STORIES OF LUNATICS,

DR. FORBES WINSLOW TELLS STRANGE THINGS ABOUT THEM.

Their Curious Aberrations of Mind and Their Extraordinary Actions While Suffering from Their Delusions.

During a long experience in lunacy practice some most remarkable cases have come under my personal observation, writes Dr. Forbes Winslow, the celebrated English expert in lunacy. Without mentioning any names, I will give a short account of some of those which appear to me to be unique.

One remarkable case was a gentleman who had a delusion that every dog that touched him in the street contaminated him. He was thirty-six years of age, his disposition was timid, sensitive and very irritable; he apparently had a good brain for business, but he was very self-conscious. A few years before I saw him he had distinct ideas of homicide, the desire being to kill some one, but this delusion left him, and shortly after he suddenly got a horror of dogs, and nothing he could do would rid his mind of his dread.

Every evening before retiring to rest he would look under his bed to see whether any dogs were secreted. He was constantly changing his lodgings, from the fact that dogs were more or less associated with the occupants of the house. He received an appointment in the Inland Revenue Office as Surveyor of Taxes. But he found that some of the clerks who came to his office and worked during the day had dogs of their own at their homes, so that his mind at once became unsettled, and in consequence he gave up his appointment.

He went to stay at a hotel, but on hearing that the occupant of the room opposite his had a dog and that the chambermaid who made his room also attended to that one, he declined to occupy the bed made by the chambermaid, because he believed she must have touched the dog. The sight of a dog nearly drove him frantic, and if when walking in the street a dog happened to touch his clothes he went home at once and changed his suit, never to wear it again. In consequence of this he had many suits of clothes, some only worn once.

His whole attention was absorbed in this subject and he could talk nor think of nothing else. I advised that he should place himself in an establishment near London, but on going down to inspect it he saw the medical superintendent walking in the grounds with two small dogs at his heels. He at once took the train back to town. Since that time I have lost sight of him altogether.

A KLEPTOMANIAC.

In April of this year I was consulted about a rather strange case of impulsive insanity, that of a gentleman, a dentist, very highly connected, who, besides belonging to many learned societies, was also a member of several clubs, among them the Prince of Wales' Club. For some time complaints had been made at the club of property being missed, and suspicion, for some reason or other, had fallen upon the person of whom I write. In consequence of this a few small marked coins were placed in an overcoat in the cloak-room next to that of the accused. Within half an hour the accused went to the cloak-room, put on his coat and left the club. The hall porter who had placed the money in the coat then discovered that the money had disappeared from the coat in which he had placed it. He went after him and found him in a restaurant close by. The amount of marked money was equivalent to a quarter of a dollar. He was at once given into custody and searched. The marked money was in his pocket, in addition to the equivalent of $25 which was his own property, and showed that he was not in want of money at the time.

The police officer who arrested him went afterwards to his house and there found two pairs of opera-glasses, one box of cigars, seven match-boxes, eleven cigarette cases, fifteen cigar-cases, seven card-cases, a cigar-holder and one tobacco pouch, all of which were identified as being the property of members of the club. The accused was a non-smoker.

In addition to these a number of old used cheques were found, which had passed through the bank and had been returned to the owner, and were consequently of no value. The manager of the club prosecuted the gentleman with great reluctance, saying that he believed there was no felonious intent. Several witnesses of great repute testified as to his character, but I was the only medical expert called.

I informed the Court that in my opinion he suffered from melancholia, the result of repeated attacks of grip acting upon a highly sensitive constitution, inherited from his father, and that it was necessary, in my opinion, that he should take a sea voyage and have complete rest. The jury having heard my evidence, found a verdict of "not guilty," as the act was committed while suffering from temporary insanity and therefore there was no felonious intent.

VICTIM OF HIS PARTNERS.

I was consulted with reference to a very peculiar case by the relatives and friends of an English subject who for some time had conducted himself in such a manner as to warrant my advising his being placed under proper supervision. I had many interviews with his friends, and, after a thorough examination of the gentleman, I advised that certain steps should be promptly taken, cautioning them that unless this was done something serious must happen. As is often true, however, in such cases, the relatives wavered, writing to me that, inasmuch as he was better, they would delay taking the steps I had advised.

Within a few weeks of my examination the gentleman received an invitation from a firm of merchants in Rotterdam, for whom for many years he had acted as agent in Liverpool. Most imprudently his relatives allowed him to proceed to Rotterdam unaccompanied. On his arrival there he was invited to call on the firm, and a paper was given him to sign, which he did. He was also entertained at dinner. It appears that this paper contained an admission of the fact that he was indebted to them for a certain sum of money. He was asked to call the following day, when to his astonishment, he was arrested and placed in jail in Rotterdam for debt, the law being that if a foreign subject owes a Dutch subject money he can be arrested, should he put his foot in Holland, and is liable to imprisonment for seven years.

The lawyer, accompanied by the unfortunate man's wife, called on me and instructed me to go over to Rotterdam and interview the authorities there. I started the same evening and the next day I called upon those in authority, but was informed that I could not legally be heard for at least two months. I saw and examined the accused in prison and sent my statement as to his mental condition to the Government. I also called upon some of the lunacy experts there. I found that nothing could be done in the matter and I returned with the lawyer and wife of the patient to England.

A few days after my arrival I forwarded a letter to the Times newspaper, in which I gave full particulars, with the result that, much to my astonishment, the patient, his wife and solicitor all came into my consulting room in London a few days after. My letter had been translated into all the Dutch papers and so much weight had been caused by my interference in the case that they dared not longer detain him a prisoner. Upon investigating the accounts of the firm subsequently it was found that instead of the patient owing the firm money, the books disclosed the indebtedness of the firm to the patient. An important action for false imprisonment is now pending in England.

The explanation of the whole matter was as follows: The patient was an important agent of the Dutch merchants, who, having heard rumors that it was his intention to leave their firm and transfer his interests to a rival one, thought that the best thing they could do, knowing his weak mental state, was to entrap him in the way I have just mentioned, but they were thwarted in their plans and will dearly have to pay for what they have done.

A CLERGYMAN'S LUNACIES.

A short time ago a gentleman called upon me and wanted me to examine his father, who was squandering his money very rapidly, having just got through £16,000. A mental expert who had been called in had given as his opinion that it was only a case of wickedness from drink. I saw him the same afternoon, and on his table was a check for £2,000 which he was on the point of sending to his lawyer, who was playing into his hands, to cash. The son was naturally anxious, as the property which was being squandered he would inherit on his father's decease, and in addition to this he was about to marry. The history of the case as presented to me was as follows:

The man was a clergyman of the Church of England and had met with an accident in the hunting field in 1875, injuring his spine. Previous to that time he was in perfectly sound mind and always conducted himself in a proper way. Some months after the accident he had a paralytic seizure, and it was at once manifest that his mental powers had been impaired. In consequence of the seizure his face was drawn down on one side and he had a difficulty in his speech. After this he took no notice whatever of his affairs. He kept no accounts and would frequently carry large sums of money about with him.

He would also order a quantity of furniture, for which he had no use whatever. Sometimes he countermanded the order, while at other times he had great difficulty in doing so. He also sent home large quantities of fish, fruit and other articles. The food was given to the dogs, but sometimes there was such a large quantity sent that even the animals could not eat it, and they had to bury it.

He then developed a craving for drink which increased in 1889, and he frequently became intoxicated. His expenditures had been very large, considerably over $10,000 beyond his income, which was about $25,000 a year. His conversation at this time was very rambling. He could not talk coherently for any length of time. In the spring of 1891 he was taken to Tunbridge Wells, and after that to St. Leonard's. He treated his mother, son and sisters with general unkindness and utterly neglected them. He also used very strange language towards them.

HOT FIRES ON HOT DAYS.

On some of the hottest days in summer he would insist in making large fires all over the house. While at St. Leonard's he wanted to walk about during the day with only his nightshirt on and a dress coat over it. His son informed me that his memory had been failing since 1889 and that he was in the habit of putting his fingers in his mouth and puffing away, under the impression that he was smoking cigars. He also had the habit of going to bed with all his clothes on, and would take up to his bedroom a red-hot poker in order to keep the fires lighted all night, even in the hottest weather.

I advised that he should be placed in an institution on the Continent, near Brussels, where he would be out of the way of those who desired to encourage him in his ruthless expenditure and in his delusions, which was evidently being done when I first saw him. The check which he had drawn, and which he was on the point of getting negotiated, I managed to stop, and within a few hours I had him safely located in the institution. A few months after this I had his property duly protected for the benefit of his son, wife and family, with a due allowance being made for his own maintenance.

The case created quite a stir in England for it was the first case in which a Commission of Lunacy had been held on any one who was at the time of such inquisition out of the jurisdiction of the English courts. The commission had, therefore, to be held at the nearest English seaport to the place in which the lunatic was then located. The jury consisted of twenty-three members who heard evidence in the absence of the individual. I was the principal witness examined. The jury having heard my evidence and that of the distingished foreign alienist who attended, brought in a verdict of mental unsoundness and inability to manage himself and his affairs. At the date of my visit to him in London, just previous to his being placed on the Continent, the following is a description of his symptoms at that time:

I found him in a state of great mental excitement, walking up and down the room. He seems to be pleased to see me, although I was a perfect stranger to him. He cordially greeted me and asked me to dine with him. He asked no questions as to the purpose of my visit. His speech was defective and his articulation impaired. His gait was unsteady, and to all intents and purposes was like that of a drunken man, although he was perfectly sober at the time. He was, in my opinion, suffering from general paresis, the result of the accident I have referred to.

I disagreed altogether with the previously expressed opinion of the other mental experts who had examined him as to the case being simply one of intoxication of a chronic nature, and my opinion proved correct, as the case ultimately turned out.

The craving for drink, was the effect, not the cause, of the malady. At the time of my examination I considered that the disease had advanced into its second stage and that the result of the case was to my mind inevitable. I prognosed that he could not possibly recover from the malady, which was progressive in its nature and gradual in the course of its development.

From my rapid diagnosis at the first visit and my immediate action I was thus enabled to save the estate from ruin, which must necessarily have ensued had some steps like those I carried out not have been taken.

HOURS AND WAGES.

Reduction of the Former Without Interfering With the Latter.

Since fifty years ago there has been here, as well as in England, a great reduction in the hours of labor says Lippincott's Magazine. But this was not accomplished for the pleasure of the wage-earners; it was acomplished because experience proved that after a certain state of fatigue had been reached labor was unprofitable. The hours may still further be reduced. A large volume of evidence has been collected in the last few years to show that production is even more economical with an eight-hour than with a nine-hour or a ten-hour day. Experiments in this direction are in progress. If what is claimed for the eight-hour day be proved—and it has been partially proved—the eight hour day will come into general use. But otherwise no amount of ethics or philanthropy or christianity will bring it in. Men are always, everywhere, trying to get all they can. If they can get more by working ten hours than by working eight, ten hours they will work.

Wages have been largely increased in the past fifteen years, but this is due purely to economic causes. The "principle of christianity which attaches an absolute value greater than that of all earthly things, to a human being as such," has not induced any employer to increase wages. It can be shown that this principle has led to the improved condition of the laboring classes, but it has done so in accordance with economic laws, and not by suspending them, or violating them, or substituting benevolent for selfish instincts. Invention and the extension of the human control over the powers of nature have enormously increased the amount of product, of wealth, that can be gotten by the labor of each individual. This increase has been distributed and the laborer has got part of it; it is not material to this discussion whether he has got his share, or less, or as some persons believe, more. The material fact is that he has often been paid his increased wages out of an increased quality of production, and not out of an accumulated fund of altruism. No amount of ethics or philanthropy would have been able to pay him increased wages had not some one's inventive skill enabled him to weave more yards of cloth and roll more pounds of iron in a week than his grandfather did.

LONDON'S GREAT PARK.

The Hum of the Metropolis Penetrates It With Ever-Varying Cadence.

The greatest attraction of Hyde Park is one which Londoners and most visitors fail to discover and appreciate. It is a unique and subtle charm, whose meaning only those can know who have fallen under its spell. Hyde Park, be it remembered, is the only great plot of verdure in the world set in the very center of a great city. Boston Common is but a garden compared with it. Central Park may soon be hemmed in by New York's teeming millions, but not yet. Hyde Park is a grateful refuge of silence in the midst of turmoil. Only upon its outer borders does the restless mob infringe. Within, away from Rotten Row, away from carriage drive and fashionable promenade, there is always rest, tranquility, silence—no, not silence, but in its place the thing which is the mysterious charm of the spot.

Find a seat upon a bench in the midst of the wide, sweeping, open green, where the eyes sees only grass and trees, with no sign of the vast city on any side. Sit for a few moments and listen—listen and there will come to your ears the most wonderful sound in all the world. It is the voice of London—an ever changing, inarticulate, pregnant soliloquy. One day it will be the gentle murmur of a sea shell. Again, it is the harsh grinding of the mill of the gods crushing human grain beneath its upper and nether millstones. The mighty but distant reverberation is sometimes a triumphant harmony, sometimes a minor note, melancholy and despairing. The myriad-tongued voice which comes from the east is sullen, protesting, enduring; that from the west is a careless chorus of pleasure and prosperity; that from the north is a hopeful strain of patient progress; that from the south is a cadence of struggle and sorrow; and the whole is a symphony of human life, majestic, inspiring, infinitely pathetic.

Nowhere save in this spot does the greatness of London impress itself upon one.

Hard to Bribe.

Father—I am determined to do something to prevent you from marrying that scape-grace to reform him. As I can't drive you, I'll bribe you. Is there anything that would tempt you to give him up?

Daughter—N—o, nothing that I can think of—unless it's another scape-grace.

THE HOME.

Kitchen Odors.

Few things are more disagreeable than the odor of cooking which prevades the house, and which by most housekeepers is regarded as a necessary evil; hence the case is never investigated or the remedy considered.

So many trifles contribute to the unpleasant whole, that a study of the subject must be made in order to reach the source of the trouble. Many people blame the use of gas or oil stoves, particularly when meats are baked in them, for this smell of cooking. This is a mistake. An oven that is not clean or well ventilated, as well as one that is overheated, almost always gives forth an unpleasant smell. Again it may be traced to burnt fat, which escapes from the pan, or if the odor is emitted from boiling, it is usually due to the liquor boiling over from the sides of the pot.

An entire absence of the smell of cooking from any kitchen where culinary operations are going on is not to be expected, but it may be confined to the kitchen, and need not be allowed, as it often is, to destroy the appetite of everyone in the house.

Perfect cleanliness in all cooking utensils, plenty of fresh air freely admitted and a well-ventilated oven will tend toward relief in the way of strong odors in the kitchen.

Many times the unpleasant odors are not wholly due to cooking, but are indirectly connected with it, and add to the sum total of foulness brought out by the heat of the fire and the various processes going on. This may be said of the refuse left to stand about, such as egg-shells, fish-bones, vegetable peelings and decayed fruit, which should all be disposed of at once. It takes no more time to attend to these things in the beginning than in the end, and the result of doing the work at the proper time is most satisfactory.

Small attentions of this kind in the kitchen, with the free use of borax for washing up, as well as for pouring down sink pipes, will aid greatly to keeping down smells, whether from oven, baking-pan, broiling-iron, or soup-kettle.

Four Excellent Ways to Cook Chickens.

The following recipes for cooking chickens are, with perhaps one exception, comparatively little known or used, but they are four of the best ways in which a chicken can be prepared for the table, and with no more trouble either than the old methods generally in vogue.

Creamed Chicken.—This is to my taste positively the best way in which a chicken can be cooked. Select tender fowls, dress and joint them. Place in a baking pan and season with salt and pepper, and if it be not over fat, a few small lumps of butter. Cover with rich, sweet milk and set in a moderate oven with pan uncovered, and bake. When the milk has cooked away, the chicken will be done. It will take usually about an hour.

Smothered Chickens—Dress a tender, easily cooked chicken and cut it into joints, salt and pepper to taste, and roll thickly in flour. Have ready a deep baking pan with 1-2 lb. of butter in it heated very hot. Lay the floured joints in the pan, cover thickly with more flour add 1 quart boiling water, and a few sprigs of parsley, if liked. Cover closely so no steam can escape and set in a hot oven to bake one hour. It should not be uncovered until ready for the table, as the flavor escapes when the pan is opened. When done the gravy will be already made and may be served with the chicken in a large tureen. If one has no baking pan another pan the same size may be turned over the one containing the chicken.

Escalloped Chicken.—Cut the chicken into joints and stew until tender, having an abundance of liquor in the stew kettle to use for gravy. Place a layer of chicken in a deep baking dish and over it put a layer of batter made from 1 pint of sweet milk, 1 egg, pinch of salt, 1 teaspoonful sugar, 1 teaspoonful baking powder and flour to make a little stiffer than for pan cakes—stiff enough to spread easily with a spoon. After the batter add another layer of chicken and so on until the chicken is used, having the batter on top as a final covering. Slip into a moderate oven and bake 20 minutes or half an hour until the batter is brown and crisp. To the liquor in the stew kettle add flour smoothed in milk and slowly stirred in while the liquor is boiling, to make gravy. Turn the chicken out on a platter and send to the table with the gravy in a bowl or gravy boat to be served with it.

Stewed Chicken with Light Dumplings—This is most conveniently prepared on the regular baking day, when some of the light bread dough can be used for the dumplings without extra trouble. Dress, joint and stew a chicken as is ordinarily done, having an abundance of liquor in the kettle. Have ready some light bread dough prepared and moulded out as for ordinary sized light rolls or light biscuits. When light enough for the oven and about 20 minutes before the meal is to be served, carefully separate each biscuit and drop them one at a time, into the boiling chicken, cover closely and do not lift the cover for 20 minutes, by which time they will be done if cooked over a steady fire and will be found to have risen to about three times the size they were when put into the pot, and to be as light as it is possible for a dumpling to be. Indeed if the kettle is kept closely covered, it is impossible for them not to be light, and being made from light dough they are more easily digested than any other dumplings. All who eat them pronounce them superior in every way to any they ever ate.

Grantham Gingerbread.

One pound of flour, full weight; one pound of powdered sugar, just weight; quarter of a pound of butter, one-eigth of an ounce of ammonia, quarter of an ounce of ground ginger, one-eighth of an ounce of good mixed spice, two drops of pure oil of almond and three eggs. Rub the butter into the flour, make a bay, add the sugar, spices and ammonia; then add the eggs, work them well into the sugar, then draw in the flour and mix. If the dough is very tight, add a little milk; not otherwise as the dough should be fairly tight. When mixed roll in lengths one inch in diameter and with a sharp knife cut them up in one inch pieces and place them on evenly buttered baking pans, two inches apart and the cut part up, and bake in a slow heat. It is well to try one in the oven, and if they flow too much add a little more flour. If they do not flow enough flatten them a little before putting them in the oven. If properly made they will, when broken, have large holes in them and are sometimes eaten by breaking them in half and pouring a little sherry or brandy in the holes. This is the genuine Grantham Gingerbread.

GOOSEBERRY RASH.

It Broke Out on the Skin of the Champagne Drinker.

At St. George Hospital, London, the inaugural address was delivered by Dr. Geo. D. Pollock, who, after narrating the early history of the institution, said it was rebuilt in 1834, when sanitary science was not so well understood as it was to-day. The defects of the building as originally constructed, therefore, had been a source of constant expense, and though every effor thad been made to secure sufficient sanitation there were still some drawbacks which he hoped might be removed by the rebuilding and considerable extension of the hospital in the direction of Hyde Park Place. The lecturer proceeded to impress upon the student the importance of considering temper and temperament in dealing with patients, and strongly urged upon them the necessity of having regard to idiosyncrasies.

A relative of his could not partake of rice, one of the most innocent products of the vegetable kingdom, without most alarming symptoms. Some friends, wishing to test the mater, had some biscuits prepared with but a single grain of rice in each one. His relative partook of two or three of these biscuits, and, becoming uncomfortable, left the table, declaring that if he were not morally certain that he had not partaken of rice he should say he had been poisoned by it. He had heard of a case in which a man could not eat gooseberries without a certain rash manifesting itself, who, at a fashionable party, soon after the champagne had been handed round, pulled up his sleeves and showed a friend that particular rash appearing.

What applied to gooseberries applied to drugs, and doctors should be careful of prescribing those which the patient said did not agree with him. Lord Byron, in one of his conversations with Lady Blessington, remarked that medical men did not attend sufficiently to idiosyncrasies, and thought that what had cured one man would cure another with a similar disease. Lord Byron was an acute observer, and judged rightly, although he expressed himself in an exaggerated manner in regard to idiosyncrasies.

GERMAN STUDENTS.

May be Denied Their Privilege to Slash Each Other.

In one German university at least the dueling German student has received a sad check. The Alma Mater in question is Halle, and she has lifted up her protest, and said that her children shall seam each other's faces no more. The following notice has been posted on the blackboard; it is signed by the university rector and the university Richter: Gentlemen students are hereby reminded of the penalty for dueling; those who are not ashamed to show themselves in the streets with by-dueling-occasioned unhealed wounds have to expect the severest punishment. Not only are the beadles required to pay attention to the enforcement of this rule, but the police are also to intervene. Halle, November 11." This sounds like business, and the beadle of the German university has evidently more serious duties than his cousin, with the accent on the last syllable, who carries the silver stick before the Vice Chancellor in the universities of England. Another danger which threatens the harassed undergraduate is, apparently, cigarette smoking. The Viennese authorities have confiscated an immense quantity of cigarette paper. It seems to have been intended for the use of Roumanian students, and it bore a myserious imprint with the words: "Liga de Lux," (sic.) The League of Light may have only referred to a smoking club, but the police said it meant high treason. The cigarette has a new terror; that one can inhale treason as well as tobacco smoke is a danger which the faculty has failed to signalize.

An Indian Railroad.

An account appears in a London paper of a mountain railroad of some special features from a scientific point of view lately completed by the British Government, the route being through the famous Bolan Pass to the important post of Fuetta. It appears that some years ago a railroad was opened from the latter place to Sibi, but this proved a complete failure on account of frequent landslides. The new road runs over the old one at the start and the finish, but the sixty miles in the middle, which traverse the pass, constitute a short cut, and have been constructed in the face of extraordinary difficulties. The highest point of the line is at Kolpur, some 5,463 feet above Sibi, and seventeen tunnels, varying from 100 to 1,000 yards, have been cut through rock or clay, where the foundation seemed surest. Of these tunnels, that through the Panir Hill was the most difficult and important, being 1,000 yards in length, and the only way of overcoming the difficulties presented by treacherous ground was to import English laborers to do the timbering. Many bridges had also to be erected to defeat the Bolan River torrents, and, in one section, that between Hiroc and Kolpur, the Bolan Ravine is crossed no fewer than nine times in four miles.