

gardening, engineering, and handicrafts have been procured mainly for the use of the staff. Though this has led to some sneering upon the part of those who have no idea of improving themselves and their ways of doing things, I have the best evidence, in the high appreciation shown by the more intelligent officials, that great good is resulting from the comparatively small expenditure in this direction. As an instance of the tangible benefit which may result in an establishment of this kind from higher class studies, I may mention that the farm manager was enabled to point out definitely, through a study of Trautwine's book on Engineering, a serious structural defect in the new farm building, which, though easily remedied now it has been detected, might have resulted in very grave consequences. Cost of books to date about £15. The rest presented to asylum. (*Vide Appendix Q.*)

(j.) On wet days, instead of hanging disconsolately about damp gloomy airing-courts, a number of the patients occupy themselves at billiards, &c., as in the evening, and the majority are sent up to the large hall, where fires are lit and bagatelle and bull-boards are provided. Members of the band generally play some pieces during the day.

(k.) *The Band.*—A band, consisting of piano, 'cello, double bass, four violins, two cornets, clarinet, and euphonium, was organized fifteen months ago, and has made excellent progress, especially under the present bandmaster-attendant. One would have expected that such a humanizing and elevating institution would not have been cavilled at, but I find that it has not escaped contemptuous public denunciation. Curious as it may seem, our action in this direction (extravagant as it has been regarded) really results in a considerable saving. We pay less for our music now than we did two years and a half years ago, when a lady came once a fortnight to play a hired piano. Then it cost £32 15s. 8d., now it costs £30 9s. 11d., and we can have music at any time. The latter sum allows fully for interest and wear and tear of instruments, bandmaster-attendant's cottage, &c. (*Vide Appendix R.*)

Recreation for nurses need not be dwelt upon, except in so far as the providing for extra recreation has involved a considerable annual expenditure. A year ago two extra nurses were engaged, causing an additional expense of about £120 per annum, for the sole purpose of enabling all female employées to have an hour's exercise in the open air daily (during daylight), and it was especially for this purpose that a second tennis-court, before referred to, was made. This had a most beneficial effect on the health and spirits of the female staff, and it was followed later by an additional hour granted for tennis every other evening. Rackets and tennis-balls are provided by the Asylum. If this change were regarded from no higher ground than the economic standpoint it would have to be admitted a success. Last year for a considerable time we had to employ six temporary supernumerary nurses on account of sickness, and the general health of the nurses throughout the year was such that they were not nearly so capable as they are now. There is not at the present time a single case of even delicate health among the whole staff of nurses. (*Vide Appendix S.*)

The only privileges in this connection which the male attendants enjoy, over and above what they had originally, are limited to charge attendants, who, owing to the trying nature of their indoor work, are given a day's additional half-holiday in the week, and are also allowed reasonable assistance from patients in cultivating their private gardens. So far as practicable other indoor attendants are given spells of outdoor work from time to time.

It may be mentioned that as heretofore, besides the regular patients' dances, in which the staff and neighbours join, there is a fortnightly dance during winter for the staff and their friends only.

(2.) *Rest.*—Obviously general recreation and bodily work bear with them a large measure of mental rest. A release from *strain, caused by constant attendance upon the insane*, it will be noted, has been effected as above described at some little expense where it appeared to be unduly felt by nurses and attendants.

IV.—*Moral, and other Elevating, Refining and Soothing Influences.*

A somewhat large expenditure has been incurred by treating a considerable number of the patients admitted on the so-called isolation system for many months, largely for the sake of moral influence. In these instances the whole time of a specially-selected attendant has been devoted to the individual patient, although, in the majority of cases, no money whatever has been received for maintenance. In one case three nurses were devoted solely to a single patient for over a fortnight.

One cannot help feeling that, upon such and many other grounds, a statement made in the House to the effect that under the present parsimonious arrangement in New Zealand lunatic asylums there is no attempt to cure patients at all, and that the asylums are simply detaining houses, was scarcely called for. (*Vide Appendix T.*) I may say that the majority of cases treated on the isolation principle have recovered, and thus more than justifies the expense incurred.

Obviously many institutions, such as the band and library already described, should be regarded in the light of elevating, refining, and soothing influences. In addition may be named the painting of the building throughout in light, pleasant colours (each corridor and room, as far as possible, different from another), instead of the sombre green and strong blue which prevailed almost everywhere; polishing the floors, decorating rooms and corridors with pictures, flowers, and ferns, and the introduction of singing-birds. The expense involved in this has been inconsiderable, as the painting has been carried out by patients under one attendant. All picture-frames and fern-baskets are made by patients, and the pictures have, for the most part, been given to the Institution. (*Photograph, Appendix U.*)

Other items of Avoidable Expenditure.

(1.) Shrubs and trees to beautify garden and grounds. A vote for £20, not yet expended, was obtained for this purpose.

(2.) A fountain, to which particular exception has been taken on the ground that it is being erected on a slippery site, and will not be worth £15 when completed, although costing £120. This needs some explanation. The fountain in question was begun about four months ago, our object being to