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To:

The Dean of the Faculty of Medicine
University of Edinburgh
"Insanity and the Strucrees:
with special reference to their occurrence
in the Highlands and Islands
of Scotland.

By Alexander Branch Miller M.D.
In the following pages, it will be the endeavour of the writer to set forth certain aspects of mental and nervous diseases, as met with in general practice in the Highlands of Scotland.

The subject as doubt belongs to a department of "special" study; but it is hoped that it may not suffer from being presented by me having one opportunity of observing and noting the life and habits of the people at their own homes.

As a matter of general remark also, it is a question whether, hitherto, practitioners have not been fighting too shyly of the whole subject of mental disorder; and have thus been wanting in their duty, not only to their patients, but to themselves and more over, to the expert who make a special study of nervous and diseases of the nervous system.

In the first place, the writer intends to group together a number of illustrative cases in order to a conclusion being arrived at with reference to the prevailing character or type of mental disease to be observed in the Highlands of Scotland.
Thereafter reference will be made to particular classes or cases of mental disease, calling for particular remit.

And finally by a comparison of statistics founded on official returns, the writer hopes to elucidate some of the causes which were and are in operation in the production of mental and nervous arrangements, in the districts named.

The statistics in the latter part of the Thesis are founded on the Board of Supervision and Census returns for the years quoted.
The Scottish Celts, in common with all primitive peoples, regarded mental disorder as probably due to the action or interference of super natural, or spiritual forces, comprising an absence of physical, organic and according to any amount of the mind passed for treatment into the hands of persons supposed to be in somewhat close alliance with the powers of darkness. Certain it is, that insanity did not always assume the innocent and romantic aspect given it in the Walter Scott's "Edge of the Fold", where the main of Bon, designated as "fair Bonnie", appears as one of the most attractive figures in the poem.

Attacking treatment by professional "healers" was generally heroic, and frequently resulted in ultimate result, if not in the natural means employed. The summary disposition of the American Indians, in cases of mental disease.

It was quite routine practice to immerse mentally-afflicted individuals in water and even to drag such persons for long distances in the rear of a boat.
Presuming that methods, favouring care of the unclean and super natural, the sacrificial of gods, and so on, have been performed in connection with mental disturbance.

In India in both forms in latter and earlier years, the unclean animals are sacrificed, as the performance of such rites is recently as the seventeenth century, Metchnikoff Church records being by that time dealing with these "heathen" practices in the terms of cleanliness.

On a smaller scale, the sacrificial rite of the rite of fire is even in recent times carried out by the burning alive of a domestic fowl. It was held to be of sovereign efficacy in the treatment of epilepsy; although, the latter belief, there was really little distinction drawn between the different forms of mental or somatic disease; in one case was looked upon as a "case" in another.

If the sacrifice of an innocent "fallow" happened to be followed by the cessation of epileptic seizures, in a given case, we may depend upon it. The same practice would be resorted to in the first instance of similar cases.
At the present day, there exists in the Celtic
region a kind of superstitious belief in the question
of insanity. It is often regarded as a
direct supernatural vindication or retribution for acts
committed either by the victims of the disease
or by their kinsmen, and which, in
a special way, deserve to be called forth, the Divine
displeasure. There is an allied action,
too — the
feeling capable of more ‘hagen’ origin —
the idea of “possession” by devils — “evil spirits”
whose wrath must be appeased by the
sacrifice of life or by some proceeding
of a nature sufficiently humiliating to the
individual concerned.

Another recognised “cure” for Epilepsy, in
some remote parts, is the boiling of liquid
out of the skull of a person who has
committed suicide. According to a recent
magazine article, this is the clandestine
practice in the Torridon District of Ross-Shire,
at the present day. The revolting practice
is made more revolting still by reason of
a modification in which the unfortunate
Epileptic is made to drink of the water
in which a corpse has been washed!
Such barbarous practices are happily passing into the limbo of the past.

They have received no countenance from ecclesiastical authorities, and it may therefore seem invidious to attempt to draw distinctions.

At the same time, it must be said that while belief in the potency of “sorcery” and the efficacy of amulets or charms was perhaps more prevalent in Roman Catholic districts, the “sacrifices” performed, the humilitating libations, often to have lingered longest among populations distinguished for at:

1. Homage to the Truth through Faith.

What strikes me now, in studying the mental characteristics of these highland people, is the prevailing tendency toward melancholy, and the prevailing mental deviation from the direction of an improvement of their condition.

In a certain sense this is true:

Since it is not what might be looked for. We might expect that the Scottish Celt would be instinct under normal conditions the original or “primary” Fenianism of the tree, whether Gaelic or Irish or Gaelic.
his racial temperament is admitted to be fair and unstable, and when fostered by favourable conditions it never fails to assert itself.

Full consideration of the causes which have operated to modify or change this temperament will be left for a subsequent section of this book; but briefly it may be indicated that the condition of life, the social surrounding, climate, and physical geography of the highlands have combined to produce the transition from "sanguine" to "melancholy."

It is probable also that these causes have operated chiefly within the last hundred or a hundred and fifty years, for reasons which will afterwards be discussed.

It is interesting to note how readily the latent sanguine temperament bubbles under favourable circumstances.

We find, for instance, communities of highland origin, whose normal temperament has been respectful, religious and domestic, when subjected to foreign influence in a new and exciting nature, responding readily to these influences and developing a character..."
If the most respectable kind.
Recent events sufficiently illustrate this fact.
Population, usually law-abiding and respectful, have
become transformed into an evil, almost as
unmitigating as that of the modern province,
where respect for law and order is a rapidly diminishing quantity.
It is also a striking instance, in a profound degree,
that individuals, drawn from such elements,
should be associated with the Celtic, or contrasted with the Saxon or Teutonic, character.

By a development of this observation,
in the pathological direction, we might
venture to hazard an explanation, with
regard to General Pneumonia of the insane.
This disease is practically unknown
in highland districts. Yet it is found
that natives of the highlands do not enjoy
any special immunity from the disease
when they inhabit with their fellow-countrymen
in the towns and cities of the south,
It may be that a sluggish, lethargic or melancholy temperament is diminutive to the development of the affective; and that the exciting causes — stress — will fail to act in the absence of the excitable temperament.

In attempting to portray the face of dominant mental characteristics of the high leaders, we are obliged to trace the relations, not necessarily between conditions of peculiarity of habit, merely and condition of mental derangement.

Perhaps a tracer and less diagnosematic action of the different phases of mental character to be observed, by arranging cases without too strict a basis, to clinical classification; but just very minute in the era in which the writer finds them in his cases, both as the mental signs of their occurrence.

The influence of heredity is sure to amount in the high lands to possess itself constantly. The social arrange in many of the people, until quite recently, were such that only a limited selection was given.
for matrimonial purposes. Hence the kinship, the amount of "cousinship" or clan relationships, is truly remarkable.

There is a species of the writers, who claim kinship with every distant kinsman in every instance, with every household in a district stretching two

kilometers. This is not at all an isolated case. A lady from Scotland, who had gone in the early part of the century, boasts of having relatives in every cottage, establishment along the Coast line of ten miles.

The fact is, there are few people, derived from the "aborigines" of the district I am describing, which I speak with most personal knowledge, that cannot, by counting back two or three generations, find into the family tree of almost every householder in the district. And we can thus understand how readily disease—physical and mental—is propagated by heredity in the Highlands.
The following cases illustrate the bearing of the 
hereditary influence, fairly well:—
J.C. act. c. 40. is a strong, stalwart fellow. 
Dundee, aunts, and cousins. 
He is diligent and thorough in regard 
to his work on the croft. His habits are 
strictly moral; and his character can only 
be described as reserved or reserved.

By his neighbors, he is regarded as 
"simple."

C.E. act. c. 88. a brother of J.C., likewise 
energetic, well educated, and most of the 
crofting population are, has occupied several 
positions of trust in his native locality.

But through an inherent want of 
stability, meddlesome ness, and peculiar lack 
of "sense," he has time after time lost 
these situations. Like his brother, his 
habit is most exemplary. He is indeed 
religion — prunes — of the severe unshakable 
variety. — And it may here be exp:
explained that religious feeling, both in 
their normal condition and when they 
assume a morbid aspect in the Highlands, 
are associated generally with gloom and
indelibly forbidding. They are of quite a different kind from those failing which in the case result in emotional, demonstrative excitement.

High tension in sulfa in sleep, anxiety problems in the despair, worked out by severe concussion.

They prefer to keep the back side of the theoretical picture before them, than to regard its brighter aspect.

Still following the family ramification of the C. C. C.'s history, we come to S. K. a cousin: careful education and home training. When he arrived at adult life, he became melancholic, suspicious - one of his delusions being that his mother to whom in health he was most devotedly attached, wished to poison him.

He received long treatment and had his remissions, but for many years past, he has lapsed into a condition of mild dementia - a harmless individual with religious delusions.

C. K. a brother, thrived and successful in business, is reliable & even.

Apart from the family history, his recent illness, alone indicates his relation to the network.
A sister (UK) unmarried, is changeable, eccentric, and retired in manner. Socially, the family tends to appear more as itself in a Counselor capacity to certain individuals.

Proceeding into another household in a different district another relative (O.W.W) E:

indicates the family trend in the direction of Brunswik. This was thought he was in a position to seek the hand of a Princess, and was prevented from actually gaining access to the Palace in which she lived. He is now in an Asylum.

This comes to all the family have distinguished themselves in the profession. Diving further the family

reclamation, the writer is acquainted with an old lady (Aunt of the original
J.C.) whose eccentricity has exhibited itself in an altogether novel way.

She is a woman of nearly 70 years
active, industrious, and has made money on
the craft. Her character is not by
any means to combine as that of
the other relatives quoted:

This lady has formed a taste for...
over a grave chosen for herself & husband, with the significant inscription on the slab that after their interment "no other body is to be laid in this grave, until day and night shall cease"!

The direction is meant to exclude in the most emphatic way possible certain near relations against whom she had conceived an aversion, and who might claim right to the tomb.

In the meantime, the old lady seems to have no particular desire to depart this life.

I am not able further to follow out the family branches, but feel sure if I could do so, I would embrace many families in the district, in whom the hereditary tendency would be more or less apparent.

D.C. act 50. is the seat of a lovely farm situated among the hills, many hundred feet above the sea-level, & remote from the habitations. Healthy & active at work. But gives the impression of being "singly" to be lacking certainly, in cheerfulness.
D.C's father, who occupied the farm before him, was looked upon as, at least eccentric.

D.C. is married to a lady with nice character and capacity; for business, than her husband; but very melancholy in thought and in manner.

Both are honestly and deeply religious.

One would not necessarily suspect in him a mental inheritance toward insanity, yet on inquiring into the family history, it is discovered that one uncle died of mania in an asylum.

As regards their offspring, one boy, is an epileptic; another son is decidedly "dull" in intelligence, and if allowed to vegetate, the familial form is not unlikely to develop a mental habit of the melancholic or hyper-horminial type.

A third son of the same family, who enjoyed a different education and training from the others, is likely to lead a useful existence in one of the professions.

C.Y., a young man of 30, consulted the writer at the Bexford Hospital in June 1836, on account of certain nervous symptoms.
Newm Arnpavent. By Robert, a farm labourer.

As a youth, he had in some way got addicted to the practice of intemperance — a most uncommon vice in the Highlands. He had also been given to alcohol.

For 4 years previous to consulting me he had reformed entirely. Still he was filled with severe fears — apprehension with regard to the moral & spiritual, as well as with regard to the physical consequences of the vice. His worst fears were not unfounded. He had endured. In his distress he had recourse to all manner of quack medicines; but to no effect. The constitutional sufferings continued in spite of all, and to the patient they were the always present punishment of his wrongdoing.

He also asserted that the act of intemperance was accompanied by the emission of semen. Then I questioned: an examination of the urine failed to reveal the presence of spermatozoa.

So, the case required most encouragement moral assurance. I did what I could.
to satisfy the patient—and I believe he trusted me, although his mind continued to be haunited with fear. Treatment was bromide of iron.

Each time patient met me, he assured me he was better; but his dejected, melancholy aspect was not encouraging. Hitherto he had identified himself with

religion—correctly.

C.V. set so. level of the parapet. See P1

living in another part of the country

is known as a religious hypochondriac.

He is sensible enough otherwise.

His delusion is that he has got a special

mission—a special gift—the "gift of tongues.

The while he passes this man on

the hillside talking at the loud-act in an

unintelligible jargon which he declared
to be an argument with the Evil One.

A daughter of C.V. was last year

the subject of acute mania.

Anomnism of the family

have in various instances of late led the

medical family.

Mr. E. sat 24. Cotton saw. Somnambulism frequent current.
intelligent. At school, was quiet and of model habits. Consulted the writer in June 1886, for that condition, for which he received treatment.

In August 1887, I was called suddenly to see him during the night. He had swooned away, and given his friends alarm. The symptoms so closely resembled those we do call "hysterical" in the female—nervousness, agitation, restlessness.

This young man was deeply religious, differing entirely from the susceptible kind of religious fervour exhibited by working classes elsewhere.

Mr. C., aged 39, widow of a large family. Neurotic temperament. Consulted the writer in 1886 on account of various nervous symptoms, attributable to worry connected with the working of her land. Physically, I could detect nothing wrong. For weeks, she persisted in remaining in bed, suffering from acute mental depression. But recovery she was obliged to work with her children came into town: a change which has resulted entirely in her recovery.
many times, but so, unmarried. Daughter of married
conchains - live at home with her parents.
until her illness was always cheerful and happy.
herbert. For 4 years she has been:
plained of utter weakness and inability
for resitination of every kind.
Physically patient - is strong, and her functions
are perfectly healthy.
Her condition is one of typical hypochondria.
As regards family history it is somewhat
resembling that inheritance can be traced -
a cousin of her father being known
in the district as "fondick belle".
The mother, however, both men married
then does the father.
After treatment has failed in the
case and in a last resort the writer
has recommended "vein ditchells" method.

admission into the Bedford Hospital on 3rd May 1887,
or a complaint of want of poorness in the
long limbs. There was really within parasites.
or paralysis. There was a hui long
of some kind of illness two months
before admission for which medical attention
was given.
but not regaining power in the limbs, patient sought admission to hospital with idea of getting cured.

Patient described other symptoms in addition to above - all of a hypochondriacal nature.

He was not a malingerer —

Graduated exercise was ordered, a generous diet.

He soon improved, although he was with difficulty convinced that from the first his limbs were not paralyzed.

Dicharged cured.

Five months thereafter, patient again sought admission on account of a return of the previous symptoms - without the loss of power in the limbs.

The mental condition was on this occasion more pronounced - more depression and melancholy.

The writer strongly advised change of scene and occupation. His advice has not been followed, and there is much likelihood that he will add another to the list of our confirmed Oxford hypochondriacs.

Family history revealed only a remote neurotic tint.
I. Beck, furnished a similar notice to foregoing.

Act 40. unmarried. hunger, rheumatic temperament.

Fair; slightly built. habits regular; correct.

Has worked as a Cotter or Overseer, and had never been ill.

He complained on admission of general weakness accompanied by cutaneous sensations—tingling and pricking, & by uneasiness in the gastric region. Though he was the victim of heart disease, his complaint & so forth.

His tongue was red, and markedly tremulous. He was not hot nor a sweater.

Functions and organs perfectly normal.

Patient ate and slept well. He possessed good intelligence renewed judgement; yet he was a pronounced hypochondria.

Family history according to patient showed no evidence of nervous disease.

R.C. Rest 36. Small, spare, nervous:

Rheumatic temperament. Greatly concerned about the state of his alimentary system which was perfectly good. This man belonged to the Cotter class & worked exclusively in the open air.

He was filled with religious speculation.
J.C. age 21, Ophelia's son, admitted to hospital
complained of weakness and faintness, with
sensations in spinal region, depressed temperament.

Too vigorous in functional impairment of organs. Patient's appetite was good.

The writer did not himself see patient in one of the attacks, but they were de
pressed as a kind of depression and faintness.

A nervous instability affecting the pneumo-pneumonia was

Family history not elicited clearly.

Patient was a heavy, languid fellow. His weight was

sputum easily removable, and the patient

tingued himself as a loud language,
so that on both paternal and maternal sides

A nervous inheritance may fairly be inferred.

A man 32, age 25. Unmarried. Nervous

depicted. Complaint aphasia, of nervous

origin.

A man 39, age 40. Had of college. Unmarried.

consulted the writer for breaking the same

ailment which was in the brother case

accompanied by a number of nervous

symptoms.

Both patients were nervous, depressed.
Creatures who had always lived together
in a brief piece of land, far apart
from the habitations of others.

It is perhaps little wonder if they
became resemble to the confined
people as "caged".

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Family history uncertain.

M. P. K. — 82.

History: Sanguine Synthesis: nervous type.

Patient was a strong fellow with
Strong physique who in his younger days
had gone to sea to become a sailor.

Returning home he lived on the
punitive craft as the only support of his
widowed mother.

He consulted me in August 1886,
and was admitted to hospital on a complaint
of lower pain in the lumber - spinal
region, which I judged to be simply
rheumatic and effused Cauda irritation ensuing.

The patient — an entire strange to me.

Seemed nervous and depressed. He would
not mix with the other patients in the
wards.

In a few days he was discharged cured!
As he declared that he was quite recovered.

To the writer's astonishment, on the second morning after his discharge, the patient reappeared in very frotten and slovenly attire.

After much hesitation, he informed me that he had visited me as to the nature of his illness. He said he had pronounced, many years ago, when at sea.

He was then cured, but the dread of the disease constantly haunted him.

He had engaged to get married in the following week; and was in a state of great distress as to whether the discovered illness might not recur, post-marriage.

I examined the man, satisfied myself as to the absence of the disease, and tried to reassure him; but my efforts seemed to bring us light. He went away still depressed, and doubting.

This was a serious case.

The poor man walked altogether about 200 miles on foot in order to consult me, and I really believe my opinion

afforded him little consolation; for there was no religious element in the case.
From my experience of similar cases, I strongly think the man will become completely in bed and delirious.

With this idea of cerebral disease as the central cause:

Probably if he resumed his former occupation of sailor, etc., the delirium would not have continued.

I looked at a certain way due to a hereditary family history.

A. J. aged 32, a well educated young man, complained me bitterly for sleepless nights and nervousness. He felt something as if he were growing in his head, and he felt as if his bowels would fall out of him for want of proper support, etc. He also thought his heart was diseased.

Patient had since puberty been nervous and melancholic. His habits were always good.

Bromides and chloral, with scullion feeding and plenty of exercise in the open air, brought patient out of the attack.

Family history was of tremblus nervoso.

An uncle died of "brain disease". One brother developed hysteria; another became a dysmonarcic.
A sister gave way to dementia while two remaining brothers (unnamed) were known to prospering men of business.

The following case of Ber siezle 32 is one in which the symptoms were observed and developed from the stage merely of what Clifford-Alcott would describe as a "Virtual abortion" to the stage of "cata" (acute) melancholia.

The patient, aet. 32, daughter of osfell parents with whom she resided, was admitted to Hospital on 12th May 1876.

Stronger: Siutinisc; nervous temperament; intelligent & well educated.

Both parents are alive, strong & healthy; two brothers beginning life as officials have ascended well in profession, one holding an honoured seat in a Colonial college, another in the business field. One sister died of insanity.

The admission, patient described a variety of nervous symptoms. Chief complaint was that about three weeks previously her menstrual period came on, accompanied by excessive discharge and by pain, & that the discharge still continued. Patient thought the

v.\n

May 10. Patient better, but now more confident of being cured, seeing she has survived twice as well as before, she has not, however, been by her restlessness disturbed. The other patients during night and on three or four quite united for hospital treatment. Patient can be discharged.

July. Patient quieter and evidently getting rid of her delusions, but restless during night.
May 22. Patient more confused. The idea of "dying" very tenacious. Seems most anxious to get well.
Her expression is one of intense mental suffering.
Patient still persist in asserting the existence of a haemorrhagic discharge from vagina.
while nurse reports to the contrary.
All functions regular. Anaemia is the only physical ailment to be detected.
Patient seems to have a little difficulty in conveying an exact description of her symptoms.
She describes a mass or a hard pain in the pubic region, with occasional attacks of utter "dying" in that region. Also shooting pain down both arms & legs, with tingling & numbness.
Patient says she cannot sleep for fear of death coming on. She often awakes after a few minutes sleep in an attack of the "dying" referred to. It seems like a suppressed or present lanuginous condition with vagina or Carcine process.

Rx.
Caps. Americana 120
Tinct. Atropini 120
Ammon. Bromidi 120
Agrom. ad 1/2 1/2

A little improvement since taking medicines.

The ward.
May 26. Patient not so well. Nutritive the animals during night; decline to get out of bed. Delusions more pronounced. She speaks of having committed the "unpardonable sin" and of being doomed to everlasting torment "through the unutterable agonies of eternity"; the last phrase being repeated for hours, in a howl of the most dismal intonation.

27th. Patient unmanageable—refuses to get out of bed or do any work. This morning saw one of the male patients in a red dressing gown—enquired him to be the devil & the dressing gown to have the scroll "The wages of sin is death"—the word being obviously designed for her.

Patient—declines to take medicine as she thinks it may hasten the fatal end. She sleeps & eats well. Does not now complain of any physical ailment.

29th. Patient not so weak, but delusions present as before.

31st. Patient much worse. Last night had a faint spell of convulsive and choleraic fit which induced sleep of 6 hours duration.

June 1st. Patient sent home to her relatives.
more confirmed, but still giving expression to her delusions.

For several weeks after, the patient attended public and private hospital. She was made to indulge in the ordinary full work of household duties.

Physically she seemed in good health, but the mental condition did not improve.

The parents were reluctant to send her to an asylum; so instead, she was placed in a private institution with her sister as attendant.

The result was not satisfactory.

The sister also became affected, and it was found necessary to send both to the County Asylum, where they still remain.

The progress in the case of the sister is not good, after the lapse of time.

The involvement of the sister forms an argument rather unfavorable to home treatment, or to attendance by relatives, or the insane.

In more cases the following may be narrated: I m. set 70. Thor. remo: rheumatic:
a man of strong physique and constitution, never
had an illness until within the last year
or two. Lately came under the writer's care
for dental abscess - in connection with which
the patient became painfully melancholic &
depressed. He put the worst possible
construction on the symptoms and progress
of the local affection, & began to worry
himself with unnecessary & erroneous
matters. - In due time the dental abscess
got healed; but patient's mind did not
improve in the same ratio. He continued
to worry over trifles - physical & otherwise.
By & by the patient thought his melancholic
anticipation fully justified by the appearance
on his cheeks of a large carbuncle.
During the progress of this patient, became
intermedly nervous & depressed - staggering every
pressing symptom with as of nervous prostration.
He wandered constantly into the region
of business. It was quite evident
he had no desire to die, notwithstanding
his certainty as to the approach of the event.
He fought most actively against the
suffered evils - physical & social, which were
gathering
around him. He was a profoundly religious and pious man, but in his mental suffering the usual comfort which seemed to bring him no relief, and circumstances added to his distress.

The case was typical of "melancholia". Ultimately, patient recovered from the carbamide, and with recovery and returning strength his mental peculiarities, which for a man with his intellectual advantages, was always considerable, remained; to a point of such a severity. He is still perfectly answerable to his own acts, but his evidence is very far from being of service to him.

Cases of this kind are frequent in general practice, as they are perhaps of every day occurrence with most practising physicians, but the same applies they very occur in instances in which a distinet, more acute history can be traced.

In this case was an uncle, or at most of weak intellect. A daughter is now in an asylum with chronic mania and a son was a stupid dull fellow who never "came to anything". None of the
family indeed came up to the intellectual ability of Mr. — although possibly an aesthetic disease on the maternal side might be largely responsible for this.

With regard to the case, it should of course not be omitted to remark that affection in the ventral and frontal region seems to have a special liability to induce mental depression. The development of demence also points to the circulation of surfeur blood in the brain or throughout the epine generally, and this was bound to favour mental disturbance.

The writer has occasionally lately attended an elderly patient for chronic cystitis and prostatitis. Abnormal, the patient's health and constitution were good, yet his mind gave way in the direction of depression, to a greater extent than in the case, and he succumbed as much apparently from mental depression + as the disease, as because of any local affection.

It is interesting at times to note how in such cases the mind, at first

inordinately through some particular cause — either
physical or emotional gradually loses sight of that primary cause and finds itself in to that of an entirely different order and probably most insignificant. Thus an old lady whom the writer is attending for nervous debility consequent on the death of a niece, seems fairly confident as regards that original event but worries herself into a condition of their nervous tension and depression in connection - at one time - with domestic trifles - at another time - with perhaps a passing futility of the situation -

In her case, neurasthenic history is readily to be traced.

On the other hand, one occasionally meets with cases of remarkable mental vigor and clearness in old age which in middle age may have been habituated tension (or chronic) mental disorganization. The writer is reminded of the case of a fine old fellow now past 80, who as a young man laboured for many years under melancholic delirium. He lived as a chief manager in a lonely place, where 10 inhabitants live.
The physician was a Dr. Kennedy of Leinster. The young man with a unique reputation in the Highlands about 40 years ago, to whom a really handsome monument is erected in the centre of his practice. His influence when he lived was a wonderful one, and even yet, almost his judgment after his death — his memory is held by the people in affection and reverence.

He became suddenly choleric for many years, was quite helpless. One of his delinca was that his plaited regis were of crystalline structure; he had accordingly to be dealt with in the most gingerly style. The story is related that this action was friendly and effectually disposed of by the local peasant woman. She coming unaware upon the patient—squashed his buttocks down upon the stone floor of the dwelling —

The young man laminitic is now a half-intelligent old man, regarded as the patriarch of his clan, whose word is rightly held in the highest esteem.

The son is weak mentally, another has succeeded well in the teaching profession.

He, aged about 60, unmarried. Crofth.

Little known of his early or family history. He is a shrewd, intelligent creature as regards the breeding of cattle. But very eccentric in other respects.

For many years, he has lived alone, in a dwelling literally dug out—
day out of the hillside, protected from the weather by boards of rough timbers.

He sleeps little with his head bowed; but attends to markets regularly and makes a bare gain thereby. He is not indifferent. In summer, he changes his residence, lives in "huts" erected with brushwood.

Several attempts have been made by the proprietor to dislodge this hermit from hisholding, but unsuccessful. The chances are that he will one day be found dead — the result of exposure or partial neglect.

The case can hardly be described as one of mental derangement in its present stage; but at any rate it shows a peculiar mental "habit" out of which derangement might readily evolve.

A: He is 60. C: Married. W: 60.


He manages the duties of his craft well; but harbours curious delusions.

He conta remis a kind of "Oppidophobia"
in consequence of which nothing will induce him to come into the market town.

He inquires if he do so, the people will kill him! Recently, in connection with a small trust, a lawyer wishes to obtain the man's signature, & desired his presence in town. However, the man declined to come. The lawyer found it necessary to undertake a journey by land & water, accompanied by a Justice of the Peace.

The signature was duly obtained.

The case is a small one, but a nice point might be raised as to the validity of the signature, under the circumstances, of the man's mental condition.

The relatives of this individual are all "screwed".

A.C. and S.C. married. A.C. stood very. Whole of family recognized as "touched" mentally. A.C. himself showed peculiarities, chiefly in the way of greediness. He was an exceedingly selfish, grasping man, but otherwise no exception to be taken to his character.
The tendency, however, became thoroughly developed
in a daughter who is now the victim
of mental disease.

Many cases similar to the above
might be quoted, in which the tendency
to insanity, apparent in the parents, mere
in trifling eccentricities or exaggerated
habits, became fully developed in the
offspring, and will most likely show,
at one of the critical periods of life.

I. I. acted so, for example: Sarcastic temperance;
well educated: always exemplary in his habits;
manner: He threw himself with great
energy into the duties of his life: conducted
business nearly a rule profitably.
In his father's decease, two unmarried
sisters were left under his charge.
He quarreled with them and obliged them
to leave the parental roof.
Still carrying on his work, he made
and saved money. His housekeeping was of the
most economical, almost primitive kind: his
actual labour comprised milking of the cows, making
of butter and cheese, & finding sale for the same.
This in a young man of liberal means and liberal education was itself significant. But alongside his energy and parruniosity there grew up in his breast a deep suspicion of all his relations. He imagined they were engaged in a conspiracy to deprive him of his legal rights.

So strange was the delusion that he kept a rifle in the house, loaded, in order to shoot any of his relations who might venture in the vicinity of the farm. At times he even threatened to proceed to their home to attack them.

Gradually the mania of suspicion extended to other than his own relatives. An unlucky gamekeeper who lived in the near town was fixed upon as an object of his hatred.

He suspected the gamekeeper of an intention to kill him, and adopted measures of defence, which to the gamekeeper were alarming enough.

On one occasion, the shepherd was attacked by the lion on the lonely hillside; and the shepherd narrowly escaped with his life.
The authorities were unable to take action in the matter, but I wrote charging the shepherd with an attempt on his young life and asking for protection in future! There were no witnesses.

This man suffering from delusions of persecution is certainly not safe to be at large. The chances are that some day he will commit crime; but it seems that not till then can the authorities interfere.

There really must be a flaw somewhere when cases of this kind can remain in freedom. The insanity is not demonstrative; on the contrary, it is very much the opposite—it is nevertheless so dangerous as the form in which experiment begins supreme in regard to which action would immediately be taken; and no medical man would hesitate to certify accordingly.

His family history shows a hereditary trait on the maternal side—the mother herself, though delicate physically, was however, mentally quite sound.
The father, a strong healthy farmer, was fond of alcohol, but lived to a long age.

The brother suffered from chronic bone disease and a sister of cancer of the breast.

Some of the family exhibited any mental weakness.


Chief and health: Sanguine nature.

Physical and family history good.

Fatter was restless, alive, and well.

For several years, J.G. had become silent and moody in manner. In consequence, it was supposed, of a disappointment in love.

J.G. lived with his parents and brought the crops for them.

His character developed from euphoria into silence and melancholy. Emaciation exhibited a tendency to suspiciousness, with occasional outbursts of violent temper for which no cause could be assigned.

At one occasion, he suddenly got out of bed and attacked his parents in a ferocious manner. Their lives...
were saved only through the intervention of neighbours who twice only ran to their assistance.

Notwithstanding this maniacal outburst, the lunatic was permitted to live on in freedom as before.

He visited his wrath occasionally on dogs and horses for want of higher game—these arbitrary being regarded merely as eccentricities of character against which no particular action should be taken.

At length, an offending neighbour chanced to come near the path. While in a paroxysm of excitement it was at once attacked.

The result was a criminal charge with imprisonment and fine.

It can hardly be said that this man was responsible for acts committed in a maniacal paroxysm. And the man might contend to be exempted from criminal responsibility.

The case appeared to have been one of those in which alternation—periodically—i.e. exhibited—-the man...
in the intervals of comparative mental health, although melancholy, moody, and depressed, being able quite satisfactorily to perform the duties of his lot.

R. Leavell, act 46. Drowned, unmarried.

Short in stature, well-knit. Sanguine type.

Development of limbs on left side slightly arrested. Family history showed a trace of insanity. As a youth, he was said to have been subject to fits - probably epileptic.

The man was a well-known character in all parts of the Highlands.

He led a roving life, a shepherd, a drover, or an ordinary farm labourer. Clad in rough cottage costume, he carried a dirk and pistol. He looked like a relic of bygone times - especially when he appeared in full possession at the head of a drove of Highland cattle.

No one was more tender to "Collie" or to "Shiel" than he - of their qualities, he was no mean judge.
In disposition he was sullen and morose — in conversation morose and at times subject to outbursts of maniacal fury.

His weapons were no mere ornaments, for on occasion he would not scruple to use them.

His intelligence was low — always, had been, but much higher than that of the creature with which he most associated.

He had no clear notion of right and wrong; and on provocation would inflict injury without much idea of the responsibility it involved.

When treated with kindness, he seemed to show gratitude — but at any moment, for the most unexpected or trivial cause, his fury would break forth.

He was not addicted to alcohol, but when under its influence he was usually more dangerous.

For attempts to injure — he suffered imprisonment more than once.

On the last occasion, the authorities were at first doubt ful as to whether they should deal with the charge as the irresponsible act of a lunatic,
or in the ordinary criminal way.

The Prison Surgeon, when committed, gave it as his opinion that the man was of weak intelligence; but that he could not grant the medical certificate of lunacy.

Accordingly the man was tried and imprisoned.

The Prison Surgeon was perhaps technically right in stating that R.'s "weak intelligence" did not amount to the condition implied by the defence in the statutory form of certificate.

But on the other hand there was the moral certainty almost that he was incapable of profiting by a deterrent sentence, by the experience of imprisonment, and that on his release he was quite likely to repeat a similar crime to that for which he was convicted, without in the least comprehending the moral error of the crime.

R. in was perfectly competent to undertake mechanical duties to a certain extent, showed shrewdness in the performance of them. His intelligence was higher than that of an "imbecile"; yet it was entirely wanting in
in the power of inhibition and control.

Not withstanding the element of danger, even:

held with this case, R. M. was liked
by the county folks among whom he passed.

Not one of them probably would lift a

little finger in favour of his confinement.

Yet in justice to society and to the

poor "natural" himself, he ought in:

Doubly to be placed in confinement
in an asylum.

It may be added that this

man is now at large: he may

any day commit capital crimes, yet with

impunity; for the greater the crime

the less proportionately is sure to be

the punishment - and no jury on earth

would allow him to be hanged.

He would at most be subjected

merely to "confinement during His Majesty's pleasure.”

1. Line 8. at 26. inwards. had. - see note.
Mania. The patient depicted me as anxious, complaining of gastric trouble, want of appetite, flatulence, constipation etc.

He had no sleep for several nights and very much fever, but his mind should give way. At this time he would condescend upon us special ‘delusions’—merely depression and nervousness.

Patients' family history was decidedly remote. His mother, now alive and well, was 25 years ago, an inmate of the Asylum for acute mania,

On being questioned as to previous history, the young man admitted having suffered from ‘low spirits’ for several weeks, a few years before.

But of this his friends seemed to have had no knowledge.

The man was always healthy; married at 21, and had a family.

Several remedies were prescribed: bromide, saline draught, good diet, plenty of exercise in the open air for the time being.

Passed out of the wards bound.
matter progressed unfavourably, and about a fortnight after the first appearance of symptoms the writer again saw the case.

In the interval the melancholia had increased, delirium had developed, and violence had been attempted.

His general manner was silent and moody - and his answer to conversation intelligent.

After recounting his narrative to his mother, the author's sister found, in this instance, there was no difficulty in certifying him; and yet there was a deliberation about the case.

Patient was calm and collected, and prepared to argue stoutly in favour of his conduct towards his mother and others.

Asking his friends to return during our interview, he proceeded to relate his whole story in the most connected way.

In the first place he said he had married while too young. He was himself not quite worthy of the match, but was induced partly against his will to go on with it. Then he thought his strength
was reduced by excessive sexual intercourse. This rendered him nervous and weak.

Thus, for the story was come around.

He then proceeded to explain that about six months before, his mistress came to him, desiring him to go forward to the "Sacrament" which patient pretended to do.

As a consequence he taught the mistress had brought about a kind of separation betwixt the wife and him — that he wished to bring about an alliance with another man more worthy, &c. &c. The intrigue he declared to be "revealed" to him by magic, while reversing the mantle in his own hands.

Then the matter lay as between his wife herself — all a mere frequent delusion.

Then he suspected the weigh hours — the old wives — to be employing the witchcraft, with a view to his injury — degradation — & finally he was convinced that his mistress had designs upon his life! It was this conviction that made him angry with her at times and caused him in self-defence to inflict injury upon her.
The case he had no desire to commit wrong.

Such was the logical sequence of

patient's narrative. It should be noted

that he attempted suicide by drowning.

The case was one of simple acute

melancholia with delusions of suspicion

with suicidal and homicidal traits away.

After 3 months of stay here treatment,

patient returned home, cured.

One of the interesting features in this

case was the nature of

its commencement. There is no reason

to doubt but that patient's attendance

upon a mental case was the

etiologic cause of the onset of his

attacks. And the circumstances were

to emphasize the notion that previously

preexistent paranoid to too close contact

with cases of insanity.

The following case is illustrative

of the delusions of 'insane agency'.

I am an art-student, strong, healthy, dark,

bearded, educated and intelligent.

Family history not readily traced, but

with no past nervous taint.
In his early years, he was a man addicted to alcohol. For many years past, he has been steady and well-behaved.

To an ordinary observer, he appears calm in demeanour, with evidently a load of care upon his mind. He is haunted with the prominent and harrowing delusion which for years has followed the poor man.

In his mind, he is keen and shrewd, and in general conversation intelligent.

His delusion is that the Glasgow police have some kind of mercuric, electric, telephonic influence over him. They work this influence by means of an invisible apparatus - sometimes described by the patient as 'turning up the gas', sometimes as the 'battery', or 'telephone'.

But always as an invisible agency which the police have more than control over which they work solely for his(enceonic) sense.

The sensation begins peripherally at the nerve endings to rapidly spread until the whole body is 'aspect'.
The patient—when fully under the recent influence considered himself most helplessly at the mercy of every thing and every body.

He, on hearing the description, was instinctively reminded of the sensation of "right—wise."

In the midst of ordinary conversation, the poor fellow stript off his arm for inspection, exclaiming:

"Don't you see it? There it goes! If any man with a pun shall I be under the power of the Glasgow secondbest."

On near the ocean was this man brooked to be called in the Procurator Fiscal to have the policeman prevented from preserving their diabolical acts upon him. Nothing can in abuse him of the delusion. In addition to it, he indulges in the drugs; as evidenced by a book of poems composed by him in the possession of the writer.

There are nearly 100 "poems" in the volume, with several disquisitions to boot. Cleverly and well written. The composition are, but containing the utmost nonsense.
An attempt at rhythm is observed through out
and the rhyme is painfully maintained
by the invention of new grotesque word
endings. Here for instance in the
concluding verse of a poem of 8 stanzas
under the heading "In Their hundred":

"Order time then requir. that joy speed let the nations
"The seek of your song, its knowledge true, frees from far
from hell aching.
"Widm! truth humble feet to full time the decline of man.
"Healing truth seek its peace, then stones false
as more unkind.

The tendency to employ certain words; chiefly
abstractive, with no any reference to their
sense, a suitabity is always evident.
"Truth", "enemy", "sinister", "wisdom", "light", "truth", "God"
find constant occupation. The word "sick"
is however by far the most frequent.
we have it occurring in the following
headings:

"At age, sick.
"Enemy","truth","that sick from sense.
"Shelter sick.
"Sick to free from that which made destory."
"Seek by the means, that exalteth to somee wittyns, hence.

"Seek bliss that was by sence.

and is so.

There are many the proudest phanse and lewe, the want is certainly great,
infused with the sense of his poetical
gifts and præsents his state by theee and
high contry phannere, techly to this.

The enim of the mean is ines from
composition way here be given - which
it will be observed specially refer to the
destination of which he is a victim.

"Truth sworn by God, my Creator."

"People must be fed on the genuine truth
regarding this exaction or they might fight
from righteoun laws in their ignorance .
Such fighting by the ages made fearfull
harver and see numinans of destryor .

"Unless some s-sceen enime was done
there would be a justification . That-
time guard from enime mongering by ent
would be done for by a true justice .

"Once the starse were alized that evil
work could be done condemned and the
"sought , there was no further
need of continuing cruelty on the man
made alive. We ought not to be kept
out of this way, as the sense will
remain to condemn and work itself
for the time without continued care;
smoother him, such as I have now
forsaken been kept.
By right of justice, all assault ought
to be turned off, and we no longer worried.
The rhyme I write, which in this book
you have a few of them, can be had
without assaulting me.

Which rhyme are the only knowledge
for true benefit by the rest that
can benefit true wisdom.
Telephone ring - clear manuscript magic
could be done with out the slightest advance
to me at any time.

It does not require assault to train
for that work; so as to make
those assaults an excuse for that
sort of treachery is - etc. etc.
In this opinion the writer is evidently pro;
but strenuously against the practice
of turning us upon him, in account of some
fance of which he was supposed to be guilty.

The concluding poem in his volume has the following vigorous heading:

"False Science or Black Art."

"Principalities of Darkness, or Powers, Be Damned!"

Concluding with this chilling pronouncement:

"Earthly Hell, Heaven of Storms in Man!"

An amateur, probably upon his prosecution.

This individual, although labouring

under immense delusions, carries on business

in a very respectable manner.

But the constant worry of the delusions

is certain at some time to cause him to do violence either to himself or

to others; and for the sake of all

concerned, it would be well if

he were placed in an asylum.

It would seem however, that the

authorities are powerless to interfere so

long as he refrains from committing

an act of violence.

The following case is somewhat

similar to the first—both of them

showing the presence of a "Grandeur"
A close relation met the labourer. After unmarried, family he kept and maintained short.

honour, temperance. Had always a reputation for "generous." Had always lived alone. He was a "hands" man, and regarded as a good labourer in craft and farm. Had the reputation of being the best style

built in his locality. Intelligent and talkative, he was not by any means demonstrative. On the contrary, he was a reserved, and melancholy expression.

He was not a drinker, but on the other hand he was not a total abstainer.

For many years he had resided in the definition of being "Kings and Proponents, of the lands of Great Britain and Ireland."

His spare time was occupied in writing descriptions, directing the executive government of the country, with regard to all manner of subjects. Yet the man worked honestly and honestly as a common labourer, living in the most humble of dwellings.

It is almost probable that the
particular bent of his delusions was derived from a sick name he bore in early days, the Imperial title of Buonaparte or "Bonaparte". Now his edicts are issued under the style and title of "Alexandre Jean-Baptiste, Dathan, King + Crown + Protector of the Nation." The term "Dathan" is difficult to understand unless it be meant as the title of his "House," analogous to "Buonaparte" or "Buonaparte." Not long ago, a letter of "Dathan" was sent the writer by one of the local officials. The document contained a magnificent order to furnish him (the villager) with certain taxes and money which were due to him and his Government; but it turned up with the humiliating admission that the said funds were for the purchasing of a shirt and other necessary garments as well as for humble household requirements.

The poor man makes no outward gain about his pretension. On the contrary, he bears it so well, the appearance of being a very decent and melancholy, as well as an indifferently clad, old man.
he exhibited no suicidal tendencies; neither he seemed harmless enough, although by universal consent, 
he is regarded as an "harmless" individual.

Personally, the writer had little acquaintance 
with him, which showed that even harmless 
as he was seemed, his delusion might carry 
him to an end and height.

He became a inmate of Hospital on account 
of an attack of bronchitis from which, in 
due course, he recovered.

During convalescence, he was offered allowed 
to walk with the other patients in the walk 
and over them all he assumed himself, 
with only one of them "Sovereign".

This was all very well, but when 
he essayed to direct the motion of nurses 
or to their duties, the writer found it 
necessary to remonstrate. Maxwell put 
very indignant, and it was not difficult 
to see that he was prepared to carry his 
legal prerogatives to the test of human force.

There is a distinct risk that 
this man may any day constitute a public 
danger.
I.e. act 60. Unmarried. Family history not ascertainable. Personal history good both physically and mentally, until about ten years ago when he developed delusions, grossly to be described.

His habits had been sober. He was the ferryman for many years, between two points in the shore of a fast river and lock. And carries on his duties in the most easy going and methodical fashion.

His life was an uneventful one—nothing to relieve the long tervals of his way. At length however an eventful period arrived—In the annual visit of the peaceful 'lock'. A shoal of whales became1 stranded in its narrow nook. - At the animal became the rage. John, like others, proceeded himself of a gun.

Strange to say, only one animal out of the shoal was killed; and all people John was credited with the feat. The honour was too much for him; from this date his mind 'went off'. The quandary.
dorno, sensible foreigner got filled with the
most absurd notions regarding his prowess
as a sportsman. The killing of that
unlucky whale became magnified into an
extraordinary adventure, out of which the
hero emerged Latin with glory.

He described other and greater
and entirely imaginary — whaling expeditions
in which he was the central figure.

Pursuing the beautiful idea, he
fancied he was created an "admiral"
by the Queen, a "Baron," and so forth.

Practical jokes sent him medals
and autograph letters from their magnifici;
now as for years past, he was
be above, bedecked with his medal,
outing about in street and square
as proud as any Prince in the realm.

He considered himself the deceived and
the admired, of all observers, to be
introduced to whom ought to form
a lifelong honor. And yet, at the
same moment that he intrinsically his
close relations up to nobility, Thou does not
hesitate to stoop to beg for a penny!
This individual is blemished. He has no suspicion of malice about him. Still it is hardly
proper from a public point of view that he should be allowed all the privileges of
family - such as that he should be allowed - in considerance of the proper licence -
to carry a gun - under the present system of registration there is no way
by which his delinquent can be officially taken note of or guarded against
in any manner.

John Doe Jr. is 60. unmarried. English.

Another case of "Grandeur" developed in a different direction. His name father
was known as a "Craecky" individual.
The son, along with the patrimony of the
craft, inherited the father's peculiarities,
although perhaps in an altered form.

As a young man, I. w.-f. was
addicted to alcohol. He was raised in a highland township, where of course
Gaelic was the prevailing tongue. Beyond
a smattering of English obtained at the parochial
school, John received no special education in
language. However, John came in contact-
with English authors; and to them, it was deemed
he endeavoured to force in the most classical
English, to affect fully syllabic expressions.

The habit grew upon him—became a second
feature—and now the poor Quelch Coffee, when
he contracts an English friendship, indeed,
always in language of splendid style. He carries
an English dictionary as a constant pocket
companion. By way of aid in his vocabulary.
The thirty-sixth had one day, and
saluting with the ordinary "It's a fine day, John!"
we replied to, offer a short consultation
with the volume before said: "Yes, Sir, the weather
is—salubrious!"

This man's ideas of "basures" extend
into other departments than that of high English
merely. Naturally he is a short, shrewd
creature, almost insignificant. To look upon,
yet he considers his proportion & development
as something very fine and handsome.

His garments are ridiculously large for his
body and limbs. His coat might easily do duty
for an Oboe coat, while the capacity of his
breeches is such as would immediately attract
the notice and envy of a lineament.
This whole air is that of a man who considers himself to be "somebody."

He has often been seen to stop on the road, puff out his cheeks to its full dimensions, and proclaim a proud phrase:—

"Is not that a fine chat?"

A most valuable feature of which he is particularly proud is the development of the "Rahoreenic" system of the legs. He has a great idea of his athletic prowess. In theory, he would stop in where "ample might fear to tread," and would undertake anything from the proverbial needle to the anchor.

John knows how to manage his business as a Croft, although affected with these delusions. He is kindly regarded by his neighbours, and is certainly a harmless individual; still such cases ought in some way to be officially secured.

I have visited the village of the necessary precepts measure could most promptly be adopted.

Janet C. not married. Wife of existing husband. Had a large family. Thieves and burglars in her habits.
About 15 years ago, her attention was directed to a
newspaper advertisement which called for the order
of relatives of a given family in Australia.

This woman, rightly or wrongly, conceived the
notion that she was the nearest relative to him
to the person named, and publicly announced
her claim. She began to trouble local officials,
and it was by them discovered that she
had no pretence whatever to the claim advanced.

Not satisfied with the result of their
enquiries, she accused the official—different
individuals having no common bond either in
business or other wise—of being engaged
in a conspiracy to defraud her of her
legal rights. She endeavoured to detail—
as to particular amounts, lodged with
particular individuals—as to the
manner in which the money was being
returned, and so forth. She herself
was left without one shilling!

Being in circumstances the most humble,
it was assumed to bear this woman declined
giving up the fraud practiced upon her
in being filched out of her thousands.
A small annuity derives from a local
charity, she looked upon as a miserable existence
dreaded at the hands of greedy bankers and
business men, from the fortune which belonged
to her.

The pension was an "induced act", it
seemed a tangible recognition of her claim (delusion)
and tasting of blood - which served merely to
what the affected for more.

This woman constituted a public
nuisance. Violent in language and
unfounded assertion, if permitted she would be
violent in her actions. For all concerned
it would be an advantage if she
were prevented from flaunting the delusion
of her disorders taken on a much ending
public.

C.P. see 60, widow. Habits disturbed + incoherent.
Mentally sound, until a few years ago
when she developed a delusion of a sufficiently
personal kind. She changed the 'influence' (Parochial)
of helping her of a fashion, some of money,
she being at the time in actual
receipt of Parochial Relief.

The woman made a point of going
out into the public road & buttonholing
saw her with a tale of her grievances.

She was certainly a public eminence and

dangerous, but not in any way odious,

and fitted for confinement.

... an illness, aged 65, wife of a clergyman.

Family history in regard to nervous and

ascertained. Recent history good until

about 8 years ago. Had large family

physically healthy, but most of them mentally

sound. One or two exhibited tendencies

of mental weakness, which not infrequently

might be attributed to familial tendency;

the founder being what is termed an

"haverin." Kind of character.

At this time above referred to - 8 years ago

one of the sons was killed at a

railway crossing in a fits.

The intelligence when conveyed to the

mother is wrought upon the woman's

mind as to render her a very free

melancholy, almost insane, element.

Cook the white tea and her

on the hillside, wild, unkempt, and

feared looking as if in search of some

loved one lost. When spoken to.
the unfailing reply is, "I am looking on the rocks for my anchor, he has not returned to day." She appears to have no clear recollection of his death.

This woman is harmless, and regards ordinary domestic concerns as useless. It is a suspicion, if for the sake of her family she ought not to be removed from them — as we have already seen the evil influence of her to be exercised on a predisposed individual by contact with mentally affected relatives.

As it is, a daughter of her mother who, in consequence of her mother’s ill health, was obliged to give up her situation as a domestic servant, and to come to reside in the parental home has (not necessarily from her own principles) become the victim of at least one delusion. This girl has had it:

Legitimate progeny of miscellaneous parentage. She was not wilfully licentious: but advantage was taken by contemptuous men of her naturally weak intelligences and weakened moral sense. In June 1887
she enquired the writer regarding the results
of an offence that had been perpetrated upon her.
Her story was that on a certain evening,
as she was proceeding to work the coast,
she was overtaken by a male acquaintance
who had purposely paid address to her,
that he then and there criminally assaulted
her — in fact committed rape.

But feeling well after the affair
she consulted a medical man who
informed her (as she said) that her womb
was destroyed — that in future she
would be barren. This information
forced early upon her mind — she
became quite melancholic — made no secret
of her acquaintances of the terrible misfortune that had overtaken her
and fell into a pitiable state of
mental depression.

Along with a neighbour midwife,
I examined the patient — I found
nothing whatever wrong with the uterus.

Our finding, however was
not satisfactory to her — she had made
up her mind to the conclusion — with it
Probably she will go through life.

So that the household—father, mother, and possibly even the children—will be in a state of mental and emotional distress. The situation is made more difficult by the fact that the daughter has a strong, irrational delusion about the family's actions.

The legal and medical aspects are complex and difficult to define. In cases similar to this, the legal incapacity of the defendant is a significant factor. In some cases, the court may consider the defendant not criminally responsible due to mental incapacity. In this case, the court would not impose a sentence.

In 1897, the defendant, a young woman, was involved in a brutal assault against a man. She was found not guilty by reason of insanity. The court's decision was based on the defendant's mental state at the time of the crime.
Inability to give evidence, the case fell through.

The witness was only to speak to the point of her mental condition, or more properly, physical examination of her. But the local practitioner who examined her arrived in a ceremony informed the witness of his conviction that the case was being subjected to frequent sexual intercourse; she herself had sufficient intelligence to convey this information; although legally it would not be accepted as evidence.

In turning over the records of the Belford Hospital, the witness found a note by one of his friends occasioning referring to a case of typhoid cholera following assault.

John Macmillan, aged 76, Stranraer.

At the request of the authorities, the witness was asked to see and examine this man in person.

He was confined for violence committed against his brother-in-law—a mild, inoffensive creature who happened to be paying a visit to his sister, but whom the former saw: he found him in the service of the devil, forthwith attacked, severely biting his fingers.
This was at the first incarceration of the
Prisoners for offence of a similar nature.
J.W. had been an active intelligent
man during his life time - having been
founder-keeper in the estate to which he
belonged, being able to read and write
English, in manner above the average
of people in his station of life in
the highlands.

"Beyond being foolish, a little "faddly",
inclined to hypochondria - amnesic as to
his childhood welfare & as a consequence
much given to dabbling in quack medicines.
He led an easy going exemplary kind of life.
No family history of insanity, and
no personal history of alcoholism.
Within a year of the time when
the writer was asked to see him
his character had changed.
He had committed unprovoked acts of
violence upon his wife & children.
After three years of retirement,
he lapsed into periods of quietness -
called melancoly & evidently free
from delusions. In these intervals
he remembered acts of violence committed

Spt. 1897.
and he expressed sincere regret for acts which he could neither justify nor explain. This conduct came under the notice of the criminal authorities.

They, instructing mental observation, brought the prisoner to be examined by the local practitioners, who seeing the man in his case concluded was unable to certify insanity. There was then nothing for it, but to charge the man criminally; he was convicted and made to suffer a term of imprisonment.

On his release, he returned home; only to resume the kind of behaviour that had already brought him into trouble.

Proceeding to committing the offence for which he was a second time imprisoned he killed his tom-cat in the idea that the innocent animal was the Devil; he then affixed the animal to his wife with the dead animal, thinking he was thus “knocking the Devil out” of her. The performance was doubtless in the classical line of “Similia Similibus Curantur.”
On visiting the prisoner in his cell, the writer found him— an old attired man—depressed and gloomy in his wooden cot.

He sat near his window, propped up in a corner of his cell to relate his grievances.

He was thoroughly aware of his position— the cause of his incarceration. He thought of the injuries he had been inflicted upon a man to whom he was attached by the closest ties of friendship.

He could give no explanation— though it was the "Devil who tempted him." But beyond that he could say nothing.

At first it seemed really difficult to elicit anything from the prisoner to indicate mental disease— although he had the unmistakable appearance of it.

In the course of conversation, however, he gave expression to a degradation which was justified by the officials of the prison and the despair upon his face. The warden, he said, had in the previous evening, brought him out to the yard of the prison where they showed him the grave of a man whom they had murdered as they intended to do him...
They were to visit the same fate upon him by burying him alive to squeezing him with earth. In a minute or two, he slightly raised the details by saying the constable had brought him to a black coal pit into which they were to throw him. If he were not killed outright by the fall, he was to be allowed to die, a lingering painful death.

His central idea was that the prison officials were bent on compassing his death. He appealed to him to allow him to die in peace where he lay—he would expire quietly in a few hours without trouble to anyone—he did not wish to live and he did not wish for food. Thus—without warning—that a few minutes before he was eagerly informing me of his grievances with regard to prison fare.—

Ivens occasionally passed over his trunk and hands.

The poor man had the typical look of "total dementia." The difficulty was to strike the vein in conversation that
revealed his true mental condition.

The warden was fortunate in obtaining
the clue and had therefore no difficulty in certifying.

The warden informed that the prisoner
was most lazy in his habits, declining
to do any active work or indeed to
take out of-doors exercise.

His food he relished well, all
his_functions were good. He was however
experimented filthy as regards attention to
cleanliness of person, in this way giving
much trouble to the prison attendants.

It will at once be apparent that the
first term of imprisonment suffered by
him was an account of an insane
person's case occurring in the course of
a definite mental disease.

Under the circumstances, perhaps no
blame can be attached to the local
practitioners who refused to certify, although
it does seem proper that a responsible
opinion might have been offered to indicate
that the man was labouring—possibly—or even possibly—under a chronic form.
form of mental disorder which might require longer observation than that implicit in a simple suit

If this did not satisfy, then with the Prosecution let the responsibility lie — and not with the medical men!

It is just possible that with more intimate acquaintance on the part of ordinary medical practice with the whole subject of mental disease — mistakes like the above would be rendered less liable to happen. Such mistakes in all instances are to be regretted — but especially so in such a case, to the mind under consideration — in which a highly respectable & worthy man was subjected, during the infirmities of old age, to the grievance of a criminal prosecution and imprisonment.

John W H act 20. son of wealthy farmer.

Straining: neurasthenia. The father was a quiet solid man of the ordinary type.

The mother was always emotional & especially solicitous regarding the upbringing of her only son.
Being of a melancholy disposition, John went abroad, enlisted in the navy, but being bought out, he sought employment in various capacities, from that of ordinary laborer to that of Asylum attendant in New Zealand. It does not appear that the young man was specially licentious or ill-behaved.

On the contrary, he saved money (a hereditary gift) and with his earnings returned home. It however soon became evident to the neighbors at least, that the returned son was an object to be regarded with suspicion.

His gloomy, suspicious aspect, and his long lonely walks furtive aroused suspicion. Subsequently the condition, either of mental derangement or of deliberate criminals became more and more apparent to those who came in contact with him and observed his movements. He spoke of being determined to "do for" his father and mother. He warned the local gamekeeper to keep children out of his path, and in a clinch made two unsuccessful attempts at drowning.
These different "aims" were spread over a period of many months, during which the presence of the young man in their midst was a constant cause of terror to the inhabitants of the district.

Yet no one desired to interfere with his liberty or freedom of action. His parents seemed ignorant of his real condition. They adopted as precautions, both for their own protection or for the protection of their town.

At length, matters were brought to a grim conclusion by the young man who, in a moment of respite, seized hold of a pair of tongs, and with one blow felled an old man - to the ground.

The old lady, more nearly the heavy hand, rushed to his rescue, but only to be herself succumbed by the lunatic, now brandishing a knife. Forced in his attempt to get at the nonsense, he went in search of his fatten in order to make out to him the same fate that had been brought on the matter.
The demonstration quickly wore off, and in a very short time the culprit joined the household, silent and subdued.

On the morning after the crime, the writ at report of the Prosecution, Fosdick, had an interview with the prisoner.

He had not slept during the night, and was excessively pale and nervous. He had the inimitable look of innocence about him, but in conversation was most intelligent. It was at first impossible to detect any mental flaw.

He denied all knowledge of the crime, and it was only in the course of prolonged conversations that the weakest mental vein was hit upon.

I was suspicious, homicidal.

The coroner's evidence — the local medical man — he had recently long regarded with suspicion. He stated that in an occasion he had a daughter of Fosdick's affection. (He had a knowledge of drugs, and chemistry) prepared for the doctor if he shuld be so unlucky as to call at a parlour of refreshment at the same house.
He spoke of his liking for "shooting people" and in various ways plainly indicated the homicidal bent of his mind.

Apart from this, he was a most enjoyable companion. Having mixed much with the world, he had many interesting anecdotes to relate & entertain with.

In 1843, he was duly brought before the Circuit Court and sentenced to six years imprisonment during Her Majesty's pleasure.

There are one or two important lessons to be derived from a consideration of this case.

We have, in the first place, a man, admitted by general consent to be a dangerous lunatic, allowed to roam about for months at the leisure of his own sweet will, without either the public or the courts availing to confine it in their special functions to hisSphere.

In the second place, we find the guardians of that individual not considering it—their duty to take such steps as might appear reasonable.
for the safety of all concerned...

In no official sense, was it known beforehand that the unfortunate criminal was the victim of a insane delusion fraught with public danger.

This shows something like a necessity for more thorough registration of cases of mental derangement. By the most ordinary precautions the above crime could have been prevented, it is right to have been foreseen.

The only link an antity apparently for public interference, was that at his own habit of the sudden and demonstrative type, which especially is not so much associated with danger.

Parents and guardians, as well as public authorities, ought to some official to that be held responsible for the conduct of individuals dependent upon them or subject to their jurisdictio; whose soundness of mind there is reason unable cause to suspect.
Before proceeding further, it may be well to pause and consider, in a whole the cases that have been brought together in the preceding pages and on which individually remarks have been made in passing.

They do not all belong to the same classes. Those that are definitely pathological, if they - if mental disorders - each of them differs from the other - but through them all there runs a family resemblance which entitles them to be considered together.

Most of them maintain as a persistent feature, the character of melancholy as a ground work out of which various developments evolve.

In the introductory pages of this book, it was remarked, that the racial characteristic of the highlander is one of depression and melancholy, and it was further remarked that probably this characteristic has become more exaggerated upon the original Celtic temperament of the people within the last one hundred or one hundred and fifty years.
The grounds for so judging are of a historical nature.

During the intestine feuds of the Highland people in the centuries preceding the present, it can readily be understood how the equitable temperament of the people would be fostered by their rural mode of existence.

Their whole system of social and feudal relations, because disorganized in the middle of last century. Previous to the rebellion, their life was one of freedom and their means of existence of a different kind from that which now obtains. When not engaged in actual foray, so congenial to the Highland nature, their days were spent in hunting or mountaineering or in fishing on rivers and lochs. They were not tied down to certain employment, as now, depending as for their independent clans.

Every clan was originally a kind of little republic - every clansman
a kind of "ani homans" — in defence of whose equal rights the collective protection of the clan was pledged. Every man was born a solitary — ready to defend what he considered the right, "with might" — and "with might", "not in exorcism allied with justice", was "always-ready arbitror. Such a condition of heftless, implicit, or active, anarchy, was a high spirits' tempeament in the people.

After the rebellion of 1745, the social scene was changed. The clans were scattered never again to assemble except in the fragments of a chivalrous race — broken in numbers and broken in spirit. The whole high land race was crushed and their separate organisations were destroyed.

It is little to be wondered at that the change should have wrought a corresponding depression in the mental characteristics of the people. The former "dun-nasal" — "gentlemen" — became transformed into a humble or fill.
dependant on the produce of agriculture or the sea for his support. Formerly animals supplied this need.

Indeed, he would subsist: it might be at the expense of human life; but at any rate he was not obliged to till the soil to live in routine peaceful fashion like the natives of the south, whom the highlanders regarded with supreme contempt.

These characters still exist in latent form. At the present day, an ordinary crofter of the old class looks down upon ordinary artisan labour; and the sons of crofters look to the army, or to the sea, or to the professions, as the natural outlets for their energies; not to trades, which are regarded as something degrading; and this, long before the Education Act brought light to the homes of the poorest. It must however be added that Education—the teaching of English even—seems to have had more attention given it in the highlands in the early part of the
...many

...The people as a whole were intellignet. They were

...the...when it...and...the...the...a healthy mental influence on them.

...As bearing on their culture, the writer

...as...the...medical...office...to...a...typical

...highland...parish...has...frequent...occasions...to...visit...very...aged...men...and...women

...in...the...humblest...of...huts...and...to...remark...the...difference...in...manner...and...in...bearing...or...between...these...in...other...similar...conditions...say...in...the...town...in...lowland...district...of...Scotland.

...well... bred... polite... respectful... and... yet... with... a... dignity... indicating... good... descent... —...they...are...the...remnants...of...remnants...of...a...race...of...gentlemen...who...are...famed...for...their...military...prowess...and...for...their...Chivalry.

...Taking...one...of...these...cases...in...instance...we...can...pomp...famly...with...the...change...that...has...taken...place...A...man...of...70...years...can...trace...back...to...hi...
grandfather, who, a foreman in his native
place, might have found one of Prince
Charles's Victorious Army, invading England.
How changed the scene! the grandeur
without a home or house — even the wretched
participant of Parochial charity.
Thus we may illustrate and comprehend
the mental degeneracy that has taken place
from high spirit — and high feeling to
that condition or characteristic which is
associated with lethargy of mind,
and indolence of body.

There is a curious trait — to the
observed in connection with smuggling and
procreating which must be a kind of
degenerate bankers — after the freedom
in matters fiscal that existed under
the old regime. Men, priests, otherway,
if unblemished character in other
respect regard it as no sin —
but sitting on a right — which
an unrighteous law forbids — to
indulge in illicit traffic in
their illicit liquors. There is a something
about the men — their respectability —
that marked them off, by a wide division
from men of the ordinary law-breaking
criminal class.

The writer is acquainted with an
individual whose faith is acknowledged
over a district of country as large as
many counties; but he is nevertheless
a professional preacher of salmo and
trouch. He is held in high regard as a
lay ecclesiastic. He is the same who
a few years ago, along with others,
itched the fish from the net of
a steam-trawler, in order to
and he is... it mattered not
what the hand did, so long as the
heart was clean.

Such men are looked upon as
thoroughly decent, respectable individuals entitled
to all the privileges of church and citizenship.
They are men who would renounce to
commit theft or any felony crime.

After all, perhaps their conduct is
just an instinct derived from their
fathers, who ventured on "raids" for
the "lifting" of their neighbors' cattle— if
they could.
and who at the same time would refrain
to commit any filthy theft or offend
the weak & helpless. It is indeed
said they themselves of their “spirit”
to the poor & helpless among them.

These peculiarities to which
reference has been made may be regarded as the germ, mitridate –
decaying mitridates derived from the
social habits of their forefathers
in another age.

This cause, that may have tended
to the production of the melancholy feeling
in the Scottish Celt are atmospheric influences
and characterized character of the Celts.

Surrounded by lofty massive mountains,
by the “wide melancholy” ocean, and
living under atmospheric conditions of the
most dismal kind, we cannot help
looking on these factors as conducive
to a mental habit the reverse of
cheerful. We may indeed take it
for granted that the amount of
plumage to be detected in the early
literature of the Celts was due to
these influences; but that the worldwide Fig:

slow life which the people were obliged to

lead prevented these influences from af-

fecting their manliness and ‘esprit’.

There can be no doubt also that:

the diet — the low diet — fish & potatoes

& oat — which has formed the staple

of high nutrition within the last century

tended to favour a now sceptical

temperament. All these conditions

then, together with the difficult

circumstances of their existence — a

social cause since the Rebellion of '98

combined to modify the original

Celtic temperament in the direction

of depression.

Ecclesiastical authorities, in

the abolition of the feudal system

acquired their enormous influence over the

people — and their influence has

gone in the way of discouraging

these habits of social amusement

and with courses which gave life

and soul to the social organism,

music, dancing, mainly sports.
were each and all discouraged, if not disgusted.
In fact every thing was changed, so that a
little as possible might remain of the
martial clansman – to facilitate the
transformation into the weak, dispirited and
poorly stricken Coffin of the single-blast Century.

But the melancholy and depression
has not struck too deep a root.

The success of the high spirited clansman
of the last century still makes a brave
and gallant soldier. He makes a good
a contrast – perhaps the system will admit
but at the best it is a weary existence,
not particularly stimulating to the body
and not conducive to health, equally
repelled Expectation of the mind.

The writer has often thought of

the case of a strong, stalwart
fellows whose physique was such that
on a recent occasion he was chosen
as the representative of his regiment
who was the born leader of a
regiment or army; but who compelled
to toil away on the pastoral scene,
now way to workide depression in melancholy.
He was emigrated some time ago: with what result mentally, the writer knows not; but from the way he was too late in going away - in all probability, if he had enlisted earlier or emigrated earlier the mind w'd not have grown warped.

An almost definite group composed of individuals somewhat similar to the above, can be made out in which young men (possibly with a hereditary inheritance but not necessarily so) who give youth full promise of mental vigour and mental solidity, become in adult life the victims of some mental eccentricity or actual mental disorder.

They are as a rule strong, hearty fellows, of the same type of constitution.

Their habits are those of the ordinary Cossack kind - routine, dull and monotonous.

Their social and religious life is for that the same everywhere -

The climate also has a depressing influence. So that very frequently - so frequently - that a large proportion of the unmarried rural class in the Highlands develop a mental peculiarity of some sort or other.
The circumstances that bachelors are more apt to develop morbid mental habits is surely an argument in favour of marrying which seems to exert a beneficial effect in consequence of the domestic family ties that result and which serve to keep the mind from restlessness in the midst of more physical routines.

Generally the mental depression, as has been noted, is one of deepening——

simple monotony——reserve——depression into hypochondria——melancholia——apathy which may be planted delusions ofunion head and depressed.

The condition is not unusual as: associated with excess—in alcohol or in wine....

It is the firm belief of the
will that many cases would be saved
checked at the commencement by judicious change of occupation or change of scene or surrounding——or both combined.

Confirmed cases of mental depression may be looked upon as well—mighthelpless as regard care—but if anything will at all hold out prospect of improvement
the effects of city life - the decaying effects of civilization, so called - produce mental disease in one direction - insanity, general paralysis, etc., while the low pressure, vegetable existence of the rural inhabitant, produces mental disease in the direction of dullness, melancholy, and an elastic delirium.

To rectify both conditions, we must endeavor to arrive at a "mean." In the highland, much is to be expected from intercourse with the central and all that that implies. Fewer slab marriages, improved economic conditions, better living, and fewer distinctions, in cheerful, social restrictions. - When these things happen, we may expect to find the present heavy roll in our highland churches considerably lightened.

A fact that underlies the ordinary practitioners, especially when he comes to deal with a case, previously known to them - in
the way of Criminal Insanity, is that such cases are allowed to exist without any kind of registration or the bringing in question to the Committee or attempt at Commitittal of a Crime. Several such have been acted in the preceding pages - cases notoriously known to be unsafe before;

a hand yet regarding which no official action could be taken. Perhaps, in defence of that personal belief about which the law is so jealous, little can be hoped for in the way of closer registration or investigation of cases - "scientifically," the jury's not popularly, of this year, with a reasonable amount of suspicion.

Medical men are constantly coming across individuals, not necessarilymad:

fessionally (such as the cases of F. or G. at *madhouse*), about whom they cannot avoid entertaining fears as to future safety to the public. Yet it is no particular business of theirs to interfere - they are not called upon to do it. - if they did, most likely they would find themeves in trouble - The idea is
legislatu. Concerning such cases may be impossible of all amount - the public must make up their minds to run a certain amount of risk - but certainly it does seem that a flaw of a serious flaw exists.

Take for instance the case of J. W. who killed his mother. That woman was known to the neighbours as to be insane. It is impossible to say whether her family regarded her as such, but if they did - if they did not adopt reasonable precautions against risks to themselves or the public, they were surely morally responsible for any crimes the lunatic might commit.

Legally also they ought to be held responsible to a certain extent to be held responsible, and certainly if they were so, we should hear less of criminal insanity.

The case of Mr. W. is again (the case of "weak intelligence") is another in point. It is most unfortunate that the public have to wait till this creature gets hold of somebody, and then leave the Chaplain
Idiocy and Insanity are not by any means uncommon in the Hebrides, but they do not in the writer's opinion, give the characteristic type of mental disorder such as is observed in the melancholic, with delusions, so prevalent in these regions. They are not the prominent type. Mania, acute + chronic, of course is frequently met with, and a larger number proportionately of such cases find their way to asylum than to cases of the quiet melancholic, delusional order.

Hysteria is far from uncommon and usually has a distinct hereditary alliance with mental disorders in some form.

Hysteria or the lower forms of Hypochondria, as has been stated, are causes of the cases, gentle from, are continually to be met with, and also are often closely related to a hereditary taint of insanity.
Reference will now be made to a series of statistics founded upon the yearly reports of the Board of Supervision, in order that we may locate, so it were, still more closely some of the causes that may be in operation in the production of mental disorder and disorganisation.

For purposes of broad comparison, the ratio, calculated at the rate per thousand of the population, the number of lunatic poor in the different counties of Scotland for the year ending 14th May 1884, alphabetically arranged, is as follows:

<table>
<thead>
<tr>
<th>County</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayr</td>
<td>5.5</td>
</tr>
<tr>
<td>Berwick</td>
<td>3.0</td>
</tr>
<tr>
<td>Bute</td>
<td>4.3</td>
</tr>
<tr>
<td>Caithness</td>
<td>3.4</td>
</tr>
<tr>
<td>Clackmannen</td>
<td>2.1</td>
</tr>
<tr>
<td>Dunbarton</td>
<td>2.2</td>
</tr>
<tr>
<td>Dumsfries</td>
<td>2.8</td>
</tr>
<tr>
<td>Edinburgh</td>
<td>2.8</td>
</tr>
<tr>
<td>Irvine</td>
<td>4.0</td>
</tr>
</tbody>
</table>
13. Life. 2.8 per cent. among per mile of population.
14. Tolpuddle. 3.4.
15. Hawkinge. 3.7.
16. Sevenoaks. 4.6.
17. Hooe. 2.5.
18. Nunkoos. 4.4.
19. Dartford. 2.6.
20. Ramsholt. 2.6.
21. Southend. 2.7.
22. Harwich. 2.8.
23. Ottery St. Mary. 3.1.
24. Bideford. 2.1.
25. Poole. 3.8.
26. Kingswear. 2.3.
27. Rosate. 3.9.
28. Neath. 2.4.
29. Selby. 1.6.
30. Stirling. 2.7.
31. Southend. 3.5.
32. Wight. 3.4.

Speaking generally, it will thus be seen that the belt of country from the Weald of Kent on the South, to the South of Cork in the South-West, yields the highest percentage of proper lunatics.}


- represented in the rough colored sketch on following page.
while the Northern & Eastern districts yield a lower percentage than the central & southern counties, yield the lowest of all. To this last statement the County of Monaro is an exception.

It returns as high as 4:4 per mile. An explanation may be found in the fact of the very small population of the county, which probably if merged into one of the larger districts would only raise the general average by a fraction.

The Climate in this little County is cold & wet. But it has been materially improved by drainage. The rainfall at Brier in 1842-82, has averaged 36.3 inches per annum. The population is slightly on the decrease. Pop. (1831) 9,072. (1881) 6,697.

Clackmannan, the neighbouring county, returns only 2:1 per mile, less than half. The Climate is on the whole dry, and warmer than the adjacent parts of the Othello. The scenery is richly diversified. The soil is very fertile. Population increasing. Pop. (1831) 14,729. (1881) 25,677.

Evidently the Climate, soil, & natural (animal) resources of these two counties have had some
in bringing about the contrast between them as regards
Lunatic population.

But coming to the highland district with which
we have more particularly to do, the writer
has prepared similar calculations to the foregoing
with reference to individual parishes, 
over 3 years - the years 1862 - 1872 - 1882,
being chosen for purposes of comparison.

Beginning with the County of Inverness,
we find the following returns for parish:

<table>
<thead>
<tr>
<th>Parish</th>
<th>1862</th>
<th>1872</th>
<th>1882</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morley</td>
<td>1.0</td>
<td>1.7</td>
<td>4.8</td>
</tr>
<tr>
<td>Nairn</td>
<td>2.4</td>
<td>2.2</td>
<td>5.4</td>
</tr>
<tr>
<td>Strathspey</td>
<td>1.6</td>
<td>3.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Banff</td>
<td>1.0</td>
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<td>0.0</td>
</tr>
<tr>
<td>Reay &amp; Storness</td>
<td>5.6</td>
<td>6.3</td>
<td>8.3</td>
</tr>
<tr>
<td>Inverness</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Caithness</td>
<td>2.6</td>
<td>3.2</td>
<td>5.1</td>
</tr>
<tr>
<td>Darnick</td>
<td>1.7</td>
<td>3.1</td>
<td>4.2</td>
</tr>
<tr>
<td>Dornie</td>
<td>2.0</td>
<td>4.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Durness</td>
<td>1.4</td>
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<td>3.5</td>
</tr>
<tr>
<td>Ruthven</td>
<td>3.1</td>
<td>4.2</td>
<td>7.6</td>
</tr>
<tr>
<td>Glenly</td>
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<td>3.6</td>
</tr>
<tr>
<td>Harris</td>
<td>1.9</td>
<td>1.4</td>
<td>1.4</td>
</tr>
<tr>
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<td>3.9</td>
<td>4.4</td>
<td>4.2</td>
</tr>
<tr>
<td>Parish</td>
<td>1861</td>
<td>1871</td>
<td>1881</td>
</tr>
<tr>
<td>----------------</td>
<td>------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>Kiln valley</td>
<td>4.6</td>
<td>3.6</td>
<td>5.5</td>
</tr>
<tr>
<td>Kiln affling</td>
<td>5.2</td>
<td>1.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Kiln crook</td>
<td>2.0</td>
<td>1.8</td>
<td>3.4</td>
</tr>
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<td>Kiln magic</td>
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<td>4.9</td>
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<tr>
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<td>1.3</td>
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<td>1.5</td>
</tr>
<tr>
<td>Portin</td>
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<td>0.0</td>
<td>0.5</td>
</tr>
<tr>
<td>Pound</td>
<td>0.7</td>
<td>4.0</td>
<td>6.0</td>
</tr>
<tr>
<td>Strath</td>
<td>1.5</td>
<td>1.9</td>
<td>1.9</td>
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<tr>
<td>North mith</td>
<td>1.8</td>
<td>2.1</td>
<td>2.7</td>
</tr>
<tr>
<td>South mith</td>
<td>2.3</td>
<td>2.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Highland</td>
<td>2.0</td>
<td>2.8</td>
<td>5.3</td>
</tr>
</tbody>
</table>

It will be observed that the mainland portion of the county furnishes by far the larger number of sheep, the island portions, with the exception of two parishes, in degree being all below 4 for milch, the two parishes are exceptionally high.
Alvie, giving a return of 1,441, is a small, sparsely populated parish with a decrease in population. No industry is indicated.

Belaskild: (135) is a small, wide, wild parish which has always shown a high linnetic fertility. Population steadily decreasing. No industry.

Duthel: (145) a wild, mountainous parish with vast areas of moor and pine. Poor unproductive soil. Population decreasing.

Dingland: (150) rocky district in the north of Skye. Population has decreased from 3,487 in 1831, to 2,120 in 1881. Presbyterian.

Altarichy: (155) rocky parish; unproductive soil. Decreasing population. Main religious Presbyterian, Roman Catholic.

Nairnmore: (160) mountainous, sparsely populated parish. Population, almost entirely Catholic, decreasing.

Ballinlair: (165) landward population decreasing. Mixed religious. Roman Catholic prevalent.

 carrick: (170) chiefly Presbyterian. Population has decreased from 1,757 in 1861, to 1,480 in 1881.

Kempf: (175) Presbyterian. Presbyterian. No industry. (Cottage culture)

In all these instances of famine giving high mortality of human beings, we find decrease of population as an unfailing characteristic. This may be taken to imply a number of facts - unfavorable soil or climate; scanty natural resources; poverty etc.

It may further be taken for granted that the residual population must almost necessarily include those individuals whose physical and mental qualities are such as to unfit them for occupation else where than on their native soil.

By way of elucidating this contrast we may take the following: -

Andersia - (2) Parish on north east coast of Lincolnshire: including small fishing village: indigent: fishing + agriculture: population increasing.

Pop. (1871) 1284 (1881) 2084.

Sorna - (3) Southernmost point of Iceland in Okip Helvite: no returns of lunatic paupers for a number of years: this need not indicate the virtual absence of mental disease in this population but it certainly does indicate that the island is free from it; hence might from its situation + circumstances be expected. Religion is almost exclusively Roman Catholic: and the writer is informed by the
Parch priest who laboured in these islands, that close inter-marriages are forbidden. The restrictions prevent the method of spreading disease, and it may fairly be granted that benefit it has, has this beneficial result. The people are fairly comfortable. Fishing is productive, & pasture is good—a famous breed of cattle being raised in the islands.

Population is increasing. (1861) 1853. (1881) 2145.

Both & stride yield, also, low returns.

In this, the population is increasing; but the condition of the people is miserable owing to population and to the unthrifty capabilities of the soil. It is a little difficult to account for the apparent immunity of these islands from profligate levancy.

Harris. (1/4) a fertile island to the north of Hebrides magnificent pastures, fishing, population steadily increasing.

Skye, with the exception of two parishes in the north west (Saugie and Kilniniv) give low returns paradoxically low returns. There is a tendency to decrease in the population.

No doubt we may take it that cases in the other islands are not reported with the
reason, as in mainland Parishes: but on the other hand, we may take it that such cases as to spirit uneventful turn of the quiet, melancholy order—very congenial

It is a common feature that where population increases, notwithstanding adverse circumstances, in regard to living, there is a tendency to keep

lunacy in check: although the converse does not necessarily hold; that where decrease takes place in population there is a corresponding increase in lunacy. In the case of the first:

responding County, Ayrshire, we shall find

see the lunacy first more clearly exemplified.

Ayrshire.

<table>
<thead>
<tr>
<th>Parish</th>
<th>1862</th>
<th>1872</th>
<th>1882</th>
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<tbody>
<tr>
<td>1. Kirkconnel</td>
<td>2:9</td>
<td>5:1</td>
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<tr>
<td>2. Kirkcudmont</td>
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<td>5:0</td>
<td>7:4</td>
</tr>
<tr>
<td>3. Camphillton</td>
<td>2:2</td>
<td>2:1</td>
<td>2:5</td>
</tr>
<tr>
<td>4. Dalmell' &amp; Drumgi</td>
<td>1:6</td>
<td>0:5</td>
<td>5:0</td>
</tr>
<tr>
<td>5. Craigievar</td>
<td>9:7</td>
<td>1:2</td>
<td>7:0</td>
</tr>
<tr>
<td>6. Dumfri &amp; Kilwin</td>
<td>1:6</td>
<td>2:0</td>
<td>2:6</td>
</tr>
<tr>
<td>7. Lochmuir</td>
<td>.5</td>
<td>5:1</td>
<td>5:2</td>
</tr>
<tr>
<td>8. Glasshaven</td>
<td>1:3</td>
<td>4:8</td>
<td>6:4</td>
</tr>
<tr>
<td>9. Glassmerry &amp; Linlak</td>
<td>2:2</td>
<td>1:6</td>
<td>2:0</td>
</tr>
<tr>
<td>10. Durness</td>
<td>.5</td>
<td>2:5</td>
<td>2:4</td>
</tr>
<tr>
<td>Parcel</td>
<td>1862</td>
<td>1872</td>
<td>1882</td>
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<tr>
<td>--------</td>
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<td>------</td>
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<tr>
<td>11. Lourveray</td>
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<td>12. Islay Ion</td>
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<td></td>
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<tr>
<td>13. Lina</td>
<td>1.9</td>
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<td>14. Kilbrandon</td>
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<tr>
<td>15. Kilearnan + Kilbrannan</td>
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</tr>
<tr>
<td>16. Kilbrannan + Dalvick</td>
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<tr>
<td>17. Killen</td>
<td>4.7</td>
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<td>18. Killfrench</td>
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<td>9.5</td>
</tr>
<tr>
<td>19. Kilbron + Kilchenuir</td>
<td>3.2</td>
<td>5.2</td>
<td>3.6</td>
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<tr>
<td>20. Kilbrandon</td>
<td>1.9</td>
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<tr>
<td>21. Kilmonan</td>
<td>2.1</td>
<td>2.8</td>
<td>6.1</td>
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<tr>
<td>22. Kilmore + Kilbrannan</td>
<td>2.3</td>
<td>2.6</td>
<td>2.5</td>
</tr>
<tr>
<td>23. kilbrannan + Kilmore</td>
<td>3.4</td>
<td>4.3</td>
<td>6.3</td>
</tr>
<tr>
<td>24. Kilbrannan + Kilnelfort</td>
<td>3.7</td>
<td>7.9</td>
<td>7.0</td>
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<tr>
<td>25. Knapdale North</td>
<td>3.8</td>
<td>10.4</td>
<td>14.0</td>
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<td>26. Knapdale South</td>
<td>1.1</td>
<td>3.6</td>
<td>4.3</td>
</tr>
<tr>
<td>27. Lamine + Appin</td>
<td>4.4</td>
<td>4.7</td>
<td>8.1</td>
</tr>
<tr>
<td>28. Colbruil head</td>
<td>2.4</td>
<td>2.6</td>
<td>1.1</td>
</tr>
<tr>
<td>29. Lew + Su</td>
<td>8.1</td>
<td>5.1</td>
<td>7.2</td>
</tr>
<tr>
<td>30. Islay + Kilpness</td>
<td>3.4</td>
<td>6.0</td>
<td>4.3</td>
</tr>
<tr>
<td>31. South End</td>
<td>3.2</td>
<td>4.8</td>
<td>2.0</td>
</tr>
<tr>
<td>32. Braehead</td>
<td>3.5</td>
<td>1.9</td>
<td>1.7</td>
</tr>
<tr>
<td>33. Ste. lachlan</td>
<td>9.7</td>
<td>6.0</td>
<td>2.7</td>
</tr>
<tr>
<td>34. Torry</td>
<td>2.1</td>
<td>3.2</td>
<td>6.3</td>
</tr>
<tr>
<td>35. Torry + Gill</td>
<td>2.7</td>
<td>2.8</td>
<td>3.8</td>
</tr>
</tbody>
</table>
Some of these returns are exceptionally high.

Kilmuir & Kilmelfort, with 1,712, a mountainous, striated parish, on the North W. of Assynt; rocky coast; no inlets.

Population rapidly decreasing (1871) 729, (1881) 405.

Cranheith (74) adjacent parish with ruined an abandoned.

Population decreasing (1861) 618, (1881) 451.

Kolliston (90) same neighbour hood, same strike.

Natural feature, wild, finest hunted, coast. Population is decreasing (1871) 1920. (1881) 1747.

North Knappdale (44) a parish in the north of the Skye peninsula: no particular industry & population steadily decreasing.

South Knappdale (43) a parish bordering parish: has always shown low returns. It contains two fishing fishing villages, and the population is on the increase.

Badadal + Skye's (40) a somewhat fertile parish with rich scenery. Fair climate. Pops. increasing.

Strathlene + Merulaocaig (17 + 27) two parishes in which the population has, within the last twenty years, gone on the increase. Strathlene has a fair climate & in much respects to a newcomer. Its low percentage of returns is compared with Strathnaver parish in the
Opposite side of both type is significant. Thus:

Inverary. (6.4) in every sense a parish that has seen its best days. Population is the decrease.

(1661) 2075 (1881) 1706.

Campbeltown. (23) a parish in Kildon containing the flourishing town of that name. Pop. increasing.

Dalmeny & Kirkcudwell. (45) includes the town of Dalmeny, which has prospered remarkably within the past 20 years.

Drumchapel & Kirkintilloch. (7) neighbourings parishes with population decreasing.

Loch goil head. (47) rich, fertile district under

annual crops for fine climate & scenery. Pop. increasing.

Drum & Killearn. (27) same character & features

as foregoing. Population has almost doubled within the last twenty years.

Lairn Clachan. (2.41) a beautiful little parish parish

with famous watering place. Population almost stationary.

Morven. (7) Mountainous style district: no

industry. Population rapidly decreasing.

Arrochar. (1.7) wild, bleak, mountainous district; population steadily decreasing; stately soil.

Religious mind. The type of mental disengagement

is precisely what the writer has brought out

as the prevailing trend - melancholy or melancholy

inter-marriage in common - poverty & starvation
Glencrerry and Drumsill. 20. fairly prosperous, parish.

Glendoine. 21. a declining parish & village in the

Ballyrobin. 21. a small town in the Ards district of

Monreagh. 21. a small town in the Down district of

Lisnure. 21. an island & parish in the

Sympathy. 21. a small town in the Down district of

Angus. 50. population rapidly decreasing.

Sligo. 51. a small island in the Bay of Sligo.

Rocky and sterile, no natural resources.

Population decreasing.

Geography. 50. population rapidly decreasing.

Industry. Yield somewhat lower than

Doubtless due to the fact that profitable

industries are carried on in addition to

Tree r. Cell. Forte islands: giving also somewhat low returns & probably for some reason shall. Most of the parish in this island give high returns. The soil is in many places stony. There are no industries except cottage

Population decreasing.

In considering the returns for this County, we are able still more clearly to reiterate what has already been said regarding the parishes of Downshire. In those parishes, wild & bleak, where cattle, perhaps with a little precarious fishing in addition, is the only source of maintenance, where owing to the undoubted resources of nature the population is forced to decline, we find lunacy high and rampant. On the other hand, in those parishes where some other profitable industry is practised, or consequence of which the population has increased, or even with out such increase—

we find lunacy kept at a low level. And this too, not we can only bear a ratio to the amount of pauperism, for in con:

: giving the Downshireshire parishes it might have been pointed out that in certain districts in the eastern portion of the County, pauperism, in relation to population —
is almost twice as high as in the islands of the Hebrides, while the lunacy rate in both is about equal.

It is hardly evident that a great number of individuals become prisoners in virtue of their lunatic condition; as compared with the number who become lunatics in virtue of their being prisoners. That is to say, many people in the region of strength and manhood, in the well-to-do and aristocratic class, struck down with mental disease become almost necessarily chargeable to their parishes, who under almost any other circumstances, however adverse, would not become so.

Their lunacy becomes peculiarly liable to change on public and parishioner rates.

We are in a position to add with regard to the English pursuivants—what was evident in the case of Savernake—heaven, that these district, on the verge of civilization—in touch with it, as it were, but not benefitted by it—did in any way give high lunacy returns.

Civilization, by the very fact of its contact seems to sap the life out of some parts, instead of infusing vitality and vigor. Thus the parishes of Biddenham and Highide, in which there is settlement and in which the resources are those of modern civilized life.
have taken real effect - have supplanted the old regime - give very low lunacy returns; as con-
spired far with the neighbouring parish of Moverme
in which the lunacy returns are very high -
when the population is being reduced - being
shaded, as it were, by the proximity of civi-
lisation & into which is a sense the
life & regime of civilisation itself has not
yet suffused. In these decaying provinces
we find the old regime giving way -
dying of natural decay, and in this
process of degeneration mental vitally
become impaired. They are in the
transition stage. Reviving influences have
not yet appeared; but from experience
of other parts, we may feel assured that
when Civilisation does come in in earnest,
truly prosperous are in store.

It must not from these remarks be
understood that what has been called
the "old regime" - the native methods of
life & habit - was synonymous with
mental depression. On the contrary, statistics
serve to show that those parishes in which
the old system has been able to resist
the "favouring" influences — (as apart from the in: ingrafting influences — which are generally secondary) — of modern civilization, give few lunacy returns. Thus, in the Old Hebrides, in the greatest part of the Island of Lewis, where in spite of many unfavourable conditions, the old régime has been able to hold its own, we find lunacy to be less than in many mainland districts. In virtue of this inherent vitality, population have increased, not the least owing to social and economic conditions the most depressing; and still lunacy is low, comparatively. The "safety in numbers" principle seems to apply in this connection as in other. It is only where civilization takes a distinct, without communicating any compensating advantage, that depravity in population, in mental vitality, & in other respects becomes clearly apparent. Nationally, the parish on the mainland have been the first to suffer most. For all practical purpose, the parishes of Berkshire may be regarded as mainland parishes, being in such very close proximity to the centres of modern life. These we shall now consider.
Buckishire.

<table>
<thead>
<tr>
<th>Parish</th>
<th>1862</th>
<th>1872</th>
<th>1882</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cambrac</td>
<td>0</td>
<td>1.8</td>
<td>2.1</td>
</tr>
<tr>
<td>2. Kilnside (Arrou)</td>
<td>3.7</td>
<td>3.3</td>
<td>5.0</td>
</tr>
<tr>
<td>3. Relnowy</td>
<td>1.5</td>
<td>3.4</td>
<td>6.0</td>
</tr>
<tr>
<td>4. Aingerth</td>
<td>2.2</td>
<td>1.1</td>
<td>2.3</td>
</tr>
<tr>
<td>5. North Hall</td>
<td>6.1</td>
<td>6.0</td>
<td>8.2</td>
</tr>
<tr>
<td>6. Rotheray</td>
<td>2.1</td>
<td>2.0</td>
<td>3.7</td>
</tr>
</tbody>
</table>

Two parishes in the county, being by the general

census.

**Cambrac.**

Cambrac and Rotheray are flourishing watering places, giving low
rents. The parish of Aingerth, also noted for its
beautiful scenery, and fine climate, is progressing.
Its population having increased from 901 in 1871,
to 1260 in 1881.

**Kilnside** which come next with a slight high percentage (6.0)
contains the little village of Lumber, but its
population is decreasing.

The remaining parishes partake very much of the
decaying character referred to in the preceding
pages; but hence their high rents. North Hall
also has a slightly increasing population, due
to the sprouting up of modern watering place
on the coast, but the landward portion of the parish comes under the degenerate
category, and has not yet generally benefited by the
spread of civilization.
The County of Elgin as we saw (at page 170) returns an average of 4 per mile over all its parishes.

It cannot be considered a Highland County but in order to preserve the continuity of our statistics it may be well here to write down the results arrived at, as in the case of the previous counties.

<table>
<thead>
<tr>
<th>Parish</th>
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<tbody>
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<td>Hepburn</td>
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<td>Beltie</td>
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<td>Dallas</td>
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<td>Duffus</td>
<td>1.5</td>
<td>1.6</td>
<td>1.3</td>
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<tr>
<td>Dyce and Ilay</td>
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<td>3.2</td>
<td>8.0</td>
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<td>1.8</td>
<td>3.0</td>
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<td>6.5</td>
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<td>3.8</td>
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<tr>
<td>Rafford</td>
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<tr>
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<td>------</td>
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<tr>
<td>17. Clonkeane-Cherbroide</td>
<td>2.9</td>
<td>0.9</td>
<td>2.5</td>
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<td>18. Shagamouth</td>
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<tr>
<td>19. Suphanbour</td>
<td>1.7</td>
<td>3.6</td>
<td>4.6</td>
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</table>

In looking into these returns we find the high ratio to be confined to the northern portion of the county, and the sea-board. Probably the intermarriage is prevalent amongst the fishing communities due to the propagation of disease in the maritime parishes. The landward parishes - fertile and prosperous - form the entirety of the agricultural character met with in Aberdeenshire and the Lowland counties, and in them efficiency is low.

The County of Struan is similar in its features and yields a generally low return. Proceeding northwards we come to the Counties of Ross and Cromarty, which in the comparison of counties, at page 100, show a lower rate than the neighbouring Celtic counties, of Inverness and Sutherland. They must nevertheless be separately and fully considered as they contain results quite as interesting as any
we have sketched in connection with the counts mentioned.

<table>
<thead>
<tr>
<th>Parish</th>
<th>1867</th>
<th>1872</th>
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<tbody>
<tr>
<td>1. Menz</td>
<td>7.6</td>
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<tr>
<td>2. Applecross</td>
<td>2.7</td>
<td>5.2</td>
<td>7.6</td>
</tr>
<tr>
<td>3. Avonk</td>
<td>2.2</td>
<td>2.7</td>
<td>1.4</td>
</tr>
<tr>
<td>4. Barvas</td>
<td>0.9</td>
<td>0.7</td>
<td>0.6</td>
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<tr>
<td>5. Contini</td>
<td>3.8</td>
<td>3.8</td>
<td>2.1</td>
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<tr>
<td>6. Cromarty</td>
<td>3.9</td>
<td>5.0</td>
<td>2.8</td>
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<tr>
<td>7. Dunglass</td>
<td>3.2</td>
<td>1.6</td>
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<td>8. Edzell</td>
<td>3.5</td>
<td>2.3</td>
<td>0.0</td>
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<tr>
<td>9. Fishie</td>
<td>1.0</td>
<td>2.5</td>
<td>1.8</td>
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<td>10. Fordebyi</td>
<td>1.7</td>
<td>3.7</td>
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<tr>
<td>11. Guardie</td>
<td>2.1</td>
<td>2.7</td>
<td>4.6</td>
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<tr>
<td>12. Glenchiel</td>
<td>0.0</td>
<td>10.9</td>
<td>11.5</td>
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<tr>
<td>Parish</td>
<td>1862</td>
<td>1872</td>
<td>1881</td>
</tr>
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<td>-------------</td>
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<td>0.9</td>
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<td>1.7</td>
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<td>33. Urquay</td>
<td>3.7</td>
<td>5.1</td>
<td>5.7</td>
</tr>
</tbody>
</table>

A poor of west coast parishes in this enumeration gives collectively higher results than even the highest in any barony. Glenachulish, Ardrishell, Rock of St. John, and Rock of Corran together return the largest number of insane lunatics in proportion to population than any other district in Scotland.

Glenachulish is bounded on the south by parishes of Barrowen and Kilmuir, on the west by the Sound of Hebrides, and on the north by Rock of St. John. It is a tableland, wild and barren, with a small and always decreasing population. The prevalence of mental disease...
be the district, is notorious. It is attributed to
inbreeding - "breeding in one" - and to the
soil's poverty that prevails. Territorial diseases
as might be expected are of widespread
recurrence - over the two periods 1872 - 1882.
The average has been a high - 11.2
people per acre; for thousands of years.

Despite, with a high an average of 13.6,

over the 3 periods - 1862 - 72 - 82,

is the neighboring parish, and possesses
natural features very much the same.

Crime is believed to be propagated
chiefly by consanguinity. The district
is mountainous and poor. The population
is steadily decreasing. The parish
is bounded on the north by the parish of
Loch Awe, with an average of 7.3 hectares
per mile, in the 1872 calculation.

Population is mostly rural and small,
and is in the decrease.

Loch Carron parish, which is contiguous with
The above along its northern boundary,
gives 8.3 in 1882. Protecting population.
General character resembles foregoing.

Disease in population.
...which came next in order as we proceed with words, and although in respect of
natural features it clearly follows the fire;
cedar fences, still yield a much lower
return of barn for lumac comparatively than
they do. Thus while in 1881, it paid
4.5 for mille; the average over the three
periods only amounts to 3.1 for mille —
a very decided fact. It will be in:
tending to inquire what circumstances,
of any, have conduced to this difference.
we find that since the beginning of
the century, the population which was
1,376 in 1801, has, notwithstanding a
slight diminution in recent years, in:
creased to 4,574 in 1881. The fri is:
a flourishing little village in its tree:
much frequented during summer; we find
the fri here to be productive in agriculture
in a fair state of prosperity. All these
points are indicative of vitality,
and in, we have before pointed out:
the mere fact of increasing population
is itself a pretty strong item in
against the spread of increase of lumac...
Applecross, another parish in same district and with same tendency to lunatic diseases in population. Protestant.

Loch Broom also in a decaying parish in the north of Ross-shire; land and population on the decrease, but considerable fishing on the coast. Protestant.

The writer is informed that idiocy and imbecility are the very prevalent types of mental degeneracy in these districts mentioned. The fishing industry does not seem anywhere to tend to healthy intermixture of racial elements. On the east coast we find it associated with consanguinity, and all the soils that tend to produce. On the west coast of Ross-shire—though not in the islands—we find that fishing, not

both tending considerable success attending its prosecution, has not brought about the same amount of mental improvement in the population which it—i.e., almost certain an equal expenditure of labour on "terra firma" would do.

Other diseases are somewhat similar.
with particular occupations: and terpulae, as the result of rural marriage seems the natural portion of the "fischer" industry. The author, however, for a few years, in a district in the Bafut-shire coast studied with little fishing communities; in whose prevalence of all manner of atmous ailments was quite phenomenal. This was entirely due to rural marriage. There was no such thing as domestic marriage with the rural fischer: pulsium on their borders. The line was as distinct and as rigid, as if the two peoples differed in language and in race, and were separated by physical barrier.

Lunaq was common: the family affinity between terpulae or mental disease being too frequent, illustrate. The writer is not in love with the system of "fischer" social without practices in the over fishing district, as offering a very helpful prospect as regards the fishing industry to be established on the West Coast. Then for there are chiefly worked by temporary
Chronic of East Coast fisherman and nature is not much liked by the native and stranger. Community echoed by the additional incentive to out-marry, away the resulting population will probably not come into operation. There could certainly be no objection to inter-marriage between the natives and strangers—of course the contrary.

The objection would be to the old "fisher" habit of inter-marriage, being an abomination unto the off-pring.

In the question of inter-marriages, a perilous which is ably and amply illustrated in the course of these statistics. Namely when the fixed population of a district is small—without reference to the fact of increase or decrease—and amounting merely to a few hundreds, and when the practice of sale-marriage is indulged in, naturally the amount of disease propagated will increase in direct ratio to the smallness of the population. Thus taking the district of Cleveshead, with a population at last census of 424; or Hindal...
with a population of 688: the lunatic element.
the "virus", a back-splint would say, should
of necessity become concentrated more and
in the presence of certain vowels: then it
would in districts with larger populations
in which it would have an opportunity
of spreading over a wider area of
human beings.

Most of the eastern families of Ross-shire:
Avoch, Contin, Cromarty, Dingwall, Tain, etc.
are fertile - support considerable populations.
in comfort, almost amounting to prosperity,
and in them the human returns are low.

Some of the best soil in Scotland
is to be met with in this - and
Ross. On the west coast: the
soil is rocky and poor. The holdings
as a rule are too small to maintain
a large family: and the system of
Cultivation is of the most primitive
kind. As has been remarked, in
an introductory part of the Thesis,
superstitions still linger tenaciously in
the western Ross Seaboard: and superstition
practices are still clandestinely observed.
It is difficult to say what would hold on the best type of progress economically and socially to the inhabitants of the West.

Improved methods of agriculture; the starting of new industries, especially in land; and any method for bringing about the fusion of different "races"—using that term in a local sense.

The contrast as regards lucency between the parents of laws and those we have been considering in this book is remarkable.

The people are the same in race and language. In customs and traditions the same.

But where as in the one case we find the people degenerating, in degenerating, either through contact with civilization or in virtue of the social and other changes that civilization has wrought; we find in the former case populations increasing (in defiance of or possibly in virtue of these very changes) and inhabiting qualities of vitality and spirit, that are indicative of racial energy and strength.

We may then place the four families of these side by side for purposes of comparison.
Parish of the Parish.

Parish. | 1862 | 1872 | 1882 |
--------|------|------|------|
Barna.  | 0.9  | 0.7  | 0.6  |
Loth.   | 1.0  | 1.3  | 0.5  |
Stoneway. | 1.6 | 0.6  | 1.3  |
Wig.    | 2.0  | 1.2  | 1.7  |

Barna, a rock-bound parish in the north of Lewis.

It supports a very large population of crofters-fishermen, the population having more than doubled since the beginning of the century. The people are by no means in comfortable situations as regards maintenance. The cost of money and clothes are the principal items that seem to give them reasonable means of livelihood. Notwithstanding, on account of what has been described as the "inherent belief" of the people, the official returns give lower results in respect of income than almost any parish in the Kingdom.

Loch, a parish so-called, an account of the number of sea- and fresh-water fish which thrive in the area. It is a partly mountainous, partly level and marshy district. The people mostly live in townships - composed of a group of families - 40 or more, and then...
 Maintenance is from fishing, and out at fishing.

The population has more than trebled
since the beginning of the century: it is now
three parishes, and some 1400 persons, to a
condition of rude freedom. Lunacy is very low.

Moreover: parishes containing the borough town
of that name is the centre of the fishing
industry, in the district. It also gives employment to labourers in connection with
manufactures, distilleries, etc. It supports a
flourishing export and import trade in all
manners of industries, and in fact is
next to Thames Greenwich. Perhaps the most
important commercial port on the whole
west coast of England. There is no
sign of a shadow of decay in connection
with it; and its people are very:

recurringly, comfortably and-rate friendly.

Lunacy is this parish is very low.

Population has rapidly increased,
and the remaining parishes of the same
characters as those adjacent to the
other districts. Fishing is Carried on on
a very barren coast: fishing gives
few. Occupations to many; but at the best of times and under the best of circumstances, the condition of the people is poor. Population however increases steadily; and it was an attempt to a small percentage.

It will be remembered that the same general facts are observed in the cases of the other islands of the Orkney Archipelago, as in the case of Lewis, Barra, and Benbecula, and Harris, with almost equally low returns.

The people are on the verge of starvation - yet they live very much in the old way, with no modern luxuries in diet or in dress or otherwise. Their very number give them a sort of hereditary life which are a want in many parts of the West Coast and mainland in which we find luxury returns amazingly high.

It cannot be that the amount of success occasionally at:

...tending the prose election of the fishing industry on their coasts account entire.

for the favourable results we obtain.
The fishing employs a fraction more of the people, and it is prosecuted for only a few months in the year. And on the West Coast, we find that fishing districts are cut off by any means distinguishable from lunacy. Thus, in the Rock Vyne district, where fishing is pursued with much vigor and success — we find lunacy high; at the same time, regard to the Rock Vyne and Cock Horn fishing stations on the coast of Malabar Rivers where we found lunacy to be higher than elsewhere in South India.

The low returns in the outer Hebrides are in the Western District due to the following circumstances, chiefly:

1. The Hebrides are widely separated from the zappin influence of the 'mainland' civilization.

2. The people have in consequence to a great extent retained the primitive methods of living.

3. In virtue of racial vitality — or, if speed to racial decay — the population has enormously increased. This vitality being the strongest factor.
In consequence of this always increasing population near the town, there is less tendency to the concentration by suicide, marriage, & disease.

**Sutherland**

<table>
<thead>
<tr>
<th>Parish</th>
<th>1862</th>
<th>1872</th>
<th>1882</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Assynt</td>
<td>2.5</td>
<td>0.7</td>
<td>3.9</td>
</tr>
<tr>
<td>2. Clyne</td>
<td>2.8</td>
<td>4.0</td>
<td>3.3</td>
</tr>
<tr>
<td>3. Creek</td>
<td>1.9</td>
<td>2.7</td>
<td>3.3</td>
</tr>
<tr>
<td>4. Dornoch</td>
<td>1.9</td>
<td>2.1</td>
<td>5.5</td>
</tr>
<tr>
<td>5. Durness</td>
<td>3.7</td>
<td>3.8</td>
<td>6.1</td>
</tr>
<tr>
<td>6. Eddrachilles</td>
<td>3.7</td>
<td>0.9</td>
<td>2.0</td>
</tr>
<tr>
<td>7. Farr</td>
<td>1.8</td>
<td>2.7</td>
<td>1.8</td>
</tr>
<tr>
<td>8. Golspie</td>
<td>2.6</td>
<td>1.8</td>
<td>3.8</td>
</tr>
<tr>
<td>9. Helmsdale</td>
<td>3.1</td>
<td>3.1</td>
<td>3.4</td>
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<tr>
<td>10. Lairg</td>
<td>3.4</td>
<td>5.1</td>
<td>2.9</td>
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<tr>
<td>11. Loch</td>
<td>6.3</td>
<td>3.6</td>
<td>10.3</td>
</tr>
<tr>
<td>12. Rogart</td>
<td>2.8</td>
<td>1.4</td>
<td>3.1</td>
</tr>
<tr>
<td>13. Tongue</td>
<td>1.9</td>
<td>2.8</td>
<td>2.8</td>
</tr>
</tbody>
</table>

*The Parish with the highest percentage in the County is the South Easter Gordon.*

Small parish with a small & diminishing population: (1831) 2214, (1881) 584, 100 industries.
Durness, with 6.1 per mile, is the district on the north western-most point of Scotland. It is a cold and barren area chiefly 
under peatland. The land is of most 
utility for grazing and therefore the cattle industry 
(at any rate in its present condition) is declining. 
Population steadily decreasing.

The new sheep farmers of Sutherland, which average 
low returns are agricultural and maintain 
their populations in moderate comfort.

At the beginning of the century, wholesale 
clearances took place from the island straths, and the people rather emigrated or squatted in coastal villages. The interior has 
not since been re-populated. It is as 
occupied almost entirely with large farms, 
so that in this case it may be said 
there was no "transition stage" for the 
influence of approaching civilization.

Depopulation was effected — probably 
rightly affected — by summary closure of the 
degrading forces required not to come 
into play.

The seacoast towns and parishes 
are fairly prosperous.
<table>
<thead>
<tr>
<th>Parish</th>
<th>1862</th>
<th>1872</th>
<th>1882</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bower</td>
<td>1.1</td>
<td>0.8</td>
<td>1.8</td>
</tr>
<tr>
<td>2. Camlety</td>
<td>2.8</td>
<td>1.8</td>
<td>3.8</td>
</tr>
<tr>
<td>3. Dunnet</td>
<td>3.2</td>
<td>1.9</td>
<td>1.2</td>
</tr>
<tr>
<td>4. Helmsk</td>
<td>2.4</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>5. Latheron</td>
<td>4.2</td>
<td>4.8</td>
<td>5.5</td>
</tr>
<tr>
<td>6. Oblich</td>
<td>1.0</td>
<td>1.0</td>
<td>2.4</td>
</tr>
<tr>
<td>7. Reay</td>
<td>4.0</td>
<td>4.0</td>
<td>4.1</td>
</tr>
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<td>8. Thurso</td>
<td>1.9</td>
<td>1.4</td>
<td>2.6</td>
</tr>
<tr>
<td>9. Watten</td>
<td>2.8</td>
<td>1.5</td>
<td>1.0</td>
</tr>
<tr>
<td>10. Wicht</td>
<td>2.4</td>
<td>2.6</td>
<td>3.6</td>
</tr>
</tbody>
</table>

The Parish of Bower in Caithness is inhabited, and supports a comfortable poorantry on agriculture. The people, like the inhabitants of Caithness generally, have a large inter-mixture of Scandinavian blood in their veins, and their traditions of habits of existence are not typically Celtic. This may in some degree account for the non-prevalence of ancestry in their midst.

The population may at present be said to be stationary: although there has been an increase since beginning of the century. (1861) 1672. (1871) 1700.
Cambay presents very much of the character of the preceding parish. It however enjoys fishing privileges as well as agriculture. The population has increased from 1886, in 1881 to 2625 in 1881. Damhet composed almost purely of horse population also shows low percentage of peasantry. Population has decreased slightly within the last twenty years but has increased since 1800.

The two parishes of Cathcart and Meal which are contiguous with the county of Sutherland and which contain large Gaelic and Celtic elements, give much higher returns than the above mentioned parishes in which the Scandinavian element prevails. 5.8 and 4.1 respectively.

In both parishes the population is slightly on the decrease.

Before bringing these

Analyses of Country and their parishes to a close, it seems right that the parish of Perthshire should also be classified: although owing to the large number of district the calculation of one decade
ought in the writer's opinion, to be sufficient for purposes of comparison. This county is a peculiar one from the fact that it straddles from the very heart of the highland into the heart of the lowlands of hieland, and embraces peoples differing in race, language, and traditions. A good comparison from the point of view of human statistics can thus be instituted. It must however be remembered that many parishes, originally highland, have become entirely transformed into lowland districts - the people having given up their Gaelic language and largely taken Gaelic customs. In other parishes, the "transition" to which in an earlier part reference was made is going on, and in them, for the most part, we shall find human to be highest.

<table>
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<th>Parish</th>
<th>Year 1882</th>
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<td>Blackford</td>
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<tr>
<td>Arrochar</td>
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<td>Blair Athole</td>
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<td>Arrochar</td>
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<td>Blair Cowie</td>
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<td>Buthall</td>
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<td>Cargill</td>
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<td>Value</td>
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<td>----</td>
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<tr>
<td>70</td>
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<td>74</td>
<td>William</td>
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Parañaq, 9 Perthshire (continued)
<table>
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<th>Number</th>
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<th>Number</th>
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<td>crochet</td>
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<td>Kite-Kennedh</td>
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<td>Mammord</td>
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<td>Muvalled</td>
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<td>Muith</td>
<td>3.8</td>
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<td>5.4</td>
<td>Mu. Rest of Monte</td>
<td>3.8</td>
</tr>
<tr>
<td>Glennern</td>
<td>0.7</td>
<td>Mu. Hattoy</td>
<td>2.9</td>
</tr>
<tr>
<td>Inachtine</td>
<td>3.2</td>
<td>Mu. Redfort</td>
<td>6.2</td>
</tr>
<tr>
<td>Kinone</td>
<td>8.6</td>
<td>Mu. Reykst</td>
<td>3.8</td>
</tr>
<tr>
<td>Hillia</td>
<td>5.6</td>
<td>Mu. H. Ch. K.</td>
<td>3.1</td>
</tr>
<tr>
<td>Kilnaock</td>
<td>2.3</td>
<td>Mu. H. Martini</td>
<td>6.3</td>
</tr>
<tr>
<td>Kilpindie</td>
<td>5.8</td>
<td>Mu. Seino</td>
<td>8.8</td>
</tr>
</tbody>
</table>
Space will not permit of a detailed analysis of the different parishes, as it is the case of the preceding counties; but it may be mentioned that out of the seventy-four parishes of Rathmore, nineteen parishes give returns of over 5 per mille of population.

And of these nineteen parishes, thirty-six or forty are within the bright red limit, and to them generally we may apply the same method of argument which have been applied in considering the parishes in neighbouring Gaelic counties.

Having now dealt with the whole subject in its various bearings, and as the result of a close personal study of the facts adduced, the writer concludes by expressing the hope that this contribution to the consideration of a growingly important and practical subject may not be without its value.

Alexander Cameron Miller M.D.
21st April 1888.