privacy, on the other hand, has been obtained and maintained by

1. Limiting the size of the establishment: and
2. Giving all its arrangements a domestic or Home-like character.

In some of the early Reports it is spoken of also as an "Hospital." Thus in the 11th Report (1838, p. 7) it is designated—"a Public Hospital:" as well as (p. 6) "a Public Institution for Charitable purposes." The Charter (p. 13) obviously points at the *exclusion* from the benefits of the Institution of all persons "having legal claims for Parochial relief as *Paupers*." In other words the Murray was intended from the first to be reserved for the *Non-pauper* classes—though not necessarily for affluent members alone. The only preference or privilege expressed or conferred by the Charter is in favour of Natives of the four Parishes of Perth—of the parishes of Dunbarney and Rhynd, and of the County of Perth generally. But this is only provided the said persons be not Paupers, and that there is competition for accommodation with others who come from or reside at a distance. That the Institution was intended for the *Non-pauper* classes exclusively was admitted apparently by successive Boards of Directors, who even took the opinion of Counsel on the subject of their admitting Paupers, or persons from the favoured Parishes or County, at exceptional Board Rates. This Non-admissibility of Paupers is specially adverted to in the 19th Report (1846, p. 5) in the following terms:

"It was always understood to be the view of the Founder of this Asylum that there would be no propriety in affording relief to absolute Paupers: because, to provide for their reception, at a smaller rate than would compensate the Institution, would virtually amount to a Bequest—not to the poor people themselves, but to the Heritors of the Parishes, who by law are liable for their support. He had no wish, and no intention, of directing any part of his

"Benevolence in that way: but expressly reserved the same for an entirely different class of Society—namely, for persons, who, though in poor circumstances, *have not* as the Royal Charter expresses it a legal claim for Parochial relief as Paupers upon any Parish . . . This principle, thus shown to be fundamental, and which on the smallest reflection must appear of the most essential and vital importance in the practical working of the Institution, has never once been lost sight of since its origin by those in the Direction."

The distinction of "parties who have claims for Parochial relief as Paupers" was made so lately as 1855 (28th Report, p. 6) by "two eminent Counsel . . . who were clearly of opinion that, under the terms of the Royal Charter, the Directors would not be warranted" in giving certain advantages to certain Pauper Patients from the town or county of Perth. And still more lately—in 1864—in the 37th Report (p. 6) the Reservation of the Murray for the Non-pauper classes—after the opening of the Murthly Asylum—is based on the admitted desire of the founder that Paupers as such should not benefit by his munificence.

Notwithstanding these very explicit interpretations of the Founder's wishes in regard to the class of persons for whose benefit the Institution that bears his Name was intended, there appears to have been from the very first a practice opposed to what was described in 1846 as a Principle—in-so-far as *Paupers* were admitted at all, and occupied the greater part of the accommodation at disposal—with results unfortunate in many ways—up to the opening of the Pauper Asylum at Murthly in 1863. In 1827, the Murray was "the only Asylum for the reception of Lunatics within the extensive County of Perth:" and it remained so for 36 years. It is probably due to this fact that it so happened that the Institution, during that long period, was virtually the Perth District Asylum, receiving for a time all the Pauper Insane of the County, and thereafter up to 1863 the greater part of them. The 9th Report (1836, p. 24) complains that there have been "too many of the Pauper class of Patients." . . . They are sorry to think that experience has shown" this: and moreover that "there has been an immense influx of Pauper Patients from counties other than that of Perth." On the passing of the Lunacy (Scotland) Act of 1857, the County gentlemen—many if not most of whom, as we have already seen, were or had been Directors of this Institution, at first contemplated building a District Asylum on the farm land of the Murray, and placing both District Asylum and the Murray under one Physician-in-chief, with an Assistant Physician resident in

each of the two Institutions—the Murray for the Non-pauper and the District Asylum for the Pauper classes—just as is the case in the Crichton Royal Institution, and Southern Counties Asylum, Dumfries. And it was only after careful surveys of our farm land, and interviews between the Directors of the Murray on the one hand and the members of the District Board of Lunacy on the other, that it was deemed, on the whole, preferable to construct a new District Asylum for the Insane Paupers of Perthshire at a distance from and nowise in connection with the Murray—viz: at Murthly near Dunkeld—ten or twelve miles distant—on the line of the Highland (Inverness) Railway. How far such a decision was determined by a consideration for the expressed wishes of the Founder of the Murray—as regards the Non-admissibility of Paupers—we cannot pretend to say. But, so far as concerns at least the Murray, the decision was a fortunate one. For, its history subsequent to the removal of its Pauper population in 1863 shows that in every respect—in a pecuniary, sanitary and social sense alike—it would have been well had it never admitted Paupers at all. Since that date and that exodus—and only since—has opportunity been afforded of making the Institution what it was intended to be from the first, viz:

An *Hospital* on the one hand: and

A *Home* or Retreat on the other—for

Mental and Nervous Invalids of the *Non-pauper* classes of Society.

VI. Foundation and Development of the Institution.

The Funds left by James Murray for the establishment of an Hospital for the Insane—which funds constituted only a “considerable portion”—not the whole—of the Fortune left to him by his step-father—William Hope—were placed out at interest from 1813 till 1821, when the two Trustees appointed under Mr Murray’s will “found that they had accumulated such a sum as warranted them in proceeding with the Building.” Accordingly, “in furtherance of the laudable object of the Testator,” these Trustees first caused plans of the proposed Asylum to be drawn up by their Architect—Mr Burn: they submitted them to “various Noblemen and official gentlemen in the City and County of Perth:” and “from the opinions given, and their own observations, the Trustees had every reason to give these Plans their decided approval.” Then they purchased ten

Scots acres of land “at Bankhead in the immediate vicinity of the said city of Perth . . . whereupon they erected an Asylum for Lunatic persons, according to the most approved construction, and under the superintendance of an eminent Architect.” It is also stated that the field, on which the Building was erected, consisted of about twelve acres, and that it was purchased from Dr. Wood, the proprietor. On the purchase of the ground and the erection of the Buildings the sum of £20,000 was expended: leaving—“for the support of the Institution”—a balance of about £12,000. The total sum at the disposal of the Trustees thus appears to have been £32,000, which is therefore to be held to be the amount of money with which the Institution was endowed.

The Building was originally constructed for eighty Patients. In 1836, additional wings, intended specially for the reception of Idiots and Epileptics, were erected at the back of the main Building (4th Report, 1831, p. 14)—Mr Burn being here again the Architect. So that the total accommodation was then estimated at 140 beds. In 1863, when the transfer of our whole Pauper population rendered it possible to adapt the arrangements of the building to the requirements of Patients and Officers in accordance with modern views or canons in Sanitary Science, it was found that the Institution must be regarded as comfortably or properly adapted for the residence of only about 100 persons—76 Patients and 24 officers [as was pointed out in the 37th Report, 1864, p. 16].

The construction of another Wing seems to have been contemplated in 1847 [20th Report, p. 4]: but the idea or intention was never carried out. The origin of the idea was the result of the fact that “the accommodation for the *Poorer* class of Patients is now fully occupied,” and the cause of its non-fruition appears to have been want of further funds, and the then “high price of labour.” This result—the non-extension of the Building—from whatever cause it arose—was fortunate. For Hospital purposes—for the classes for whom it was intended—the Building is already—and was indeed at first—sufficiently large: and any *Extension* that may have been found necessary or considered desirable should have been in the direction of *supplementary cottages or villas at a distance* from the Institution—at distances so remote as Dunkeld and Broughty ferry—where domestic or home treatment might have been carried out. It is well, we think, that the authorities of the

Murray have not of late years been smitten with the Mania that has affected all similar Institutions—for Extension : and it has consistently resisted this general tendency notwithstanding its having had to refuse admission to Patients offering £300 a year of Board rates. So long as it remains as it is—suitable for the admission of only 76 Patients—steadily improving the character of its accommodation—and thereby offering attractions to a higher and higher class of Patients—there is hope that the Murray will sooner or later come to be regarded—as it should be—as a mere

CENTRE OF OPERATIONS

—a central Hospital—connected with a series of subsidiary establishments of a cottage or villa class—according to the rank of their occupants—and situated

- (1) Partly at the seaside—at marine Watering-places—on the Fife or Forfarshire coast :
- (2) Partly in inland mineral Watering-places—such as Pitkeathly Wells or Bridge of Allan : and
- (3) Partly in picturesque Highland localities—such as Birnam, Dunkeld, Pitlochry, Aberfeldy, or Lochearnhead.

This idea—of a central Hospital associated with a series of ordinary cottages or villas in ordinary villages—has long been carried out at Gheel in Belgium : there is no good reason why it should not be carried out in Scotland : and the Murray is fortunately circumstanced for carrying it out—so far as concerns the Non-pauper classes. The subject of the Home treatment of the Insane—meaning thereby treatment in proper Homes prepared for them and under suitable guardians—is one of the highest importance in connection with the future Treatment of the Insane. It is unsuitable or improper that our Lunatic Asylums should go on adding block to block or wing to wing—until they attain unworkable dimensions—acquire a size and accumulate a population in which all Individuality of the Inmates is lost. *Boarding out*—not barracking—is the idea of the day—the principle upon which future practice will probably be based as regards, perhaps, one-half or three-fourths of the whole number of mental invalids. But these topics are unsuitable for discussion in the pages of *Excelsior*. Readers who take an interest in them are referred to the following published sources of information :

1. 34th Report of the Institution (1861, p. 66).
2. "Gheel in the North : " a couple of articles in the

"Northern Ensign" (Wick) for September 29 and November 17, 1870.

3. "Gheel in the North : " British and Foreign Medico-Chirurgical Review, January 1871.
4. "The Family System as applied to the Treatment of the Chronic Insane : " Journal of Mental Science, January 1871.

In May 1837, the roof and upper storey of the main building of the Murray were destroyed by *fire*—with no loss of life, however, and with only temporary inconvenience. The origin of the fire was apparently traceable to certain careless Plumbers, who having occasion to examine some of the numerous (9) Water cisterns in the attics by means of a lighted candle, had left or placed it incautiously in such a position that it set fire to the exposed and dry wood-work of said cisterns or attics. The roof and upper storey were rebuilt, and made fire-proof like the two under storeys—again under the supervision of Mr Burn [10th Report]. Many years subsequently, two outbreaks of Fire occurred in the Laundry, the result of the use of Hot air flues. All risk of further accidents of the same kind was prevented by the substitution of steam for hot air—which latter frequently must have included actual flame. We are told in the 1st Report (p. 17) that "the House is heated on a plan furnished by Mr Sylvester of London : " which no doubt was regarded as the best in its day. But, apart altogether from danger and loss by fire—a danger and loss that in our own case were not merely imaginary—the Hot air system has never been satisfactory here : and it is therefore being superseded by the use of *Steam* as a heating agent in all parts of the Building. This, however, necessitated the construction of a Boiler House, the fitting up of a Steam boiler, and the appointment of an Engineer—all in 1863.

In 1838, a *Farm* of thirty-six acres, adjoining and partly surrounding the grounds of the Institution, was purchased from the Earl of Kinnoull. The object of the purchase was to give suitable healthy employment to the *Pauper* Patients (11th Report, p. 4). For a time it was worked by the said Patients under the supervision of some of the Officers, and an Agricultural Sub-Committee of the Directors. But its working, as a part of the arrangements of the Institution, was very soon given up, and the farm itself handed over to a succession of Tenants.

The Mansion House and estate of *Pitcullen Bank* were purchased from the proprietor—who was then also Chairman

of the Board of Directors—in 1849, in order that it might be converted into a succursal establishment for Patients of the affluent class. The idea was an admirable one: but that very contiguity to the Institution and its grounds, which appeared to render the acquisition of Pitcullen Bank desirable, was probably the reason why its acquisition did not realise the hopes of the purchasers. In their 22d Report (pp. 4-5), the Directors of the day tell us that they have

“acquired the Mansion House of Pitcullen, which adjoins the grounds of the Asylum, and which they have caused to be arranged and fitted up for the reception of Patients of a higher class, in such a manner as to combine all the advantages of a *Private* establishment with the supervision and superintendence of the Directors and Staff of a *Public* Institution Although in the immediate vicinity of Perth, it is completely secluded, having every facility of access without Publicity. The Directors consider that they have made an acquisition to the Asylum by this purchase, as they are enabled to accommodate a superior class of Patients in their new House, whilst, by removing them from the Asylum, they can provide for a much greater number of persons less able to afford a high Board, and cause a more complete separation than they have hitherto been able to manage.”

The grounds attached to Pitcullen Bank extended to $7\frac{3}{4}$ acres—and included Parks, with Kitchen and Flower gardens—as well as Stabling, Coach House, Hen House, Porter's Lodge, Coachman's House, Gardener's House, and other conveniences. The Mansion House and grounds in question do not appear ever to have been devoted to the purpose originally intended: that is to say, there is no recorded evidence of the House having been at any time occupied by Patients. It was let for a time to an ordinary tenant; and in 1858 it became the official residence of the Physician and his family, the Porter's or Gate Lodge affording suitable accommodation to the Head Male attendant of the Murray and his family. For these latter purposes the contiguity of the House and its grounds to the grounds of the Murray—there being a common boundary wall between them, with a door or gateway affording ready access to either—rendered it highly suitable—the more so that the Pitcullen grounds afforded diversified occupation to the Patients of the Murray, as well as produce to the Murray itself—valued at £50 per annum. Pitcullen Bank, however, was maintained or retained as an official residence for the Physician only for six years, having been sold in 1864.

It is one of the peculiarities and advantages of such an Institution as the Murray that all profits on the

management—all *Surplus Funds*—are devoted simply to those incessant improvements, which are required to keep such an Institution abreast of current opinion by the adoption of every novelty that promises to benefit the Patients, or add to the general efficiency of the Establishment. This peculiarity is referred to for instance in the 27th Report (1854, p. 8), in which it is stated that

“the Realising of Profit—beyond what is necessary for defraying the expenses of carrying on the Institution and upholding the Buildings—is no object of the Directors. And in this respect they occupy a proud and independent position compared with many Asylums. . . . When improvements have been observed (elsewhere), no time has been lost, or money spared, to have them introduced into this Asylum, so that it may be kept fully equal to kindred Institutions throughout the country.”

A continuously progressive Policy is also advocated and expounded in the 37th Report (1864, p. 7): and it is in virtue of being guided by such a Policy that structural or other Improvements are constantly being effected. That these Improvements are not mere changes may be inferred from the Reports made regarding them from time to time by the Commissioners in Lunacy, who are familiar with the arrangements of other Asylums, and who express themselves dispassionately. We cannot, however, afford space to quote any of their repeated and emphatic commendations—however agreeable it may be to do so. Those concerned will find the criticisms of the Commissioners recorded in the Annual Blue Books of the Scottish Lunacy Commission, beginning with the Report of the Royal Commission of 1857.

The foregoing History must be considered as virtually extending only to the year 1854. It would weary and perplex the reader to enter at present on what may be called the more *modern* section of the History of the Institution: to describe its condition in the *Present*, and the probabilities or possibilities of its *Future*. There are therefore whole subjects that cannot now be touched upon, but that must be reserved for the next, or some future, number of *Excelsior*: such as

1. The Amenities of the Institution and its grounds:
2. The Occupations of the Inmates of the Institution: and
3. The Machinery in operation for their Curative Treatment and Domestic Comfort.

A FANCY BALL AT COLNEY HATCH.

UNDER this title, a New-Year's entertainment in the great Middlesex Asylum at Colney Hatch, near London, was described by "our special correspondent" in the *Daily Telegraph* (of January 12, 1876). The innovation was due to the Chairman of the Committee of Visitors—Sir W. H. Wyatt:—if correct, the only notable feature in the exhibition—seeing that such novelties very seldom spring from the ingenuity or interest of Committees or their members. The scene evidently struck "our correspondent" as something quite out of the way. He calls the Ball "a beneficent scheme:" and no doubt it was—in so far as it proceeded from a Chairman of Committee. It was a form of Ball, which we are told "appealed more strongly to the Imagination, and more powerfully excited the interest of the Patients"—than the ordinary forms of full-dress Dancing Assemblies. The cost of the Dresses was little over £50—a small sum, considering the population of Colney Hatch—2089 Patients—and a corresponding Staff of officers, who require amusement quite as much as their charges. Moreover, there were no less than 200 guests: while the Gallery of the Ballroom was occupied by hundreds of mere onlookers—that is of non-dancing Patients, officers or guests, who nevertheless enjoyed the *tout ensemble*, the music, and the decorations.

This same Fancy Ball created such a sensation among the sensation-sated London men of the press that it became the subject of a versified *jeu d'esprit* in *Fun* (of January 19, 1876)—entitled "The Fancy Ball: by our Lunatic Laureate."

We have more than once had occasion to shew in these pages * that Fancy Balls, which appear to be such novelties in the sunnier South—in those Asylums that, according to Dr Bucknill, claim to be models for the world—have long ceased to be so in certain parts of the colder North—where Dancing in its varied forms is entered into with all the *Ingenium perfervidum Scotorum*. At a time when they were unknown in this country—or rather had become disused—for at one time they were as common as the Carnival at Rome or Naples—they were (in 1853-4) introduced into the Crichton Institution, Dumfries, and thereafter (in 1854) into the Murray Royal Institution, Perth. In both of these establishments Fancy Balls of considerable pretensions have

been held up to the present date—never on so large a scale—as to numbers—as the Balls of the great English Asylums; but on a scale of much greater magnificence as to costumes and decorations. For, while the whole cost of dresses at Colney Hatch was £50, we have had; at our own quiet Fairy-like scenes in the Murray, single costumes that cost that sum in gold lace alone.† Both at the Crichton and Murray, real theatrical "properties"—real Court costumes—real Military, Naval, and other uniforms were freely used—having been bought or borrowed for the occasion, where not worn by their owners. Descriptions of the results have appeared—as regards Dumfries—both in the "New Moon"¶ and in the local newspapers:‡—including accounts of the latest form of Fancy Ball at the Crichton, which has been confined to "Calico" dresses, and has therefore been dubbed a "Calico Ball." As regards the Murray, "Excelsior" has been a fitting and sufficient medium for chronicling its Costume Balls—masked or unmasked—pantomimic or other. In at least one Scotch Asylum the Fancy Ball has become an *Annual* Institution: but it is still regarded so much a Novelty by our neighbour town of Dundee, that a long account of what it calls—with probably a Printer's license, which is even greater than a Poet's—a "Bal masqué" at Murthly Lunatic Asylum—was given in the *Dundee Courier and Argus* (of December 19, 1876), and was reprinted in the form of elegant circulars on coloured paper.

ADDITIONS TO THE LIBRARY— by Purchase.

[Continued from No. 36, p. 6].

I.—The following volumes of the "International Scientific Series":—

- (1) "The Study of Sociology:" by Herbert Spencer.
- (2) "Responsibility in Mental Disease:" by Professor Maudsley.
- (3) "The Doctrine of Descent and Darwinism:" by Professor Oscar Schmidt of Strasburg.

†Vide account of "Our last Fancy Balls" in No. 29, p. 2.

¶For instance, the genial notice of the first, given in No. 114 (for May, 1854): which "Bal costumé," as it is called, appears to have been opened by a grand peroration and ceremonial—including the delivery of original addresses in verse:—the whole Pageant mimicking on a small scale scenes that have been enacted before the Elizabethan Court at Kenilworth, or the modern English Public at Drury Lane or Covent Garden. Of one of the later Fancy Balls a description is given both in verse and prose in the "New Moon" for February, 1874 (No. 351).

‡For instance, in the "Dumfries Courier" of January 13, 1874.

*For instance in No. 35, p. 6: 29, p. 1: 8, p. 3: and 4, p. 3.

- (4) "History of the Conflict between Religion and Science:" by Professor Draper of New York.
- (5) "Fungi: their nature, influence and uses:" by Dr Cooke.
- (6) "The Life and Growth of Language:" by Prof. Whitney of New Haven, U.S.
- II. "Scenes and Occupations of Country Life: with Recollections of Natural History:" by Edward Jesse: a volume of the "Golden Library" of Chatto & Windus, London, 1875.
- III. "Wild Animals in Freedom and Captivity:" copiously illustrated: a volume of Beeton's "Boy's Own Library," London, 1875.
- IV. "Handy Book of Medical Information, and Advice: by a Physician" (the late Dr. Warburton Begbie,) Edinburgh, 1873.
- V. "Dictionary of Hygiene and Public Health:" by Dr Blyth: London, 1876.
- VI. "Lectures on the Epistle of Paul to the Philippians:" by the Rev. Professor Johnstone, U. P. College, Edinburgh: 1875.
- VII. "Lectures on the Epistle of James:" by same author: Edinburgh, 1871.
- VIII. "The Language and Literature of the Scottish Highlands:" by Professor Blackie: Edinburgh, 1876.
- IX. "Historical and Traditionary Gleanings concerning Perthshire:" by R. S. Fittis: Perth, 1876.
- X. "God's Treasure House in Scotland:" being an account of the Lowthers—including their Natural History: with map and illustrations: by the Rev. J. Moir Porteous of Wanlockhead: London and Edinburgh, 1876.
- XI. "Introduction to Animal Morphology and Systematic Zoology:" by Professor Macalister of Dublin: 1876.
- XII. Fac simile of the 1st edition of the Works of William Shakespeare (1623): with Introduction by J. O. Halliwell: Phillips, London, 1876.
- XIII. "I Promessi Sposi: Storia Milanese del Secolo XVIII scoperta e ripatta da Alessandro Manzini:" Leipsic, 1863: being Volume I of Brockhaus's "Biblioteca D'Antori Italiani."
- XIV. "The Betrothed:" being an English translation of the foregoing: illustrated, London, 1876.
- XV. Grassi's Italian Dictionary: 5th edition, London, 1869.
- XVI. First Italian Course, on Ahn's system: by A. H. Monteith: one of Allman's "Popular Elementary Series of works for learning Foreign Languages:" London, 1873.

DONATIONS.

I. "EXCELSIOR" FUND.

A FRIEND, Guildford, Surrey, ... £2 2 0

Dr ARTHUR MITCHELL, Edinburgh, ... £0 7 6
 SHERIFF BARCLAY, 0 5 0
 Dr BROWNE, Dumfries, 0 5 0
 Mr DANIEL CAMPBELL, Governor of the
 Dysart Combination Poorhouse, Thorn-
 ton, Fifeshire, 0 5 0

II. LIBRARY.

Miss ROBERTSON, Bridge of Allan: "Agnes of Sorrento," by Mrs Stowe.
 Mr F. S. B.: Boyd's Horace.

III. MUSEUM.

Mrs DAVID CRAWFORD, Perth: (1) Pair of Turkish Slippers worked for the Sultana at Constantinople, 1855: (2) Russian Newspaper—the "Invalide Russe"—found in the officer's quarters in the famous Redan at the taking of Sebastopol in October 1855: sent home by a wounded British Officer.

A LADY, Perth: Reticule made of New Zealand Flax by a Maori Princess—[a chief's daughter probably]—in 1869.

MESSRS GRAHAM BROTHERS, Wood Merchants, Stockholm: Samples of (1) Wood Pulp (Norwegian Pine) in process of conversion into Paper: (2) Paper made from said Wood Pulp.

Dr LINDSAY, Gilgal:

(1) Framed Sheets (5)—of

(a) Fibres used in the manufacture of Paper, cordage and textile fabrics.

(b) Paper made of various materials.

(c) Sandwich Island Cloths.

(2) Collections of

(a) Fibres used in the Textile Arts.

(b) Papers made of various materials.

(c) New Zealand Minerals, Rocks and Fossils.

(d) Minerals from all parts of the world—mostly from the Continent of Europe.

(e) The Minerals of Leadhills, Lanarkshire.

(f) The Carboniferous Limestone Fossils (Shells and Corals) of Yorkshire.

(g) English Chalk, Lias and Oolite fossils (Echinoderms and Belemnites).

(h) Old Red Sandstone of Caithness fossil fish.

(i) In bottles—Cottons grown in India.

(3) Native Sulphur from (1) the summit (crater) of Vesuvius: and (2) the Solfatara near Naples.

(4) Semi-fossilised Soap found in Pompeii.

(5) Iceland Moss—in bottle.

(6) Series (3) of Silk cocoons from Lecco, Lake of Como, Italy.

- (7) Meerscham as imported by the Pipe Manufacturers of Hamburg from Turkey in 1850.
 (8) Boiler deposits (2 polished sections of) from the "Royal Victoria" Steamer: Hawthorne's Engine Works, Leith, 1849.

Miss LINDSAY, Gilgal: Nest of a Paper-making Wasp.
 Mrs BRUCE, Liverpool: (1) Native Sulphur: and (2) Celestine—large handsome specimens—both from Girgenti, Sicily.

Mr JAMES EDWARD, Perth: Old Silver Coins (6)—including those of George III, 1787, Charles III of Spain, 1767, and others of 1565 and 1643.

Mr GOWENLOCK, M.R.I.: Canadian Cent of Victoria, 1859.

IV. MISCELLANEOUS.

JOHN MACKIE, Esq., Wick, "Northern Ensign" regularly during 1876.

Mr HYSLOP, Church-Stretton, Salop: "Invocation to God:" being a Translation from the Russian of Derzhaving, by Bowring: printed as a Placard for suspension on Bedroom walls (2 copies).

Messrs W. MACFARLANE & Co., Printers, Perth: 1 dozen Office Calendars for 1877.

MAD CHARACTERS IN HISTORY.

[Continued from No. 36, p. 6].

Our friend, Dr Richardson of London—the promoter of that *Hygeia* which is now taking practical shape on the Sussex coast near Worthing—and of which a Prospectus reached us lately †—read a paper before the Historical Society in January 1876—on "The Historical Insane: "John the Fourth of Muscovy." ¶

History is more familiar, probably, with the doings of Ivan the Terrible, who ruled Russia between 1533 and 1584. We are told that after—perhaps in consequence of—his wife's death—"a remarkable change came over his character He became suspicious of every one: believed himself surrounded with traitors: banished his two counsellors: . . . and persecuted the Bojars, many of whom perished on the scaffold. . . . His "Insane Rage fell upon whole towns: thousands of people were destroyed in Tver, Novgorod, and Moscow: and finally he murdered his eldest son." Another Ivan was an Imbecile.* So that the Imperial House of Russia has furnished several notable instances of Insane Rule and Rulers.

† Under the title of "The Sanitary Estates Association (limited)."

¶ The same Lecture was more recently (January 21, 1877) delivered under the auspices of the Sunday Lecture Society in London—as announced in "Nature" (January 18, 1877).

* "Chambers's Encyclopædia:" article on *Russia*.

A new version of an old story—not to the credit of "Bonnie Prince Charlie"—"The Young Chevalier"—the idol of so many generations of enthusiastic Jacobite damsels of high degree and low—old and young—the subject of so many beautiful ballads and so much enchanting melody or music that has become National, and will probably last as long as the Scottish Nation itself does—has been given to the world in a historical work recently published. Prince Charles Edward—the last of the Stuarts—unfortunate in so many ways, was, perhaps, in no way more to be pitied than in this, that he became, according to Ewald, a mere vulgar Drivelling Dipsomaniac.†

Insane Rulers, however, are, unfortunately, not confined to bye-gone times. They exist among the chief makers of the History of our own Times. Thus we have

(1) Abul Aziz—Sultan of Turkey—deposed in June 1876—who committed suicide immediately after his disgrace. Since his downfall the newspapers of the day have teemed with instances of his numerous Eccentricities, and of the evil fruits of his unhappy reign in unhappy Turkey.

(2) The present Czar of Russia is also described as the subject of Monomania of Fear or Suspicion—as possessed by a morbid and intense dread of Assassination or Poisoning. On account of this extreme Terrorism, deposition or abdication has in this case also been looked for.

(3) "The Music-Mad King of Bavaria" and his doings at Munich were described in the "North British Advertiser" of June 10, 1876, and have over and over again been commented upon by the newspapers of the day—in England as well as Germany.

(4) The Empress Charlotte of Mexico—widow of the ill-fated Maximilian—and a Belgian Princess—is another Sovereign of whose mental peculiarities the newspapers keep us duly informed. And in short, now-a-days, such is the avidity of the Public for news of the most private and personal kind—such the desire of Editors to pander to a morbid popular curiosity—and such the power of the Press to acquire every kind of information it may wish to possess—that anything like Privacy, or concealment of the most secret or sacred doings or sayings—of the details of character, disposition, or habits—of Emperors and Kings is an impossibility. These dignitaries must submit, by virtue of their very dignity, to be "interviewed" by impudent, inquisitive newspaper correspondents: and as a result, their dress, surroundings, looks, manner, conversation are all set forth—with embellishments it cannot be doubted—in the columns of this or that enterprising but unscrupulous "Daily."

† "The Life and Times of Prince Charles Stuart, Count of Albany, commonly called the young Pretender:" by A. C. Ewald, F.S.A.: 2 vols.: London, 1875: quoted in the "Journal of Mental Science," January 1876, p. 600.

EXCELSIOR:

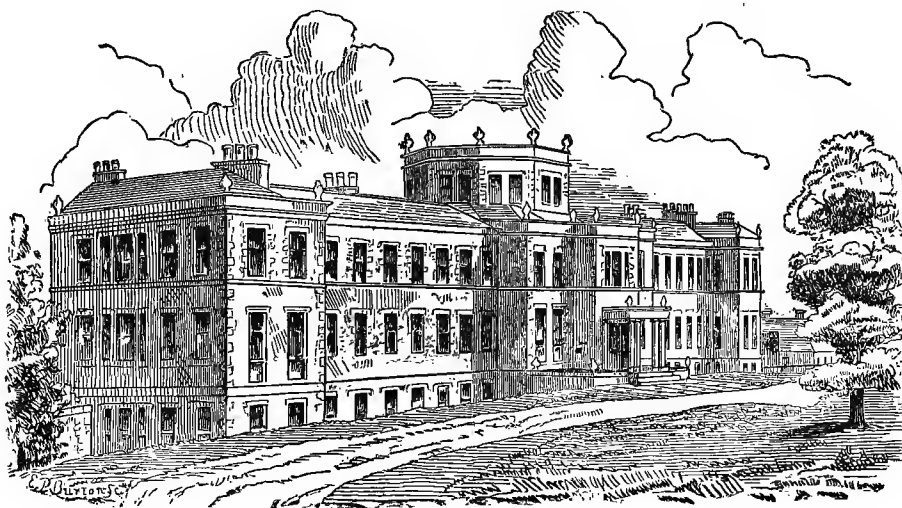


THE MURRAY ROYAL INSTITUTION LITERARY GAZETTE.

"What are the aims, which are at the same time duties? They are the perfecting of ourselves, the happiness of others."—KANT.

No. 38.

JANUARY, 1878.



THE MURRAY ROYAL INSTITUTION:

ITS RECENT HISTORY AND PRESENT CONDITION.

In the last number of "*Excelsior*" (for 1877), we brought down the History of the Murray Royal Institution to the

year 1854, when, after a succession of changes in the staff, and in the mode of management, that Régime was inaugurated, which has since regulated and still regulates its affairs.

It remains for us to describe—for the most part shortly—the leading features of—

1. The **Pleasure Grounds**—including the Farm.

Conservatory.

Park—with Cricket and Football Ground.

Croquet and Bowling Green.

Terrace.

Kitchen and Flower Garden.

Woods, Walks, and Shrubberies.

2. The **Institution** itself—as a Building—including especially the

Museum.

Library.

Billiard Room.

Ball Room.

Chapel.

3. The **Operations of the Institution**, so far as concerns the Occupations—industrial or recreative—of its Inmates : including particularly

Classes.

Lectures and Demonstrations.

Coversazioni.

Concerts.

Theatricals.

Charades.

Tableaux vivants.

Readings and Recitations.

Balls—Ordinary and Fancy.

Fêtes Champêtres or Garden Parties.

Out-door Games, such as

Cricket.

Croquet.

Archery.

Football.

Bowls and Quoits.

In-door Amusements—such as

Evening Parties—Musical or other.

Pic-nics and Carriage Drives.

Railway and Steamboat Excursions : among which are

Botanical,

Geological,

Curling and Skating : and

Fishing—Expeditions.

Summer Quarters

Keeping Pet Animals.

Private Fund and its Expenditure.

Bazaar Contributions.

The GROUNDS

of the Institution—those immediately surrounding it—amount to 8 acres. They form portion of the northern slope of Kinnoull Hill—elevated from 200 to 250 feet above the high tide level at Perth Bridge. They command an extensive view of the lower valley of the Tay, and of the Grampian range, not only, looking northwards, on either side of classic Birnam and Dunkeld, but sweeping from Benvoirlich in the west to where the Grampians become broken up in Kincardineshire in the east. Consisting of the débris of the trap rocks of Kinnoull Hill, our Garden soil is fertile, and bears good yields of all ordinary kinds of kitchen vegetables and garden flowers.

The *Walks* are extensive and varied—passing through or past woods and shrubberies, park and terrace, and the fruit, flower, and kitchen garden. The grounds are surrounded by what the Directors in their 2d Annual Report (p. 7) describe as “a Promenade of nearly a mile in circumference” or length.

The GARDEN

especially has long been so attractive to, that it is one of the very few show places of, the citizens of Perth : one of those that may be visited without danger of wounding the sensibilities or intruding on the privacy of any “Noble Lord.” The Gardener—Mr Gowenlock—is now the oldest officer of the Institution, having entered its service in 1834. He has long been so successful a rearer of garden and greenhouse flowers—so constantly a Prize-gainer at all Flower-shows far and near, that his reputation is both high and widespread : so much so that we live in the hope of some day seeing his Portrait and Memoir in the *Gardeners' Chronicle* as that of one of the eminent Gardeners of the United Kingdom. So many *Prizes* has he gained at Shows that his competing latterly became a farce : it was taken for granted that all he had to do was to compete in order to sweep all before him. But the ambition of a Gardener—as of other men—sooner or later becomes sated with getting all his own way. So that for some years, Mr Gowenlock has wisely contented himself with acting as Judge or Referee at Shows, or as President or Vice-President of various Horticultural Societies. He was,

for instance, Vice-President of the last National Rose Show, held at Perth in July, 1876. There is scarcely, however, a Royal Visit, a Fancy Bazaar, a County Ball, a Christmas gathering, or a Wedding among the local "upper ten thousand," at which his services are not solicited as the provider and maker-up of Bouquets, or of Floral decorations. Over and over again have his achievements been chronicled in "*Excelsior*." Thus Nos. 2 (p. 4), 7 (p. 3), and 14-15, (p. 5) give lists of *Flower Show Prizes*: while Nos. 20-1 (p. 6) and 21-2 (p. 4) contain notice of the *Royal Bouquets* and floral decorations supplied by him in connection with the Perth Albert Statue Inauguration in August, 1864.

The CONSERVATORY,

which was erected in 1863, at a cost of about £200, consists of Greenhouse, Hothouse, and Forcing Houses. Its main object is to enable the Gardener to supply all parts of the Institution with a succession of showy hardy flowering plants, of handsome evergreens, and of cut flowers—during the year. But it serves at least two other important purposes: (1) It gives Mr Gowenlock the means of growing a number of rare and beautiful Hothouse exotics: while (2) It affords a lounge for ladies or gentlemen—Visitors as well as Patients—who appreciate floricultural success. It is not too much to say that, under the judicious and experienced administration of Mr Gowenlock, the Conservatory is second to none in the county—either as regards its success in the rearing of showy plants—in the beautiful show which their due arrangement produces—or in the acclimatisation of novelties sent home as seed from different parts of the world. As illustrations of our Gardener's successes in the scientific and practical operations of *acclimatisation*, we have only to point to the fine bunch of Mistletoe he can show on an apple tree, and the handsome New Zealand *Edwardsia*, which long ago became only too luxuriant for the size of the Conservatory, and which has for some years flowered freely. The Mistletoe in question was the subject of notice some years ago in the *Gardeners' Chronicle*, and both it and the *Edwardsia* in the *Scottish Naturalist* (Vol. I., p. 73, and Vol. II., p. 33). Not only is the Conservatory constantly being visited by gentlemen in Perth and Perthshire, who are desirous of comparing their own Greenhouses

or Hothouses with ours: not only is it also inspected with delight by strangers from a distance: not only is it an Emporium of Exchanges of cuttings or seedlings: but it has been the *Model* on which similar Buildings have been constructed elsewhere. And further, not only, so far as we are aware, was it the first of its kind attached to any Public Hospital for the Insane, but it remains to this day the best of the many that have been erected of late years. Here as in so many other matters connected with Lunatic Asylums and their surroundings, it is in *Scotland*, not in England, that we find the idea developed of environing Insane Invalids with living things so eloquent—so beautiful—so harmless as flowers. Nor are Conservatories in connection with Scottish Asylums confined to those for the affluent. We have only to point to our enterprising neighbours at Murthly, or to the Barony Asylum at Woodilee, near Glasgow, as instances of purely Pauper Asylums, whose authorities show a commendable enlightenment in this and other ways.

The MUSEUM,

which was begun in 1854, consists, like most other Museums, of several departments: including Archæology, Numismatology, and Technology, as well as Natural History—that is Botany, Zoology, Geology, and Mineralogy. Moreover it is both a Local and General Museum—*Local* in so far as it illustrates the Natural History and Antiquities of the District in which it is placed: *General* in so far as it contains also objects or materials of all kinds from different parts of the world. Its contents—special and general—are fully described in a "Guide to the Museum of the Murray Royal Institution, Perth," which was printed and published in Edinburgh in 1868. † At intervals of a few years its contents have received a general overhauling: in order, on the one hand, to the elimination of rubbish and duplicates,—for, as in all other Museums, there is a constant accumulation of both: and on the other, to the due arrangement of the useful additions that are as constantly being made, and the proper display of the whole. Such re-arrangement has been effected

† Its contents are further described in "*Excelsior*" Nos. 26-7, (p. 3), "The Inauguration of the New Museum:" and 13, (p. 3), "Our Museum as a *Local* one:" while of the Museum Guide a notice is given in No. 29, (p. 7).

from time to time by gentlemen of the most varied qualifications—some of them accomplished Naturalists—others with no knowledge of Natural History, but with a taste for orderliness or classification. It so happens that where one “curator” arranges, another frequently disarranges: where one makes a most elaborate classification, that is not only not required, but is absolutely mischievous, another slumps together articles that are to the eye alike, or to the imagination similar in kind. The incongruousness of the arrangement or disarrangement of the latter class of Museum superintendents is not, however, more troublesome than is the elaborate classification of the professed Naturalists: the arrangements of the one are simply amusing, while those of the other are repulsive by reason of the hosts of labels bristling with unknown technical terms. The object of such a Museum being *Amusement of an instructive kind*—but primarily Amusement—it is obviously a mistake to alarm neophytes, or the ignorant, by a parade of the most scientific and minute classifications, which to the majority of scientific men themselves are utterly repellent. Not only the common-sense man, but the experienced Museum Superintendent will tell us how desirable it is, while displaying Museum contents in the most artistic way and to the best advantage, to name and classify them in the simplest possible manner. It so happens then that during the comparatively long life of our Museum, we have not met with any one individual possessed of the requisite qualifications for duly arranging a Museum: and judging from what we have seen of Museums of all classes elsewhere, we should say that such qualifications are at least extremely rare. Nor is it possible for us to point to a single Public Museum in the three kingdoms, whose contents are arranged as those of a Museum ought to be. In other words good Museums for educational purposes are—like so many other Desideranda—things of the Future.

The LIBRARY,

like the Museum, was begun in 1854. It now contains about 1200 volumes—representing, in the proportions usual in all General Public Libraries,—Fiction, History, Biography, Travel, Works of Reference, and so forth. Its contents are detailed and classified in a Catalogue printed and published

in Perth in 1863.† Additions are constantly being made both by Purchase and Donation: and such additions since 1863 have been duly announced in “*Excelsior*”—the last of such announcements being in No. 37 (1876, p. 22).

For many years, moreover, we have had connection—by subscription—with the following *Public Libraries in Perth*:

1. The Perth Library—in the Marshall Monument.
2. The Perth Library Club:—which is an offshoot from the Perth Library, representing that part of its operations which is confined to the circulation of *current* Books and Magazines. It receives its supply of the most recent Publications from the well-known circulating Library of Edmonston—formerly Edmonston & Douglas—Edinburgh—a Library which is to Edinburgh what Mudie’s is to London—circulating the same kinds of Books and Serials.
3. The Mechanics’ Library.

The Inmates of the Institution have, therefore, ample choice of Reading material—both new and old.

There are also constantly being circulated in all parts of the establishment *Newspapers and Serials*—the former mostly Dailies, representing the press of the capital cities of Scotland and England: the latter Weeklies and Monthlies—from “Chambers’s Journal,” up to the “Nineteenth Century.” Lists of these Newspapers have been given from time to time in “*Excelsior*”—the last having appeared in No. 35 (for 1875, p. 7).

The CHAPEL

is one of the handsomest and most comfortable Private Chapels anywhere to be found. It has recently been re-furnished, and decorated in the highest style of art by the Messrs Dow of Perth, of whose workmanship here and in other parts of the Building we have more to say by and bye. The apartment is comfortably heated by steam: the seats and kneeling boards are cushioned: the flooring varnished and carpeted: there is a handsome American Organ: and “the dim religious light” is duly produced by the rich colouring of the windows. The Chaplain—the Rev. W. D.

† A notice of this Catalogue, given in “*Excelsior*” (Nos. 21-2, p. 3) contains statistics of the use made of the different classes of Books by the different classes of Readers.

Knowles, of Perth—who by the way is at present President of the Congregational Union—officiates here three times a week—on Sundays, Tuesdays, and Fridays: while Miss Giddings presides at the Organ.

The BALL-ROOM

is one of the finest rooms—of moderate size—that we have anywhere seen adapted or devoted to such a purpose. The flooring is of polished oak—waxed from time to time as occasion may require: and the tables, chairs, doors, window-frames and shutters, and other fittings are also of solid oak—looking none the worse of their wear and tear of half a century. While, however, the room is used as a Ball-room for all ordinary and extraordinary Balls or Dances—and for which it is admirably suited—it also subserves the very different and varied purposes of a Meeting or Board Room for the larger conventions of the Directors; and of Conversazioni, Concerts, Lectures, Drawing-Rooms, Charades, Tableaux vivants, and all other kinds of Exhibitions. Situated centrally—a whole series of apartments on either side of it—including the Museum and Chapel—can be thrown open in connection with it on the occasion, for instance, of Conversazioni or Dress Balls.

PICTORIAL DECORATION.

Much fuss was made in the beginning of 1877 about the "Introduction of Art into Hospitals"—meaning thereby the covering of the walls of the great Hospitals of London with Pictures of divers sorts, and the supplying their mantelpieces with Statuary or Bronzes. The commotion was begun by a Dr Hamilton, who wrote to the *Times* as well as to the *British Medical Journal* (of February 10, 1877, p. 189)—and probably to other newspapers—general or professional—offering a Donation of 100 guineas towards an "Art Fund of the Hospitals of London"—the original provision being that 1000 other subscribers should each contribute a similar sum. This offer was followed by that of Mr Graves, the London Printseller, who placed 1000 guineas worth of prints at the command of the same Hospitals—in addition to 2000 guineas worth formerly "donated" in the same di-

rection. What it is now only proposed to "introduce" into Hospitals for the same has been in existence in the Murray Royal Institution for nearly a quarter of a century, and without a particle of help, even from those from whom assistance was to have been looked for. The Pictorial Decoration of all the galleries and apartments of the Institution was begun in 1854, and various have been the Experiments that have been made, and divers the successes and failures achieved in the course of these Experiments. Confining ourselves, in the meantime, to *Pictures*, our Experiments have included the following modes of displaying them:—

1. Framing Chromo-Lithographs—of large size—such as "Raphael's Cartoons"—in Oxford frames—variously coloured—plain varnished pine, however, looking as well as and being much cheaper than any other.
2. Framing first-class Engravings, such as those from the works of Sir Joseph Noel Paton—"The Return from the Crimea" and "The Highlanders at Delhi"—in gold, oak or rosewood of different breadths and patterns.

All such pictures are suspended in the ordinary way from hooks attached to the wall, or slung from picture rods.

3. But a plan that has been largely employed here is much more suitable to General Hospitals—to Schools—and to a great variety of Public Institutions, in which it is desirable to substitute Things of Beauty for the meaningless and monotonous patterns or colours now in use. We refer to the placing on the walls or roofs of the best Chromo-Lithographs and Engravings—such as those so copiously issued as "supplements" by the *Illustrated London News*: framing them in imitation framework, also of paper: fastening them by means of glue: and varnishing the whole. It is easy to make such Pictures part of the Panellings of walls—varnishing them so as to present an impervious surface that may be washed. Where the selection has been judicious, and the attachment to the walls artistic and successful, the effect is exceedingly good. We have, and have had, whole galleries or corridors embellished in this way—besides rooms of all sorts and sizes. The fruits of these experiments have been inspected and admired from time to time by gentlemen connected with various classes of public institutions. But,

while in certain cases the plan has been imitated elsewhere, in the majority the non-appreciation of Art has been such that, though gifts of Pictures have been offered in great abundance—in sufficiency sometimes to embellish the whole interior of an Hospital or School, the assistance has been declined, and bare yellow-ochred or white-washed walls have been preferred. Out of the super-abundance of such materials as have accumulated in our hands during the last few years, and of which we cannot ourselves make due use—by reason of the more expensive kind of Decoration—the higher style of Art—that has recently been introduced throughout this Institution, we placed whole series of suitable Chromos and Engravings at the command of such local or provincial buildings as

1. General Infirmaries or Hospitals—the children's or women's wards of which specially demand decoration of such a kind.
2. Schools for Idiotic or Imbecile Children.
3. Industrial Schools for both sexes—especially the sick wards or dormitories.
4. Sick Children's Hospitals.

But not in a single instance would the authorities undertake the trouble and be at the expense of fitting them on the walls after the fashion so long and so successfully carried out here.

During the last five years the greater part of the interior of the Institution has been re-painted and decorated—in the most modern, as well as substantial, style—by the Messrs Dow of Perth. These gentlemen have recently had the advantage of a study of the best specimens of English high art in London, and of French decorative art in Paris: and they have brought home with them samples of the finest productions of both the French and English Schools. Their own long experience as Painters and Decorators enables them to adopt in and adapt to local Institutions or dwellings such pictorial adornments as are most suitable and most telling. They have brought all their cultivated skill and experience to bear on the Decoration of our galleries and rooms—mainly in the following directions:—

- I. Hand-painting on glass—in transparencies; which does even more justice to artistic productions—for instance floral designs—than water or oil effects on paper or canvas, wall or ceiling—in other words

on any opaque surface. Admirable specimens of this species of handiwork—of “Fine Art”—are to be found in the windows and door of the Museum, and in the windows of the Chapel.

2. Glassornamentation—by means of the process variously known as Vitremanie or Decalcomanie; which produces a rich effect—equal to that of stained glass—on internal windows, not weather-exposed. Samples occur in the Chapel windows, and in the panels of various doors.
3. The use of coloured or stained Glass—in various combinations—especially of blue, red and orange:—as exemplified in some of our door-panels.
4. Hand-painting in oil on walls on the large scale—either of figures or landscapes drawn from Nature. Of this an excellent specimen, which we owe to the taste and skill of Mr Dow, junior, is the representation of the old Bridge of Earn at the end of one of our galleries.
5. Decoration of oil-painted walls and ceilings—by means of ornamental original designs in stencil—including panellings and centre-pieces of all sorts and sizes. Illustrations abound throughout the Institution—are to be met with in every gallery and in certain rooms.
6. The affixing to the walls—in imitation paper frames—the whole being varnished over—of large size and high-class French coloured Paper-hangings. One of these—representing an Italian pastoral scene—full of dancing figures—occupies the whole end space of another gallery, and is most effective.

The **Æsthetic Element** in the arrangements of the Institution and its grounds is not, however, confined to Pictures and Flowers. It includes also

1. Statuary—in all parts of the Institution.
2. Vases of Flowers—both in the Building itself, and on the Terrace.
3. Wardian cases.
4. Clothing with the beautiful evergreen mantle of Ivy the walls of the Institution itself, and all its outlying towers and walls—such as those bounding, and partly forming, the picturesque Terrace, which is to us what that of Berne is to Swiss Tourists:—looking forth as it does directly, and at no great distance,

on the outspread Alps of Perthshire—lower and higher—the latter snow-clad during a great part of the year.

5. Moving forms of Beauty—in the pageantry of Dramatic representation, Fancy Balls, and Tableaux vivants.
6. Illustrated Books and Serials—which abound in the Library: such as the *Graphic*, *Illustrated London News*, *Punch*, *Fun* and the *Animal World*.

All these forms of "The Beautiful in Nature and Art"—the title by the way of a work presented to our Library some years ago by its author—an accomplished Litterateur—appeal at first and mainly to the Eye. But the Sense of the Beautiful is not confined to Vision. We cultivate it to a large extent as it is developed through the Ear—by means for instance of *Music*, in some of the many ways in which that elevating and refining influence can minister to man's happiness, and soothe his sorrows.

Some of our forms of displaying the Beautiful, though of an ephemeral character, are not the less worth a passing notice on that account. Take for instance

The CHRISTMAS TREE,

which, a growth of our placid Teutonic neighbours of the Fatherland, has now become thoroughly acclimatised in this country. But what is everywhere common now was by no means common—was in fact almost unknown—when introduced into our Christmas festivities so many years ago. Nor did the fruits of these early efforts of ours at all resemble the gift-bedecked Fir-tops of the present day. In our case not the tree only—which was sometimes a handsome young Fir—root and all—15 or 20 feet high—selected from some of the adjacent woods—but its adornments and surroundings were "things of Beauty and joys for ever"—at least for many of those who saw them: for to them their memory is, and promises to remain, fresh and fond—reminding them of other delightful associations—of that "auld langsyne" so dear to us as we get up in years, and experience life's buffetings and disappointments—as we feel ourselves, like "John Anderson, my Jo," going down hill towards oblivion of all these doings of our exuberant youth. Most certainly, in some respects, there are "nae times like the "auld times." Those Christmas trees of "Long, long ago"

flash brightly in our vision still—as they occupied for instance the centre of our octagonal Crystal-Palace-like Hall—with rich floral festoons, wreaths and designs surrounding it, and banners flourishing in great profusion overhead—while a brilliant light came not only from a number of gas jets springing apparently out of leafy greenery, but from a multitude of glow-worm oil lamps and Chinese lanterns—of all the colours of the rainbow. Our Christmas tree was in short only the Floral centre-piece of a Floral Hall. The tree itself had not all its native Beauty destroyed by being covered with unlovely and prosaic pincushions, dolls, and toys of all kinds. Nor were dirty, dripping, flickering wax tapers stuck upon its branches here and there at the risk of setting fire, both to the tree, and its tasteless gewgaws. On the contrary, the symmetry of the tree was carefully preserved. But it was made sometimes to resemble a Christmas tree by being frosted over artificially: while it became a sort of Fairy tree by having the flimsiest, but lightest, of gold and silver gossamer and sheen interwoven with the foliage. The light, moreover, fell on the tree—did not proceed from it: and the result was a brilliant sparkling of the once sombre foliage of the shapely fir.

All such exhibitions, however, cost infinite pains and not a little money: and they involve exceptional Taste. They have not, therefore, been frequently attempted by ourselves: and it has not surprised us that they have not been successfully imitated elsewhere.

CLASSES.

Time was—and not so very long ago—when to attempt to *Educate the Insane*, or the Idiotic, was regarded the very height of folly: and we well remember how we were sneered at in print and out of it—in London as well as in Perth—when we introduced classes into the Murray Royal Institution in 1854. Now-a-days such classes are by no means uncommon in Pauper Asylums, and admirable institutions they are. It is now being recognised that, apart altogether from being a pleasant means of breaking up the monotony of Asylum life by bringing the sexes together in the presence of objects calculated to arrest and distract their attention—a permanent impression can be made on many, so that the ignorant may be instructed—in know-

ledge of a practical kind—in handicrafts for instance that may, in the event of the recovery of the pupil from his mental disability, add to his usefulness or productiveness as a citizen, or perhaps render him for the first time useful and productive. Nowhere perhaps have Classes been so systematically and extensively introduced of late years—nowhere have they been so manifestly beneficial—as in the Richmond Asylum, Dublin, under Dr Lalor.

Our own Classes embraced the following **Subjects of Tuition** :

Writing and Arithmetic.
English—in all its departments.
The Modern Languages.
Music—vocal and instrumental.
Dancing.

While our **Teachers** included

Patients.
Officers: and
Professional Teachers—from Perth.

Moreover we had regular *Examinations* or Inspections, the Chaplain of the Institution for the time being usually acting as our “Inspector of Schools:” with *Competitions* and Prize-giving. *Statistics and Reports*, as well as a variety of information concerning the Classes in question, were given from time to time in “*Excelsior*” [*e.g.*, in Nos. 1, p. 4; 4, p. 1; 6, p. 4; 10-12, pp. 3-7; 13, p. 1; 14-15, p. 1; 18, p. 4]: as well as in the Annual Reports [*e.g.*, 29th, pp. 15, 17, and 21; 30th, pp. 31-2 and 47-8; 31st, pp. 30-2 and 62-3; 32nd, p. 25; and 33rd, pp. 12, 13, and 104]: while a Review or *Résumé* of the whole subject was published in an article on “The Systematic Education of the Insane” in the *Edinburgh Medical Journal* for May 1876. Some of what were virtually *School Exercises* were occasionally published in “*Excelsior*” [*e.g.*, No. 2, p. 1, translations into German from the Rev. Dr Anderson’s “Pleasures of Home,” and into English from Lacépède’s “Discours de Clôture”: No. 3, p. 2, from German into English from one of the works of Putlitz.]

The Educational operations of the Institution were, however, by no means confined to Classes. They embraced also

LECTURES

on a great variety of subjects—of the same high character—and frequently by the same Lecturers—as those delivered from the rostra of our Universities or Athenæums. These Lectures were both literary and scientific: the Lecturers in-

cluded some of the most famous men of their day and generation: the privilege of admission to hear the one and to see the other was eagerly sought for by the élite of the citizens of Perth: while the local newspapers gave a much larger amount of their space to an account of the Lectures and their accompaniments than they are in the habit now-a-days of giving to the discourses delivered in the City Hall. So popular in fact did these Lectures become—so successful were they—that some of the citizens of Perth, who attended them, were stirred up to attempt the initiation or revivification of courses of Public Lectures in town, under the auspices of an ambitious new “Albert Institute” or otherwise. But they did so in vain: and little wonder, considering that one of the first “stars” they secured for the platform of the City Hall was an adventurous Tailor, who announced himself as a Viscount, having a knowledge of a hundred—or for aught we know to the contrary several hundred—languages: who discoursed with great fluency and acceptance on things poetical and prosaic—a *mélange* no doubt from “the best authors:” and who afterwards found his proper level as a Swindler in one of Her Majesty’s Houses of Detention—where perhaps he is to this day. Our own Lecturers did not consist only of distinguished Professors or Poets, Naturalists or other celebrities from a distance. They included also not only some of the citizens of Perth, but several of our own Patients and Officers. *Programmes* of the Lectures, which were usually delivered—as elsewhere—in winter—containing the names of the Lecturers—the titles of their subjects—and the dates of their delivery were published from time to time in “*Excelsior*” [*e.g.*, Nos. 1, pp. 3-4; 6, pp. 2-3; 9, p. 2; 13, p. 1; 14-15, p. 2; and 23-5, p. 5]: as well as occasionally in the Annual Reports [*e.g.*, 29th, pp. 17 and 18; 30th, pp. 32-3 and 48; 31st, p. 32; 32nd, p. 24; and 33rd, p. 17.]

Intermediate in character, in various ways, between the Classes and Lectures were the

SCIENTIFIC DEMONSTRATIONS

given now and then—like both Classes and Lectures—in “courses” during the winter. They were chiefly Microscopical, Botanical, and Zoological—the illustrations being taken from our Museum, or from the private collections of the Demonstrators. One great advantage of Demonstrations over Lectures is that they bring the pupils, hearers, or spectators much more intimately in contact with the subjects or

objects of discourse. A number of specimens are arranged on a table, round which are grouped the spectator-audience, to whom the Demonstrator points out the structure or other peculiarities of each article, discoursing, as he proceeds, on general questions to which special ones may give rise. A much higher degree of interest is consequently awakened—far more instruction conveyed—than at or by an ordinary Lecture. An account of some of these Demonstrations, which were begun in 1854, has been given in "*Excelsior*" [Nos. 21-2, p. 1.]

In a somewhat different form, they constituted a prominent feature in certain of the

CONVERSAZIONI

that have been held from time to time. On such occasions the principal display is made in the Ball-room, the Museum also being thrown open, and almost all the larger rooms on the same storey—particular rooms being devoted sometimes to special purposes—such as the Exhibition of Photographs, of illustrated Books and Serials, or of Microscopes and other Scientific apparatus. Some of these "Museum Conversazioni"—for they have usually been held in connection with the Museum—and as a variety to Lectures, Demonstrations, Concerts, Balls and other amusements—have been described at considerable length in "*Excelsior*" [e.g., by M. W. J. in Nos. 16-17 and 18, p. 1, as well as in No. 30, p. 1.]

The DRAMA:

and the Forms of Dramatic Representation.

When in 1854, we made arrangements for the erection of a moveable Stage and for Theatrical performances—the innovation was regarded as so serious—so objectionable to Public Morals—that the Physician was in various ways warned against carrying out his plans. He however had made up his mind not only as regards the utility of Dramatic representation, in the many forms in which it may be applied—as a means of harmless—and even refined and intellectual amusement—as an important means therefore of Moral treatment in such an Institution: but also that the Physician is both the best, and the only proper, judge of the mode of dealing with those under his charge, and that therefore all

tyrannical or fanatical dictation was to be resisted. He had his loins girt then, ready at once to resign office and shake the dust from off his feet in the event of any interference with his programme of treatment, which included Theatricals along with Lectures, Classes, Concerts, Balls, Pic-Nics and so forth. No direct interference, however, was attempted: but neither aid nor sympathy of any kind was offered. The Physician had to do everything at his own cost—at his own risk—and on his own responsibility. The result was that the Stage and the Drama became one of the institutions of the place: and we have before us several of the first *Handbills* of "The Murray Theatre"—some of them printed in large type and in different colours—as the manner of such Handbills is.* Unfortunately we have never had what several other Asylums are now fortunate enough to possess—a special or separate *Theatre*—permanently fitted up as such and used only for Dramatic, Musical and other entertainments. But we have a complete moveable Stage, with all the requisite apparatus and machinery: including ornamental front, drop, stage lights, scenery, and side doors. And many an amusing or tragic scene—not a few beautiful *Tableaux vivants*—numerous Readings or Recitations "in character"—have been enacted, represented, or delineated on our miniature "Boards," before a sympathetic, admiring, applauding audience.

Objections to the legitimate use of a legitimate and elevating recreation have in our case, as in so many others, come from the "unco guid"—a troublesome, illiberal, mischief-making, week-minded race in every community. Perth sold its Public Theatre to a manufacturing firm: and in other ways it has discouraged or repressed amusements of a kind that people *will* have, else they betake themselves to others of a degraded kind. Nor do the citizens, as a body, see any connection between this abolition of Public amusements and the flourishing of Shebeens, Intemperance and Illegitimacy.

But, while the Drama has got into such undeserved disfavour in Perth, the genial and liberal Professor Blackie, who has discoursed † in his own inimitable way in our own Halls

* A sample of a Theatre programme is given in "*Excelsior*," Nos. 14-5, p. 6.

† One of the Lectures he delivered here—and which is noticed in "*Excelsior*" (No. 1, p. 4) was subsequently expanded into a printed and published Discourse on *Beauty*:—one of the earlier productions of the prolific pen of the modern representative of the "Scottish Chiefs."

and to our own select audiences—and all whose appearances by the way—private or public—have much of the Dramatic element in them and owe their effectiveness and popularity to this element—just as do the Pulpit exhibitions of many of our fashionable Preachers—whatever they may aver to the contrary :—the Professor, we say, not long ago defended—and successfully, in the columns of the *Scotsman*—the Drama as a means of moral and intellectual training, as well as of amusement. And strange to say his views were commended by not a few Clergymen, even in puritan Scotland. Nor can there be a doubt of the propriety of the Professor's defence of the Drama against the puerile, fanatical, illiberal, injudicious strictures of the Church.

It is a mistake, however, to suppose that Dramatic representations are confined to the rendering, in proper costume and on the boards of a regular Theatre, of Farces or Tragedies. The possession of a regular Stage, with scenic effect, and the clothing of the *Dramatis personæ* in appropriate habiliments, are important accessories—and are themselves important means of amusement—appealing as they do to the eye. But the erection of our moveable Stage and all its appurtenances costs so much in time and trouble that we have as frequently dispensed with its use when we have had occasion to make exhibitions of Tableaux, Charades or other forms of Pantomime. We have made *Drawing-room* entertainments of them †—having no accessories of any kind—so far, at least, as a Stage was concerned. Nor, in many of such cases, is it necessary to commit to memory and to get up “parts”—and so run the risk of forgetfulness and failure. The acting is impromptu, and may involve no speaking at all—the language employed being that equally eloquent one of look, attitude, gesture or action.

Belonging to the category of Stage or Theatrical Representation is unquestionably the children's Play of

PUNCH and JUDY.

For many years we failed to obtain a good “set” of Polichinello “properties” including an appropriate Stage. But “*Perseverantia omnia vincit*”—and after much searching and seeking we became at length possessed of all that is re-

quired to make a good exhibition, so far as concerns the lay figures and the stage on which they are made to perform. † But “Punch and Judy” is a worthless show unless the person or persons managing it—for there ought to be at least three or four—throw heart and soul into the spirit of the amusement : and this they cannot do unless they have a proper appreciation of the value of such an amusement and of the best means of developing it. We have found it the rarest possible thing to get anybody—not “a professional”—to work Punch, Judy, and the Dog Toby with becoming humour. Almost all who attempt it labour under the insuperable disadvantage of sheepishness. Believing the exhibition to be a thoroughly childish one, they are ashamed to have anything to do with it, and the best of their efforts fall miserably flat on spectators and auditors who are nevertheless ready to be amused. The truth, however, is that to be the medium of innocent amusement—to create a hearty, healthy mirth and good humour—is the work of the Philosopher, and not of the Fool : and no man need be ashamed of successfully—in such a way—ministering to the enjoyment of his fellows. Indeed, after a lengthened and varied experience, we have no hesitation in placing “Punch and Judy” in the forefront of Asylum amusements : as superior in remedial efficacy to the more pretentious Lectures and so forth. And we have long since preferred to cultivate this comic element in the recreational occupations of the place rather than the heavy Science, which is cultivated, with much parade, elsewhere. So far as concerns real usefulness, we pit “Punch and Judy”—including by the way the illustrated serials of the same names and all of a similar class—against the “Pathological Laboratories” so much belauded of Lunacy Commissioners. The latter do good—if at all, only to the medical officers—by keeping them—according to the testimony of one of the Heads of such a “Laboratory”—from more objectionable practices or places : while “Punch” gives joy to all ages and both sexes. For there are “no fools like old fools” and no children like grown-up ones : so that it is quite a mistake to suppose that infants, or very young children, are the only persons, who eagerly seek, and as certainly find, a very real amusement in such displays.

In connection with these Exhibitions, though of a somewhat different kind, it is here convenient to refer *en passant* to those given by means of the

† See what has been said of “Drawing-Room Dramas” in “*Excelsior*,” No. 29, p. 4.

† *Vide* “*Excelsior*,” No. 30, p. 4.

MAGIC LANTERN.

Not only have we had occasional Exhibitions of Dissolving Views by professional exhibitors, using the Lime-Ball (or Drummond) Light and all the appropriate apparatus. But, thanks to the generosity of a friend of the Institution in Glasgow, we possess a Magic Lantern of our own, specially made for us by Bryson—the well-known Optician of Edinburgh. And we have, moreover, a set of beautiful slides—consisting of Photographic transparencies on glass. But here again

“All that we can say on't
Is we've his Fiddle, *but not his hands* to play on't.”

It is one thing to have a first-rate instrument: and quite another to have it properly manipulated. Bleared images, constant hitches, suddenly diminished and increased light, melting of the japan of the Lantern by over-heating—all bear testimony to the ignorance, awkwardness and inexperience of the usual exhibitors of magic lantern effects. As in the case of “Punch,” we require trained, competent Exhibitors, as well as the ordinary materials of the Exhibition: and such Exhibitors are *rari aves*.

Dramatic representation of the most successful kind—without any learning and playing of parts—without any recitation or talk—unless that of ordinary social intercourse—is to be found in

FANCY BALLS,

in which the Costumes employed represent different ages and countries—different ranks and manners of mankind—different historical or other celebrities. The various “characters” are so many moving pictures, awakening all sorts of associations—amusing or serious. Such Balls were introduced here at a time when they were virtually unknown in Scotland—as regards recent times: for in the olden time such “mummeries,” as they were called, were common court Pastimes.† So new was the idea that we had to go to Edinburgh to purchase a quantity of costumes from its “Theatre Royal,” that they might serve as models from

†They are well described for instance in Sir Walter Scott's Novel “The Fair Maid of Perth.”

which to construct a due supply of “properties” for ourselves. And it has since happened that regular Theatrical costumes—those worn in their parts by some of our best known actors—have been borrowed from the Theatrical costumiers of Haymarket and Covent Gardens for use at particular Balls. Moreover, we have drawn from the same Metropolitan sources our supplies of *Masks* and *Dominos*—the former intended for Pantomime use—being of large size and most grotesque, while the *Dominos* are used on either ordinary or extraordinary occasions—for we do not always combine a *Pantomime* with a Fancy Ball. So frequently have we now had such Balls—so many additions have we made to our Wardrobe of Costumes—that we now possess a very considerable mass of “Properties” in the form of Theatrical Dresses, which are equally suitable for Ball-room, Drawing-room, or Stage use. Moreover, we have a small gallery of Photographs of some of the leading Characters that have appeared at our Masques or Revels: such as Britannia and America; Faust and Mephistopheles; Queen Elizabeth and Henry VIII.: and we have often wished that a deft Photographer could have taken an “instantaneous” view of the fairy-like, gorgeous spectacle presented by our Ball-room on some of these occasions. Descriptions of a few of our Fancy Balls have been given in “*Excelsior*” (Nos. 4, p. 3: 6, p. 3: 8, p. 3: 29, p. 1: 31, p. 8: 35, p. 6: 37, p. 22).

EXCURSIONS

to a distance—whether on foot—by carriage, omnibus, railway, or steamboat, or by a varied combination of some of these means, form constant features of our Summer amusements: depending, however, as to their number and direction, very much necessarily on the weather. They embrace expeditions of a few hours to several months duration. Half-day or day trips are very common—whether the object be a simple “constitutional”—or a visit to the Salmon Breeding Ponds at Stormontfield—to the beauties of the “Humble-bumble” at Invermay—or to the Art Exhibitions in Edinburgh or Dundee. Such are now the facilities of travel that these day trips enable our Residents, in small groups, to visit places so far away as Loch Lomond and Loch Katrine: Inverness, Elgin, Forres, Aberdeen, or Stonehaven: Melrose, Inchkeith and the Bass: “The Land

of Burns :” Glasgow and the Clyde : in short, to traverse a great part of Scotland, and to visit the finest of its scenery—the most attractive of its cities. Excursions of longer duration—of a few days to perhaps a whole winter or summer—occur—either in the case of Summer Quarters, which have usually been at the seaside : or of visits to friends or relatives in Edinburgh, Glasgow, Aberdeen or other cities in winter, or to Dollar or elsewhere in the country during summer. Among the most interesting kinds of Excursions have been some partly of an educational character : such as

BOTANICAL EXPEDITIONS,

two at least of which were with Professor Balfour of Edinburgh and his class of Students—the largest and in all respects the most important Botanical class in the world. The collecting trips in question are described in “*Excelsior*” (Nos. 7, p. 1 : and 9, p. 1). Other more ordinary forms of Excursions—such as *Pic-Nics* and visits by rail to distant towns or scenes have been over and over again mentioned in “*Excelsior*” [e.g., in Nos. 2, p. 3, “The Birks of Invermay :” 3, p. 1, “Dunkeld and the Duke of Athole :” 5, p. 2, “A Day with the Pike and Perch of Lindores :” 7, p. 3, “The Trossachs and Loch Katrine :” 10-12, p. 4, “A Day in the Granite City :” Ibid, p. 11, “Biram :” 13, p. 2, “Dunfermline :” 14-15, p. 7, “St. Andrews :” 19-20, p. 1, “Killiecrankie :” 21-2, p. 6, “Curds and Cream :” 23-5, p. 10, “Letters from the Seaside.”]

GARDEN PARTIES

have been given in suitable weather, during summer—on the large scale—visitors, occasionally to the number of 50 or 100 at a time, joining our own Holiday-makers. Thus we have had repeated Pleasure parties of our friends at Murthly, or of the Fechny School joining our open-air Fêtes. On some of these occasions—for instance when the Fechny Boys have spent the afternoon with us, we have had all the advantage of their excellent semi-military *Band*—trained by

an experienced Military Band-master. And we may here mention that at certain in-door amusements—such as Balls or Conversazioni—the Bands of the Militia or Volunteers have been present—thanks to the kindly offices of Sir Thomas Moncreiffe or Lord Charles Kerr. The proceedings at our Fêtes champêtres usually began about 2 p.m. with a series of *Games* in the Park and on the Bowling Green : such games as Cricket, Croquet, Football, Running, Leaping, Throwing the Stone or Hammer, or Quoits. These sports went on till about 5 o’clock, when refreshments were served *al fresco* on the Terrace. When tea was finished and the Terrace again made clear, the evening was spent in Dancing—still “in the open.” In the event of sudden, unexpected and unfavourable weather-change the proceedings had to be altered somewhat—so that they might be carried out in-doors. But, under such circumstances, they never could be thoroughly appreciated :—for, on such occasions all arrangements were necessarily made beforehand for sunshiny afternoons and balmy evenings : and with these our Strawberry Feeds and Tea Worries, Romps and Dances on the Terrace, were eminently enjoyable. Details of, or references to, some of these summer gatherings are given in “*Excelsior*” [e.g., Nos. 3, p. 3, and 13, p. 3, “The Queen’s Birthday, and how we held it :” 5, p. 4, “Competition for the Quoiting Medals :” 6, p. 2, “Our Football Club.”]

CONCERTS.

In a great variety of ways, *Music*—vocal and instrumental—especially the latter—is in daily service in the amusement of our Residents. In every department of that portion of the house occupied by the Ladies, *Pianos* are to be found, and these *Pianos* are in almost constant use. In the Chapel there is a large massive American *Organ*, while we have also a small portable Alexandre *Harmonium*. Among the gentlemen, we have, or have had, performers on the Violin, Flute, Accordion and Bagpipe : while some of the ladies also are, or have been, excellent operators on the Concertina. Our “Musical Talent” has frequently—during the “Amusement season” of winter—been concentrated on the production of Concerts of different kinds—the Music being

sometimes interspersed with *Readings*, † Recitations, or Dialogues. But we have not been entirely dependent on our own local talent for Musical entertainment: for, in addition to the Bands already mentioned, which, however, are properly available only for summer service and out-door use, we have had numerous Concerts—pure or mixed—by

1. Various Musical Associations in Perth, whose Conductors and members have most kindly volunteered their services for our amusement: or by
2. Professional Musicians, Rhetoricians or Dramatists, who visit us now and then and give us entertainments—usually of a mixed kind. The last of this class was by Mr Forrest Knowles and Miss Emma Howard—both of Dundee—the performances of the one being Dramatic and of the other Musical.

In addition to Concerts, we have, or have had, Musical Classes and Rehearsals, the Music in some cases being Sacred—in others Secular—in others again both: while it has usually consisted of a due mixture of the Instrumental and Vocal—the former leading or guiding the latter. *Programmes* of all forms of Concert were published from time to time in "*Excelsior*"—as well as issued sometimes in the form of Hand-bills or Circulars—tastefully printed in coloured type on coloured paper, as Ball, Conversazioni and Theatre Programmes also were occasionally. Programmes may be seen in "*Excelsior*" [Nos. 1, p. 3: 3, p. 4: 6, p. 3: 7, pp. 2 and 3: 10-12, p. 7: 13, p. 3: 14-5, p. 6: 16-17, p. 8: 19-20, p. 4: 26-7, p. 5: 28, p. 6: 29, p. 8: 32, p. 2.]

BAZAAR CONTRIBUTIONS.

It is a compliment no less to the taste, manipulative skill and industry—not only of our ladies—but also of some of our gentlemen—and of the latter none more so than of our worthy friend *W. G. C.*—that seldom is there a Fancy Bazaar in Perth whose promoters do not apply to us for assistance, and we think we may add—they have never applied in vain. But we have had appeals also from distant towns and villages: and to them too, if they had any sort of claim

† Various series of *Readings* have also been given separately—sometimes by friends in Perth—at other times by the Officers of the Institution, or by professional Dramatic Elocutionists. Programmes are given in "*Excelsior*" (Nos. 6, p. 4: 9, p. 3): and in the 32nd Annual Report (p. 24).

on our attention, we have responded. We have before us a Note written after one of these Bazaars, thanking us in becoming terms for our contributions. And we mention this with a purpose, and this purpose: that too commonly—such is the selfishness of the people of this day and generation that, while they are vastly civil to us when they are supplicants for favours, they are utterly oblivious of us after the favours have been conferred and received. Applying which remark to Fancy Bazaars—when we send a contribution, we do not expect ever to hear of it again: our kind friends do not trouble themselves to tell us whether our goods sold and what they went for—intelligence that would certainly interest those of us who put ourselves about to send appropriate donations. Verily, verily, virtue has much need to be its own reward in Perth, and we daresay in not a few other places.

The same good souls among us, whose bowels of compassion are moved by applications to assist the philanthropic objects for which so many "Bazaars" are now-a-days got up, are equally ready to respond to appeals for aid in cases where the intervention of Bazaars is neither necessary nor desirable. Our Dorcases and Lydias are quite as ready and are ever ready—to collect old clothes—make up warm flannel—and tear up lint for charpie when lurid war devastates this or that country, or famine breaks out, and is followed by even more devastating Fever or other Epidemics. Illustrations of the varied appeals that have been made, and of the mode in which, and extent to which, we have responded—are to be met with in "*Excelsior*" [e.g. Nos. 16-17, p. 4: 21-2, p. 3: 28, p. 3: 31, p. 8: 32, p. 3: 36, p. 7].

AMUSEMENT FUND.

In order to carry out the operations that have been hereinbefore described, a special Fund was established in 1855. In the Annual Report of the Institution for that year (28th, p. 13, as well as in the 29th, p. 11) it is referred to as the "Work Fund," and at that time it arose from the profit of certain kinds of work performed by certain classes of Patients. But it has since become more familiar—as its sources increased in number and variety—as the "Private Fund." However it may be designated, its object has been and is to add to the comfort and amusement of the Inmates. From the first it has been at the absolute disposal of the

Physician: and it was established in order that he might have the means—without incessant appeal to the Directors—to a certain limited extent of adding to the amenities of the Institution and the happiness of its residents. Since it was established, the total income from what we prefer to call the “Amusement Fund”—as best descriptive of its object—has amounted to about £1300. The Fund in question has been made up of a number of separate petty Funds—some of which may be specified, while others do not require special mention. Thus it included the

1. “*Excelsior* Fund”—which has consisted of money donations from kind friends—mostly at a distance from Perth—for the publication and circulation of “*Excelsior*,” as well as generally for the purposes for which that serial was established.
2. Annual or other grants made by the Directors—for instance, one of £12 per annum for Newspapers and serials.
3. “Work Fund”—being mainly charges for repairs of Clothing executed by the female Patients and Attendants.
4. Funds arising from the disposal of Kitchen refuse or surplus—such as Bones and Dripping: as well as from castaway Rags or old Clothes.

The disposal or distribution of the “Amusement Fund,” so collected, is illustrated by the following items of an Expenditure that has extended over the period between 1855 and 1877—23 years:—

1. <i>Books</i> and Bookbinding: including Newspapers and Serials, ...	£450	0	0
2. <i>Printing</i> and Engraving: ... “ <i>Excelsior</i> .” Museum Guide. Library Catalogue: and Miscellaneous	105	0	0
3. Subscriptions to <i>Libraries</i> in Town,	45	0	0
4. <i>Ornamental</i> Furnishings: ... Pictures. Statuary: and Miscellaneous	170	0	0
5. <i>Music</i> and Musical Instruments: ... American Organ. Piano. Harmonium: and Miscellaneous	115	0	0

6. Apparatus for out-door and in-door Games:	£100	0	0
Billiard Table and Billiard-room Fittings. Bagatelle Board. Cricket, Croquet, Football, Quoits, and Archery. Playing Cards. Chess: and Miscellaneous			
7. <i>Amusements in the Institution and its Grounds:</i>	150	0	0
Theatre: Stage and Wardrobe. Punch and Judy—with Stage. Magic Lantern. Photographic Apparatus and Materials. Pet Animals—with Cages and Aquaria. Fernery. Flagstaff and Flags. Lectures. Classes. Balls. Concerts and other Entertainments. Fireworks. Scientific Apparatus. Bazaar. Gifts—on Christmas Trees and otherwise.			
8. <i>Amusements in Town and Country:</i>	70	0	0
Pic-nics and Excursions. Fishing Apparatus. Skating Apparatus. Lectures, Concerts, Theatricals, Panoramas: and Miscellaneous			
9. <i>Museum:</i> Fittings, Contents, and Supervision,	80	0	0
10. <i>Sundries</i> —not requiring specification,	15	0	0

<i>Total</i> outlay in 23 years, ...	£1300	0	0	or
<i>Average</i> annual outlay,	56	10	0	

There are many other Features of the Institution, or its operations, to which we cannot even refer: while there are

some of which we can only make passing mention. Thus we cannot devote any space to notice of

1. The attendance of groups of inmates at Lectures, Concerts, Theatrical or other performances, Flower Shows or other Public Exhibitions *in town*: many of which Exhibitions, however, have been mentioned from time to time in the "Chronicle" of *Excelsior*.
2. The Evening Parties given by individual residents or groups of them to certain others; or the courtesies exchanged between officers and patients, or the different grades and both sexes of the latter. These pleasant civilities have occasionally figured in the "Chronicle" above mentioned: and an illustration is to be found in the text of "*Excelsior*," (No. 18, p. 3,) as among "the Compliments of the Season."
3. In-door Festivities that do not belong to any of the kinds of Recreation already specified: such as the Frolics of Hallowe'en, Hogmanay* or Valentine's-day: the Christmas dinners and other Christmas gaieties: and the ordinary or extraordinary Balls—the former occurring sometimes weekly—the latter annually or at irregular intervals, and on special occasions.

JAMES MURRAY:

Addenda to his Biography.

We are indebted to David Mackinlay, Esq., of Cordon—one of the Directors of the Institution, and the sole representative, in its management, of the Founder, or the Founder's family—for the following additional particulars concerning the parentage and history of **James Murray** and his immediate connections. In a letter of January 3, 1877, Dr Mackinlay wrote thus:

"James Murray's father was a pendicler on the northern slope of Moredun (now better known as Moncreiffe)† Hill. He was probably an only son. I know no one, bearing the name of Murray, who claims kindred with

"him. James' mother was Helen Marshal, whose father occupied the farm of Parkhill, a mile east of Newburgh. She had several sisters (one of them—a most excellent woman—was my maternal grandmother): and two brothers. Both brothers were intended for the Church. One completed his studies: was licensed by the Associate Presbytery: and was sent out to Philadelphia. He became one of the Founders of the Presbyterian Church of America. The other brother gave up Divinity and studied Medicine. He settled in London and practised Medicine there. He lectured on Anatomy and Surgery at Thavies Inn, Holborn: and according to the belief of an uncle of mine—a medical man—Dr Marshal's Lectures were the germ of the Windmill Street School of Medicine My uncle used to say also that Dr Marshal was one of the Physicians of Bethlem Hospital. But there is nothing (in a posthumous work by Dr Marshal himself) to confirm this (opinion).

"It was always believed among James Murray's relatives that it was through the influence of Messrs Beatson and Peddie that so much of his money was devoted to the foundation of a Lunatic Asylum. His uncle's career in London may, however, have had something to do with it too.

"James Murray never possessed landed property. Tar-sappie Cottage belonged to his brother—John Murray of Cordon. It was built by him on a leasehold tenure. The lease has expired: and the cottage is now the property of Lord Gray (of Kinfauns).

"James Murray of Cordon was the son of John Murray (aforesaid). He was a youth of great promise—cut off all too soon. My wife was his only sister.

"The Murrays of Ayton are not, so far as I know, related to James Murray (primus). Nor are any of the Murrays, who have been Directors (of the Murray Royal Institution), with the exception of his Brother and Nephew. My son—who happens to bear the name of "James Murray"†—is the nearest relative of the Founder, though not in the direct line. The Founder himself had no offspring."

By favour of Dr Mackinlay, we have had the opportunity of leisurely perusing two Books—published subsequently to the death of their authors, containing Biographies, and Ex-

* Vide "*Excelsior*," Nos. 16-7, p. 4.

† "The latter name"—says Dr Mackinlay—"is of modern origin: and I question if it is much known by those who live under the shadow of Moredun."

† The same "James Murray Mackinlay," we doubt not, who is announced by Mr Maclehoose, Publisher to the University of Glasgow, as the author of a forthcoming volume of "Poems."

tracts from the Works, of the distinguished Brothers Marshal—the uncles of James Murray (primus). These Books are respectively entitled :

1. "The Morbid Anatomy of the Brain in Mania and "Hydrophobia" by the late Andrew Marshal, M.D., 'many years teacher of Anatomy in London': edited by S. Sawrey, M.R.C.S., 'formerly "Assistant Lecturer to Dr Marshal': published by Longman, London, in 1815. To the Essay on Morbid Anatomy is prefixed a Sketch of Dr Marshal's life by Dr Sawrey.
2. "Memoirs of the late Rev. William Marshal, Pastor of "the Associate Congregation in Philadelphia, U.S., "by John M'Culloch": Philadelphia, 1806.

While these Uncles of James Murray's appear to have been—from the works above mentioned—in many respects

Par nobile fratrum,

we have no special concern with the Divine or his doings in the United States. But in the Physician and Anatomist we cannot but feel the keenest interest: because we go further than Dr Mackinlay in the opinion that Dr Marshal's career in London may have, to some extent at least, determined the direction in which James Murray's legacy was expended. It may be a mere coincidence—and if it be so it is at least a very striking one—that Dr Marshal—

1. Not only carefully studied Insanity—in relation at least to the Morbid Anatomy of the Brain in the Insane: but wrote on the subject.
2. He was—though not officially, or as a resident—connected intimately with the well-known Metropolitan Hospital of Bethlem—the oldest Lunatic Asylum in Britain: all his Necroscopic Investigations having been conducted in it.
3. He was a man of note in his day and generation in London as a Physician and Anatomist: especially in relation to the famous Anatomical School of William and John Hunter—the celebrated Scottish Anatomists—founders of the Hunterian Museums of London and Glasgow.
4. And, further, he was a man of note in Scotland before his removal to London—in consequence of his acquirements in general scholarship.

Such is the interest attaching to the whole history of this remarkable man both as uncle to **James Murray**

and as one of the very few students in his day of the Morbid Anatomy of the Insane—that we need offer no apology for appending a few of the salient features of his chequered career. We learn then from Dr Sawrey's Memoir that **Andrew Marshal** was born at Parkhill, Fifeshire, in 1742, his father being a farmer on the banks of the Tay near Newburgh. He was educated at Newburgh, then at Abernethy: next in Edinburgh: and lastly in London. He must have been a man of varied accomplishments: and he probably not only studied for the Art degree in Edinburgh—perhaps while yet he had a Theological career in contemplation—but his acquirements in these Art subjects must have been of no common order. For we find Professor Hunter of St. Andrews suggesting that he should become a candidate for a vacant Chair—in St. Andrews—of Logic and Rhetoric. Such a Chair, however, seems to have had no attractions for him. He studied Medicine and the collateral sciences in Edinburgh under the famous James Gregory, Black, Cullen, Munro (primus) Blair, Robison and Hope: taking the degree of M.D. there in 1782. Then for a time he became Surgeon of the 83d Regiment: which post he gave up to study Anatomy in London under William and John Hunter, whose Academy was then in Great Windmill Street. In 1785 he founded a rival Anatomical and Surgical School for himself in Thavies Inn, where he built a Dissecting Room. He lectured there till the year 1800, when he was compelled by ill health to retire. Such was the repute of his School that the great Abernethy made unsuccessful overtures to join him in partnership. In 1813 he died in London.

One of the most signal occurrences of his professional life in London was his public quarrel with John Hunter, or rather John Hunter's quarrel with him, for the greater of the two Anatomists appears to have begun the misunderstanding. This quarrel, says Dr Sawrey (p. xxiii) revealed "the failings of two great and highly deserving men, both "of whom the Profession have many reasons to respect." The origin of the said quarrel was a paper on Hydrophobia read before a metropolitan Medical Society by Dr Marshal: in which he "observed that he had found the "Brain diseased in two cases he had examined: and stated "generally his opinion that the Brain was also materially "affected in Mania. This opinion was rudely attacked by "Mr Hunter, and the dispute ended in a personal quarrel." Unfortunately too the quarrel was keenly taken up and

maintained for some time by partizans of both sides.

Dr Marshal's investigations on Mania, we are told by his biographer and critic (p. 148), were made mostly in *Bethlem Hospital*, to which he was not officially attached: "the Medical officers of that excellent Institution having most liberally afforded him the opportunities he wished for in these Examinations: a liberality which I trust"—says Dr Sawrey—"will be always exhibited to those who wish to explore a subject so momentous. It is only by repeated Dissections that our knowledge of it can be enlarged: and where can the proper opportunities be had to pursue these difficult and delicate investigations, but in the Public Hospitals appropriated to this disease?"

"About this time" (1786 to 1794) "the general opinion of the most experienced in Medicine in England was that this complaint (Mania) left no evidence in the Brain . . . but that it was altogether Mental . . . This opinion was sanctioned by the Anatomical authorities then most respected" (p. 147).

It is proper to explain that both Dr Marshal and his biographer use the term *Mania* as a synonym for Insanity in general: and the cases cited in the Memoir include types of all the ordinary forms of Insanity as now known in Hospitals for the Insane.

INSANITY IN PRIMITIVE PEOPLES.

[Continued from No. 36, p. 6.]

Mrs Richard Burton, in her "Inner Life in Syria" (1875), makes many interesting references to various kinds of Insanity among the mixed races that inhabit Damascus and Jerusalem—the Lebanon and other parts of Syria or Palestine. The Madman in Syria and Palestine is known as the Majnūn. The Insane in these countries are much respected, "as their souls are supposed to be already with God" (vol. I., p. 64). We have had occasion to draw attention to this fortunate circumstance—the deference paid to the Idiotic or Insane—when speaking of the "Sanctity of Imbeciles in the East."* "An old crone" of a Fortune-Teller was "partially mad" (p. 85). Mrs Burton describes a Love-philtre as making a certain husband mad. "This is a true story"—she assures us: "he was very ill for sometime with a kind

"of derangement of the head. . . . When he recovered, he turned upon (his wife) saying—'Thou gavest me a Drink to make me mad. Thou art a Witch.'" (p. 163). Probably what was here employed was *Bhang* (*Cannabis Indica*). A Shazli—one of a peculiar sect of Christian converts—a young soldier who was an enthusiastic Neophyte—fell into a state of Ecstasy—in which he saw in visions our Saviour and the Virgin. Some people thought him possessed of a Devil. He was, under this impression, chained: but it was reported that his chains were four times miraculously broken. Supernatural graces and strength were supposed to have been bestowed upon him. At Constantinople, however, he was tried by Court-Martial—a medical man being consulted as to his sanity. He was found sane and discharged. He now took the name "Isa, which is Jesus," and returned to Damascus. Of his fellow citizens there—"some term him the Majnūn—the madman—though there is nothing in him to indicate the slightest Insanity.* Most of the people hold him in the highest respect—calling him Shaykli . . . and thus raising him to the rank of Santon or Saintly man" (p. 190). This appears to have been a case of Religious Delusional Mania—or Ecstasy—that of a man who coveted Martyrdom and would have delighted in it—as so many Religio-maniacs do in all countries. A case of "Curious Convulsions" is also given—a Syrian disease, called El Wah'tab—congenital, and resembling an intermixture of Epilepsy and Hysteria—according to Mrs Burton, who says: "In old times it would have been considered Possession and they would have called in an Exorciser" (p. 233).

Speaking of a Lunatic Asylum, which was formerly a little chapel cut in the rock by the Crusaders at Jerusalem, the same lively authoress writes: "The treatment in this *Maison de Santé* is not complicated. They chain the Lunatic with a blessed chain called St. George. They are fed on bread and water, quite regardless of respect of persons, some of whom may not have sufficient blood to supply the Brain. The Manager comes round to visit them, and asks questions, and for every foolish answer they receive a blow with a little stick. This most brutal and horrible cure is said to answer wonderfully.† I do

* The writer—Mrs Burton—be it remembered, is a fervid Roman Catholic.

† With this may be compared other modes of treatment cited in "Excelsior," Nos. 36 p. 4: and 19-20, p. 5.

* "Excelsior," Nos. 34, p. 8: 36, p. 4: and in the article on "Insanity in Fiction and in Fact" in No. 28, p. 3.

"not believe it"—adds Mrs Burton (vol. II., p. 103). Nor, for that matter, do we. But all this—cure or no cure—is occurring at the present day, before the eyes of countless Pilgrims of the Tourist class from England and America—in the Holy city—in the centre of Christendom—where the Gospel of Brotherly Love and Charity was first promulgated so many centuries ago!

Mrs Burton's husband—the redoubtable Traveller in so many countries—in his "Gorilla Land" gives a figure of what he calls "The Village Idiot" (vol. I., p. 167), and describes the youngsters as teasing him, just as street arabs do our Daft Davies or Silly Sandies at home. He says "there is one in almost every settlement" (p. 166): ¶ a strong statement, considering the number and positiveness of the assertions made to the contrary by other African travellers. Baker, for instance—in his "Ismailia" (vol. II., p. 530)—says that the Negroes of Central Africa "live as Animals, simply by using the Brain as a director of their wants:" and he ascribes to this primitive or simple mode of life the *rarity** of Insanity and Idiocy among them. Monteiro, in his "Angola" (1875, vol. I., p. 62), refers to a "half-witted water-carrier in my service": and he further tells us (p. 279) that "Insanity exists, though *rarely*, among Blacks. I have only seen several natural-born Idiots. But I have been informed by the natives that they have violent mad-men amongst them, whom they are obliged to tie up and sometimes even kill. And I have been assured that some Lunatics roam about wild and naked in the forests, living on roots †: sometimes entering the towns, when hard pressed by hunger, to pick up dirt and garbage,* or pull up the Mandioca root in the plantations."

Again, Colenso—in speaking of the "Maori Races of New Zealand" [in the Transactions of the New Zealand Institute, vol. I., 1868, p. 343]—says that children born Idiots "were all but unheard of. . . . Fits of an Epileptic nature afflicted some—both men and women. . . ."

¶ As to the *frequency* of Insanity in the African negro, Burton is supported in his opinion by his companion in travel—Speke [*vide* "Excelsior," Nos. 19-20, p. 5].

* Concerning this alleged *rarity*—and its causes—of Idiocy or Insanity in savage races see also "Excelsior," Nos. 35, p. 7: and 36, p. 6.

† Compare with this account the description given by travellers of Wildmen and Wolf-children—in India and elsewhere.

* Compare, with this display of *Morbid Appetite*, the Dirt-eating of the Orinoco Indians and the Foul-feeding of many other savage races, as well as the depraved Tastes of Hysteria in the females of the most highly civilised peoples.

"Insanity, mostly aberrant, of a mild, melancholy type, "was occasionally to be found." Suicide, however, does not appear to have been uncommon—sometimes in connection with "fits" of Insanity (p. 387), or with extreme sensitiveness to sorrow, ridicule or blame (p. 381). Thus bereavement "not seldom" led to self-murder: while in other cases the individual "pined" to death—as so many animals do—from grief.

INSANITY BOTH IN FACT & FICTION.

During the year 1876 a work* was published both in New York and London, which seems to have created a "sensation," with its practical results, in America, though it has certainly not produced a similar impression in England. The book consists of the narrative of "an Amateur Lunatic"—a New York newspaper correspondent, who appears to have submitted himself—for the sensational purposes of Journalism—to incarceration for a fortnight in a Private Lunatic Asylum in or about New York. The publicity given, in the newspaper to which he was attached, to his Asylum experiences attracted the notice of the Government of the State of New York, and led to the appointment of a State Commission of Inquiry, followed by the permanent establishment of a State Commission in Lunacy—including at least one State Commissioner in Lunacy—having a status and powers similar to those of H. M. Commissioners in Lunacy for England, Scotland and Ireland.

However arrived at, the State of New York is to be congratulated on the result—the formation of a Board of Lunacy. The necessity for and the advantages of such a Board for the United States—as well as for the Canadas and other British possessions in North America—was pointed out some years ago in this country by a friendly critic of American Asylums.† But hitherto our transatlantic cousins

* "A Mad World and its inhabitants" by Julius Chambers: London, 1876. It was variously advertised also as

(1) "A Mad World: " by an Amateur Lunatic: " and
(2) "A Mad World and its inhabitants: being the startling experience of an Amateur Lunatic in one of the Great American Asylums."

† *Vide* (1) "Suggestions for the proper Supervision of the Insane "and of Lunatic Asylums in the British colonies: " *British and Foreign Medico-Chirurgical Review*, October, 1869.

(2) "Colonial Lunacy Boards—with special reference to "New Zealand: " *Edinburgh Medical Journal*, March and April, 1872.

have shown the utmost horror of any State interference or supervision of such a kind as is involved in the operations of a Lunacy Board : and a feeling of antagonism has arisen on the part of the Superintendents of American Asylums that has led them to oppose every effort to impose upon them any State Supervisors or Supervision of a systematic and skilled kind. If there is any truth in the allegations of the American Journalist, Julius Chambers, or in the more recent ones of our own Dr Bucknill,† not only was a Lunacy Board required in the State of New York, but one should be established forthwith in every State in the Union—unless it be deemed better to have a central and general one for the whole of the American Union. There are great advantages in having such a *General Board*—with its headquarters at Washington. But no doubt such a conception will not commend itself to the jealousy with which every State in the Union regards its neighbour and rival. Even as we write we have before us a criticism in the *Scotsman** of Bucknill's "Notes:"—a criticism we venture to attribute to an experienced and sagacious member of our own (Scotch) Board of Lunacy. The critic shows how flimsy and selfish are the arguments brought forward by Asylum Superintendents in America against Government Supervision of Asylums.

There is, however, we think, an unfair tendency in the works both of Chambers and Bucknill to depreciate American Asylums:—to paint their operations in the blackest colours—to contrast them unfavourably with those of England—regarding the latter as models for the world to imitate! We have visited American Asylums for ourselves, as well as those of England, and our impression is, as pointed out elsewhere,‡ that in many respects, the Asylums and Asylum Superintendents of the American Union compare favourably with those of England: in other words, that, if there be matters in regard to which our American confrères would do well to borrow from England, they are in a position to repay the loan by teaching England and its Asylums lessons that they very much need.

To the lists printed in former Numbers of "*Excelsior*"‡

† "Notes on Asylums for the Insane in America"—by J. C. Bucknill, M.D., F.R.S., lately one of the Lord Chancellor's Visitors of Lunatics.

* Of January 30, 1877.

‡ "American Hospitals for the Insane contrasted with those of Britain." *Edinburgh Medical Journal*: December, 1870.

‡ Vide Nos. 36, p. 8: 35, p. 4: 32, p. 3: 31, p. 7: and 28, p. 1.

of Novels or Stories that give a prominent place to Insane "Characters"—to the phenomena of Insanity—we have to add the following:

1. "The Cheveley Novels"—now being issued: "A Modern Minister": chap. xx—"The Man they thought mad"—describes the vagaries of the innocent Monomaniac—Dickson Cheffinger.
2. "Eccentric People"—whose Eccentricity bordered on or amounted to Madness: in *Chamber's Journal* for September, 1877.

Here the actual case of poor "Beau Brummel," in his squalid lodgings at Calais in his latter days, resembles the fictitious one of "Sir Dickson Cheffinger" in the "Modern Minister": except insofar as Brummel had a servant who humoured all his master's crazy fancies.

3. "An Editor's Tales" by Anthony Trollope, 1870. Story I—"The Turkish Bath"—relates to an insanely literary Irishman, with a morbidly fertile *cacoethes scribendi*: a case paralleled by at least one former Patient of our own—long the inmate of a sister Institution—who used to cover acres of paper, writing with equal facility on almost every subject under the sun.
4. "Lady Anna" by Anthony Trollope: 2 vols. 1874.
5. "Daft Davie" by Mrs Whitehead; in *Sunday at Home* for 1875.
6. "Daniel Deronda" by George Elliot: 4 vols. 1876.
7. "Godolphin" by Lord Lytton (Bulwer): edition of 1874.
8. "Power's Partner" by Mary Byrne: 3 vols. 1876.
9. "The Golden Butterfly" by the author of "Ready-money Mortiboy": 3 vols. 1876.
10. "A Wingless Angel" by J. E. Muddock: 1875.
11. "Rose Turquand" by Ellice Hopkins: 2 vols. 1876.

INSANITY AND ITS TREATMENT IN PERTSHIRE IN THE OLDEN TIME.

Our townsman, Mr Fittis, in his "Perthshire Antiquarian Miscellany" (Perth, 1875), gives us more than one curious glimpse of the mode in which our ancestors in their day and generation regarded Insanity and the Insane. Thus

an English Quaker visitor—Gurney—describes (at p. 377) what he saw of the management of Lunatics in the Perth Tolbooth in 1818. Here is exactly what he says: and it is of special interest to us as showing the sort of provision made for the comfort of our local Insane prior to the establishment of the Murray Royal Institution in 1827, nine years afterwards. In all probability Mr Gurney's Report, which was published in his "Notes on a Visit made to some of the Prisons in Scotland," led directly or indirectly to Mr Murray's fortune being devoted to the institution of an Hospital for the Insane.

"The old Jail of Perth . . . is built over a gateway in the middle of the town. Although this dark and wretched building had been for some time disused as a Prison, it was not, at the period of our visit" (Mr Gurney was accompanied by his sister—the celebrated Mrs Fry) "without its unhappy inhabitants. We found in it two Lunatics in a most melancholy condition: both of them in solitary confinement, their apartments dirty and gloomy: and a small dark closet, connected with each of the rooms, filled up with a bed of straw. In these closets, which are far more like the dens of wild animals than the habitations of mankind, the poor men were lying with very little clothing upon them. They appeared in a state of Fatuity, the almost inevitable consequence of the Treatment to which they were exposed. *No one resided in the house*, to superintend these afflicted persons, some man, living in the town, having been appointed to feed them at certain hours of the day. They were in fact treated *exactly as if they had been Beasts*. A few days after our visit, one of these poor creatures was found dead in his bed. I suppose it to be in consequence of this event that the other, though not recovered from his malady, again walks the streets of Perth without control. It is much to be regretted that no medium could be found between so cruel an incarceration and total want of care."

It is thus obvious that such an Hospital and Home as the Murray Royal Institution was not established before it was urgently required—in Perth.

Again, in the chapter on "The Witchcraft and Demonology of Pictavia" (p. 586), a curious case is given—that might be quoted at length could we spare the space, which unfortunately we cannot—of Demoniacal Possession—of Delusional Insanity—that occurred at Abernethy near Perth:—the subject of "Possession" being "a very worthy Mini-

ster of the Secession Church"—the Rev. Andrew Small of Edenshead and Abernethy, who appeared as an author in Edinburgh in 1823 and again in 1843:

SELF-IMPOSED INSANITY.

The special correspondent of the *Daily Telegraph*, writing from Constantinople in 1877,† describes the Howling Dervishes of that city as Enthusiasts, who, at a certain stage of their Exhibition, "have gone stark, staring mad." "Some," he says, "grunted like swine: some barked like dogs: some lowed like kine: some bellowed like bulls; some squalled like cats: while others merely yelled and shrieked, like the Human Bedlamites they seemed to have been temporarily turned into." There was in short "a screeching, wailing, snarling, gurgling, gasping din . . . a diabolical clatter."

Probably the "special correspondent" was not aware of the Psychological significance of the word-picture he was drawing. Nevertheless it so happens that not only does the so-called "Dancing" of the Eastern Dervish furnish us with an excellent example of what is virtually a kind of Acute Ephemeral Mania—an *artificial Insanity*—voluntarily produced in man by himself: but also of *Animal traits in Human Insanity*. It is of interest to note that such traits are not unfrequently developed in forms of Insanity that are the result of Man's *Morbid Imagination*. Thus they occur commonly in Spurious Hydrophobia in man:—in that form of it which is often produced not by the bite of a rabietic dog, but simply by man's own morbid fears.

The *Daily Telegraph* writer goes on to compare the morbid mental excitement of the Turkish Dervish with that which characterises what are known as Religious "Revivals" among American Negroes. He very properly regards the Excitement in the two cases as similar in kind. "Epilepsy succeeding to Imposture, Hysterics supervening on Humbug" "are very much the same all the world over"—he remarks. And we can only say that it is too true: such phenomena—Insanity of the fanatical kind in connection with "Religious Awakenings"—are much too common among ourselves.

Instances of Artificial Insanity—produced deliberately by

† His letter appeared in the *Daily Telegraph* for February 1, 1877.

man in himself—for the purposes of war or otherwise—are every now and then occurring in the records of travel. The late Dr Thomson of the 58th Regiment, in his "Story of New Zealand (vol I., 1859), gives an admirable frontispiece plate of the Maori "War Dance," which he also describes (at p. 126 of same volume). He speaks of the natives being "excited to desperation" by the Dance and Song—by mutual insult and abuse. "Both parties" become "maddened with anger, hatred and malice," and rush "madly" into the fight.

Cameron, in his "Across Africa" (1877, vol I., p. 27), mentions an Arab, who was "foaming at the mouth, brandishing his sword, and swearing that he would kill a dog of a Nazarene, and then die happy. He was followed by "a crowd of yelling and infuriated fiends." He specially describes him as "The Madman: for by this time he had *worked himself* into a state of fury, which could not be "distinguished from madness."

The same intrepid traveller refers (p. 184) to "an old "man suffering from Delirium tremens—the only instance "of this disorder which I saw in Africa, though drunkenness was by no means uncommon." (At p. 85) an Arab that "seemed half-witted" is mentioned. And Cameron's successor in African trans-continental exploration—Stanley—states that, among the many mishaps that befel his Negroes on arrival at the mouth of the Congo one of them became "mad with joy." [*Vide* the preliminary account of his journey given in the *Daily Telegraph* in October 1877].†

†Compare what was said under the heads "Insanity in Primitive Peoples" and "The Cold-water cure in Africa and England" in "Excelsior" for 1876 (No. 36).

DONATIONS.

I. "EXCELSIOR" FUND.

A FRIEND, London, £1 1 0

II. LIBRARY.

Dr IRELAND, Larbert, formerly of H.M. Indian Army: author of the work: "Rudolph Methyl: a story of Anglo-Indian Life": 2 vols: London, 1863.

JOHN LENG, Esq. of Kinbrae, Dundee, Editor of the *Dundee Advertiser*: author of the work: "America in 1876: Pencilings during a tour in the Centennial year: with a chapter on the aspects of "American Life:" Dundee, 1877.

Dr LINDSAY, Gilgal: Journal of Royal Geographical Society for 1861: and Report of Smithsonian Institution, U.S.A., for 1863.

III. MUSEUM.

Sir THOMAS MONCREIFFE of that Ilk, Bart: 4 silver coins of "Robertus Rex Scotorum" (Robert the Bruce).

Mrs CRAWFORD, Perth: Richly carved wooden Cingalese Basket.

Mrs LINDSAY, Edinburgh: Pipe made of an Alder (tree) knot.

Dr LINDSAY, Gilgal: Bombay, Ceylon, Cape de Verde, and Angola Orchella Weeds.

IV. MISCELLANEOUS.

JOHN MACKIE, Esq., Wick, its Editor: "The Northern Ensign" regularly during 1877.

Messrs W. TAYLOR & Co., Printers, Perth: 1 dozen Office Calendars for 1878.



FAREWELL.

"EXCELSIOR" has now come of age : it has reached its 21st year—that of its majority—having been born in 1857. It has fulfilled the Mission with which it charged itself 21 years ago, and having done so, it now proposes to make its adieux.

The Mission in question included the following objects :

1. To give a full History of the establishment and subsequent progress of the Murray Royal Institution : or of such details thereof as might be likely to interest its Inmates, their relatives, its Directors and officers, and the general Public.

Such a History has been reserved for the concluding (two) Numbers of "*Excelsior*."

2. To furnish an account of the varied occupations and amusements of the Inmates, so as to afford "to all whom it may concern" some proper idea of the character of their cloister life.

Such an account has been regularly supplied in the "Chronicle" drawn up by our indefatigable friend *W. G. C.* : of whom more anon : as well as by the descriptions of our Classes and Lectures, Balls and Concerts, out-door Games and Fêtes, Pic-Nics and other Excursions.

3. To supply samples of the peculiar (morbid) views of individual residents of a literary turn of mind—of their Delusions, as described by themselves—in *ipsissimis verbis*.

Such specimens are to be found in "*Excelsior*:" No. 36 "A Political Rhapsody."

— 35 "Lunatic Literature."

— 21-2 "Female Attractions."

— 10-12 "Nature delineated."

4. To submit characteristic illustrations of some of the peculiarities of Habit—some of the Eccentricities of behaviour—of members of our community.

Such illustrations are the articles entitled "The Hoard of a Miser" in "*Excelsior*" No. 32 : and "A Study in Fantastic Anatomy" in Nos. 23-5.

5. On the other hand, to offer to Inmates with the requisite ability and inclination a medium for the publication of their criticisms on men and things—local or general : including Lectures, Prologues, or Addresses delivered by them before our "limited" Public, or contributed to the columns of contemporary newspapers.

As examples we may point to the various contributions signed "M. W. J." in "*Excelsior*" Nos. 23-5 "Motley Reflections on the Magazines:" Nos. 19-20, "Killiecrankie:" and Nos. 16-17 and 18, "Museum Conversazioni."

6. To place our columns at the command of "correspondents"—invalids in other Hospitals—sometimes far distant—for the publication of their valued communications.

The best series of papers of this class is that selection of extracts from a letter-correspondence with an accomplished Littérateur—albeit an Hospital invalid—which appeared in No. 33 of "*Excelsior*" as "The Consolutions of an Invalid."

7. To contain notices of, or critiques upon, current events illustrative of the Natural History of Insanity or of the condition of the Insane in other countries.

Notices of this kind are exemplified by the series of short articles on

"Insanity in Fiction."

"Insanity in Primitive Peoples."

"Mad Characters in History."

"Lunatic Literature"—at Home and Abroad.

"Our Contemporaries" (British and Foreign Asylums) and their doings.

8. To give short accounts of the literary (published) contributions of mental Invalids in other places.

Articles of such a character are to be found in Nos. 10-12 of "*Excelsior*" as Reviews of "The Philosophy of Insanity," published at Glasgow in 1860: and "Songs of Labour and Domestic Life," published in Edinburgh in the same year.

Now "*Excelsior*" has lived sufficiently long, we think, to have enabled us to carry out the objects originally proposed, to as full an extent as is desirable. There is no longer Novelty in the enterprise, whether to its readers, or to those who have charged themselves with its preparation and publication for nearly a quarter of a century. Were its publication to be continued, its pages would merely be ringing the changes—with a little variety it may be, but not with such variety as to justify a prolonged existence—on the articles that have already appeared in it. The series of "*Excelsior*" already published—and which is rendered *complete in itself* by the issue of Title Page, Table of Contents and General Index, is sufficient to exhibit or illustrate the views and operations of the present Regime—of the present Government—of the Murray Royal Institution.

In the natural course of things a new Regime must some day displace and succeed the present: and that new Governor and Government is likely to have its own new views, and its own new ways of setting them forth or of giving them practical expression. It will be for the new Regime to issue a new series of "*Excelsior*" under some new Name [for "*Excelsior*" is a title that has been claimed in common with our serial by Magazines, Tracts, Songs and Verses—of very different kinds]: or, like Nelson, to have some other form of a Gazette of its own, if it deem such a serial desirable.

So far as we are aware—in composing our mantle around us and betaking ourselves off the stage of what is now an exuberant periodical literature—we leave behind us *only two* representatives of the 4th estate as cultivated in the shadow of the Asylum Cloister—in the *New Moon* of Dumfries and *Morningside Mirror* of Edinburgh.† But these are evergreens: their life is vigorous, and promises to remain so. Long may they flourish! We point with some pride to the fact that these serials, which are 34 and 33 years old respectively, and are therefore, counted by man's years, only in their prime—are *both Scotch*. It is singular that our sister country, which makes such a parade of the doings of its Asylums in the *Times*, *Daily Telegraph*, or other influential newspapers—metropolitan or provincial—cannot, or at least does not, produce a single Asylum serial! That such an anomaly should long remain a reproach against *England*, which perpetually boasts that *its* Asylums are the first in the world, we can scarcely believe. For the richer, larger, wealthier, more powerful Asylums of England have for the last half century been following the lead of "pair Auld Scotland" in all that constitute the essential features of what is now known popularly as the "Modern" or "Humane" system of Treatment of the Insane:—what would more appropriately be termed simply their *rational and just* treatment:—a treatment that necessarily involves the judicious application of the great Law of Kindness and the Golden Rule. It is not to Bedlam, which has flourished for more than 6 centuries: nor to Hanwell and Conolly—that we must look for the real inauguration in Britain of the present system of treating the Insane. It was a Scotchman, now enjoying the *otium cum dignitate* of a septuagenarian on the quiet banks of the Nith, who in 1837 published a modest little volume, showing "What Asylums were, are and ought to be," and who put in practice his own precepts in the Crichton Royal Institution of Dumfries. In another part of the present Number of "*Excelsior*," moreover, we have mentioned the name of a greater than Conolly—another Scot, who nearly a century ago, with all the bravery and sagacity of his countrymen, was pointing out in the face of ridicule and abuse what is now universally admitted—that Insanity—or some forms of it at least—depend on organic disease of the Brain, and that such cerebral lesions are often patent on careful microscopic examination. He did in fact what more than one of our great Asylums in England and America are now taking great credit to themselves for doing: he devoted himself to the study of the Morbid Anatomy of the Brain in Insanity. But Dr Marshal was a man of Fact—not of Fancy. His was not the facile pen that mingled Fact and Fiction so as to make them sensational and readable—so as to environ them with a blazonry that prevented the separation of the one from the other. He was not a ready writer, though he must have been a ready speaker. At all events, he was not given to the publication of his thoughts and doings: this was left for his friend and assistant Dr Sawrey to do for him after his death. And hence he is little known compared with Conolly, who had the

† A full account of the "Lunatic Literature" both of Britain and America was given in "*Excelsior*" No. 33 (1873), and No. 34 (1874).

advantage moreover of flourishing in quite recent times. But Marshal's facts and inferences—the work that he did—will be the heritage of all time, becoming historically more and more valuable and valued.

The *New Moon* and *Morningside Mirror* are the survivors—no doubt for the reason that they deserved to be so in that “struggle for existence” that characterises Asylum periodicals, as well as so many other sublunary things—of not a few Magazines of a comparable class that have appeared from time to time in various Asylums of Scotland, England and America:—we are not aware of any having ever been issued on the continent of Europe or elsewhere. These *defunct Periodicals*—defunct some of them after a long and useful—others after a short and meteoric—career—include the following :

I.—In *Scotland*.

1. The *Chronicles of the Cloister* (Glasgow), of which only a few Numbers appeared, and which lived less than a year.
2. The *Gartnavel Gazette* (also of Glasgow), which had a similarly short career.

II.—In *England*.

3. The *York Star*, which died a natural death on the transfer of its Editor—Dr Needham—to Gloucester : not, however, till it had attained the very respectable age of 16 years.
4. *Loose Leaves* (Church-Stretton, Shropshire), of which only 2 Numbers ever appeared so far as we know : the shortest-lived therefore of all British Asylum Serials.

III.—In *America*.

5. The *Retreat Gazette* (Hartford, Conn.), of which only 2 Numbers appeared in 1837.
6. The *Asylum Journal* (Brattleboro, Vt.), which was issued for 4 years—between 1842 and 1846.
7. The *Opal* (Utica, N. Y.) appeared for 10 years—from 1851.
8. The *Meteor* (Tuskaloosa, Ala.) was issued for 4 years—from 1872 to 1876.
9. The *Friend* (Harrisburg, Pa.) which lived only for 2 years.

The last published Report of “the Alabama Insane Hospital at Tuskaloosa” (16th, of date, 1876, p. 36), thus alludes to the fall of the *Meteor* :

“We published in the Hospital until quite recently a little paper called *The Meteor*, which was edited and printed exclusively by the Patients. This little sheet we were in the habit of sending to our Exchanges, and a few of the friends and patrons of the Hospital. It was discontinued a few months ago from the lack of interest on the part of the Patients, who conducted it. Such an enterprise, from the very nature of the case, must hold a very precarious existence. But it is interesting to know that *The Meteor* was continuously and regularly issued for a period of 4 years.”

We are indebted to Dr Andrews of the New York State Asylum at Utica, for the following information concerning two American Asylum Serials. In a letter dated May, 1876, he thus writes :

“The information I gave you in 1870, though correct so far as my knowledge extended, was imperfect. The *Asylum Journal* was issued from the Asylum at Brattleboro, Vt., in November, 1842, and continued for 4 years—till June, 1846. The *Opal* was begun as a Monthly, and so continued during 9 years. The 10th volume was issued in quarterly (instalments), and after 3 Nos. (of said volume) the serial was discontinued in November, 1860.”

The same gentleman is the author of an article on “Asylum Periodicals” in the *American Journal of Insanity* for July, 1876. From that article we quote the following deliverance concerning the defunct Asylum serials of America :

“The cause of the *Failure* of so many Asylum productions is found in the changeable character of the population of (such) Institutions, and the loss of novelty to both Patients and the public. It is true, as with the outside world, that but few persons possess the requisite qualifications, which render them capable of conducting a publication, or writing for it. Even when found, in a comparatively short time, they either recover or pass into a condition of feeble-mindedness which incapacitates them for further literary efforts. In these causes we find the short existence of such (serial) issues : and of their failure to represent the phases of Insanity, which alone would render them valuable (p. 49).”

If such be the *Causes of Failure* in America—a country abounding in men fond of literature—of print—of publication—where newspapers of all sorts exist by the thousand—it is not likely that such failures should be fewer in our own country, or that their causes should be very dissimilar. In short, the reasons why so many Asylum serials have appeared but for limited—sometimes absurdly limited—periods are these :

1. Either that the up-get of the serial is entrusted to some clever *Patient*, with the requisite time, ability and inclination : and the issue ceases as soon as he leaves the Asylum, or gets tired of an irksome task—albeit self-imposed—or becomes disqualified for it.
2. Or the publication is undertaken by the *Asylum Physician* : and its issue ceases when he leaves, or finds the work too much for him amidst the superabundance of slavish drudgery that is heaped upon him.
3. Or the Editor, whoever he be, finds that as soon as the *Novelty* of the publication disappears, he is unsupported, or not duly supported, by those from whom he was entitled to look for sympathy and aid.

But "*Excelsior*" is not to be ranked in the same category with the nine defunct serials above mentioned. It has attained a ripe age : it has fulfilled its mission : its demise is not premature, nor is it summary or abrupt : it simply ceases to be because there is no proper *raison d'être* for its protracted existence.

*"Sunt certa denique Fines
Quos ultra citraque nequid consistere Rectum."*

It only remains for us to draw our Editorial toga about us, and make our best bow, while offering our warmest thanks to all that have been friendly or generous to "*Excelsior*"—all who have favoured us with sympathy or appreciation. More especially is our lasting gratitude due to—

1. Our staunchest of all good friends—*W. G. C.* : who throughout our career has supplied our "Box" with "copy" of the most varied kind, in itself sufficient in quantity to have kept "*Excelsior*" alive. But this gentleman's claims on our regard are such that a special article of a couple of columns in No. 33 of "*Excelsior*" (for 1873) was devoted to a narrative and eulogium of his many and valued services to the Murray Royal Institution.
2. Certain generous, though anonymous "friends" in Liverpool and London :—as well as certain other friends, whose names have been duly chronicled from time to time in the "Donation" list of "*Excelsior*"—who have made handsome money contributions to the "*Excelsior* Fund"—for the publication and distribution of our serial.
3. Those who have assisted to fill the shelves of our Library with books, and the cases of our Museum with objects of Natural History—some of them of high interest.
4. The well-known Editor of the *Northern Ensign* of Wick, or others, who have conferred upon us the great boon of adding to our current newspaper literature.
5. The eminent Sanitarian, Philosopher, Philanthropist, Physiologist and Author—*B. W. Richardson, M.D., F.R.S.*, who, when Editor of the *Social Science Review*, devoted no less than 15 of its pages (in the Number for March, 1866, in an article on the "Literature of the Insane") to an exhaustive and appreciative notice of "*Excelsior*" and its contents.

Ne quid Nimis.





“ Our Endeavours
Have ever come too short of our Desires.”

“ Be to our Faults a little blind :
Be to our Virtues very kind !”

“ If we have been extinguished, yet there rise
A thousand Beacons from the sparks we bore.”



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PERTH.

COMPILED BY M. W. J.

No. I.--JANUARY, 1863.

PERTH:
PRINTED BY ROBERT WHITTET,
25 HIGH STREET,
1863.

“**READ**—not to contradict and confute ; nor to believe and take for granted ; nor to
find talk and discourse ; but to weigh and consider.”

. “ Reading makes a full man, conversation a ready man, and
writing an exact man.”

. “ There is nothing makes a man speak much, more than to know
little.”

“ The pleasure and delight of knowledge surpasseth all other in nature.”

LORD BACON.

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Last Days of Pompeii, ...	Sir E. L. Bulwer,	1854
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Eugene Aram, ...	do.	do.
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Roderick Random, ...	Tobias Smollett, M.D.,	1838
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Mark's Reef, ...	do.	do.
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Memoirs of a Cavalier, ...	do.	1840
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Agincourt, ...	do.	1852
One in a thousand, ...	do.	1850
Mary of Burgundy, ...	do.	1850
Forest Days, ...	do.	1852
Charles Tyrrell, ...	do.	1852
Gipsy, ...	do.	1850
The Forgery, ...	do.	1852
Henry of Guise, ...	do.	1854
Attila, ...	do.	
False Heir, ...	do.	1853
Auriol, ...	W. Harrison Ainsworth,	1850
Windsor Castle, 2 vols., ...	do.	do.
St. James's, ...	do.	do.
Rockwood, 2 vols., ...	do.	do.
Crichton, ...	do.	do.
Old St. Paul's, 2 vols., ...	do.	do.
Lancashire Witches, 2 vols., ...	do.	1851
Miser's Daughter, ...	do.	do.
Guy Fawkes, ...	do.	do.

Title of Work.	Author.	Date of Pub.
Phantom Regiment, ...	James Grant,	
Adventures of an Aide-de-Camp,	do.	
Frank Hilton, ...	do.	1855
Scottish Cavalier, 3 vols., ...	do.	1851
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Bothwell, ...	do.	1857
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Alroy, ...	do.	do.
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The Rise of Iskander	do.	do.
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Musical Times, No. 21, [3 copies,]		
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Comic Songs, ...	T. Hudson's Collection,	1820-30
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Description of York and its Cathedral, Guide to the Sights of London,	Eglinton,	1809
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Royal Windsor Guide, ...		1833
New Dover Guide, ...	W. Batcheller,	1829
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Millport, &c.,] ...	Murray.	1854
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Railway Guide—Edinburgh and Glas-	Fraser,	
gow Railway.	Published by J. Cullen,	1839
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Catalogue of Art Treasures Exhibition,		
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Supplemental Catalogue, of Do., 1857,		1857
Official Catalogue of the Art Exhibition,	W. B. Johnstone, R.S.A.,	1861
(Edinr.) 1861, ...		
Catalogue of 1st Exhib. of the Art		
Manufactures Association, [Edinr.,]		1856
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Report of Committee of Management of do.		1856-57
Catalogues of Royal Scottish Academy's		
Exhibitions, ...		1859-62
Vernon Gallery, a Handbook,		1845
Catalogue of do.	S. C. Hall,	
British Museum, a Handbook,	Henry G. Clarke,	
Synopsis of the Contents of the British		
Museum, [Books, Antiquities, and		
Natural History Departments,]		1850

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Title of Work.	Name of Author.	Date of Pub.
ENGLISH GRAMMAR AND COMPOSITION.		
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Manual of English Grammar, ...	Rev. J. M. M'Culloch,	1834
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Elements of Arithmetic,—Cassels',	Robert Wallace,	1852
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Euclid's Elements of Geometry, ...	Samuel Cunn,	1749
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Ainsworth's Latin Dictionary, ...	Abridged by T. Morell, D.D.	1811
Latin Dictionary, ...		
M. T. Ciceronis Orationum Selectarum Liber, ...	Cicero,	1733
Opera Miscellanea, ...	Cicero,	
Orations of Cicero, in English, 3 vols.,	Translated by W. Guthrie,	1752
Æsopi Fabulæ, ...	Edited by Moir,	1769
Æsopi Fabulæ, Græco-Latinæ, ...		1816
De Bello Gallico, (Cæsar's Commentaries),	Edited by John Mair,	1792
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Pictorial Atlas of the Varieties of the Human Race, ..	Ernest Ravenstein	1841
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NEW GENERAL ATLAS, large folio,	John Thompson, [Edinburgh,]	1817
"Illustrated Times' Map of Scotland,		
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Maps of Crimea, Sevastopol, and Baltic,	W. & A. K. Johnston,	
Postal District Map of London, ...		1575
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Bradshaw's Railway Map of Europe, Statistical Chart of the Great Exhibition, 2 Maps of Glasgow. Maps of Highland Tours. Lizars' Guide to the Caledonian Railway, SCHOOL-ROOM AND GALLERY WALL MAPS. Geological Map of England. Geological Sketch of the Iron Ore Dis- trict of Weardale, Durham. Palestine. England and Wales. Canada. Italy—North Part. 2 Maps of United States, [1 German.] Map of Germany, [do.] Map of South America, [do.] Map of North America, [do.]		1851

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History of the British Churches, 2 vols.,	Rev. T. Brown,	1823
Sketches of Scottish Church History, 2 vols., [two copies of 2d vol.,]	Rev. T. M'Crie,	
History of the Reformation, 2 vols.,	D'Aubigné,	1847
Essai sur L'Histoire Générale, &c., 7 vols.,	Voltaire,	1757
Histoire des Révolutions de la République Romaine,	Vertôt,	1830
History of the Revolutions in Sweden,	Vertôt, [tran. by J. Mitchell, M.D.,]	1711
Works of Flavius Josephus,	Translated by W. Whiston,	1836
History of Pyrrhus,	Jacob Abbott,	1853
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Memoir of the Duke of Wellington,	Reprinted from the 'Times,'	1852

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Memoir of Nelson, ...	Joseph Allen,	1853
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Lives of Eminent Persons, ...	Pub. by Society for Diffusion of Useful Knowledge,	1833
Plutarch's Lives, 8 vols., ...	Trans., by J. & W. Langhorne,	1807
History of Agrippina, 2 vols, ...	Elizabeth Hamilton,	1811
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Alexander Paterson, the "Missionary of Kilmany," ...	Rev. John Baillie,	1846
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Latter Struggles in the Journey of Life, Kossuth, (Pictorial Biography,) 2 copies,	A "Country Bookeller,"	1833 1851
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Scottish Biographical Dictionary,	Jameson,	1822
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RELIGIOUS WORKS.

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Book of Common Prayer, [Edinburgh,]	{ Prepared by a Committee of the General Assembly of the Church of Scotland,	1768
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Daily Devotion, — Meditations and Prayers for Christian Homes, Morning and Evening Sacrifice,	Rev. W. K. Tweedie, D.D., Rev. Mr. Wright, (Borthwick)	1861 1831
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New Version of the Psalms of David, ...	N. Brady and N. Tate,	1740
Psalms of David in Metre, with Paraphrases in Verse, ...	Appointed by the Kirk of Scotland,	
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Psalmody of the Free Church of Scotland, The same in Gaelic, ...	T. L. Hatley, (by authority,)	1845
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NATURAL HISTORY AND THE SCIENCES.

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	Rudiments of Zoology,	1856
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	History of Animated Nature, 4 vols.,	Dr. G. Hamilton, Falkirk,
	Morceaux Choisis de Buffon, ...	Oliver Goldsmith, M.D.,
	Directions for the Management of the Marine Aquarium, ...	M. De Buffon,
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Review of the Characters of the Principal Nations in Europe, 2 vols., ...		1770
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The Kitchen Garden, ...	Eugene S. Delamer,	1855

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Annals of Philosophy, ...	Thomas Thomson, M.D.,	1813
Library of Useful Knowledge—Natural Philosophy, &c., 3 vols., ...		1829
Recreative Science, 3 vols., ...		1860-62
Young Man's Book of Amusement— Experiments in Science, &c. ...		1840
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Elements of the Theory and Practice of Chemistry, 2 vols., ...	John Murray, M.D.,	1817
Elements of Chemistry, 2 vols., ...	M. Macquer,	1775
Chemical Observations and Experiments,	H. Boerhaave, M.D., [abridged by E. Strother, M.D.,]	1737
Chemistry applied to Arts and Man- ufactures, 4 vols., ...	C. W. Scheele, [trans. by J. R. Foster,]	1780
Edinburgh Dispensary, (<i>Elements of Materia Medica and Pharmacy</i>),	J. M. Chaptal,	1807
Edinburgh Dissector, (<i>System of Practical Anatomy</i>), ...	John Thompson, M.D.,	1813
Discourses on Small-pox and Measles,		1837
Essay upon Nursing and Management of Children, ...	Richard Mead and Abubeker Rhazes, [translated by T. Stack, M.D.,] ...	1755
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