

very important and interesting question and it would not be satisfactory to discuss it in Dr. Goodall's absence (hear, hear). He had now the very pleasant and agreeable duty of asking the meeting to accord a cordial vote of thanks to Dr. Soutar for the very kind and hospitable manner in which he had received them that day. All knew what a pleasure it was to come to Barnwood House and see so lovely a place. One envied Dr. Soutar many things they saw there, but the great thing he envied him was the grounds.

The motion was carried with acclamation.

Dr. SOUTAR suitably returned thanks, and said he and his colleague had had the greatest possible pleasure in receiving the visitors. It was a great advantage for the members of the Division to have opportunities of meeting from time to time at various asylums, there to hear suggestions, and also to have their places criticised. Commendation was the greatest snare a Superintendent could have, and good wholesome criticism was the best thing to make them keep pace with the times.

The members and several visitors afterwards dined at the "New Inn" Hotel and a most enjoyable evening was spent.

BATH AND BRISTOL BRANCH OF THE BRITISH MEDICAL ASSOCIATION.

Remarks upon Golf in the Treatment of Mental Disorders. By C. S. W. COBBOLD, M.D., F.R.C.P.Edin., etc.

The following is a short summary of a paper read before this Branch in April, 1897.

Golf is not destined to supplant the other amusements and occupations which have long been serviceable in the treatment of insanity, but it has a very definite usefulness in some cases, owing greatly to its acknowledged capacity for arousing a healthy enthusiasm in persons who are specially in need of some new and absorbing interest.

I. Golf as a Preventive of Serious Mental Disease.—There is no doubt that golf is of immense value in counteracting many of the harmful effects of the strain and competition of modern life. The rapidity with which golf clubs have sprung up around the most active and advancing business centres affords a strong presumption, that the capable business man of to-day finds in this game a healthy influence which is specially suited to his needs. Many do not hesitate to affirm that golf has saved them from mental breakdown. Golf probably acts as a preventive of insanity to a greater extent than can be estimated by any available facts or figures.

II. Golf as a Pastime for Chronic Insane Patients.—In this capacity the game has a very limited usefulness; patients are, as a rule, incapable of learning it sufficiently well to become interested in it; but exceptions are seen in some cases of chronic insanity with little or no dementia, especially in patients who have been skilful at ball-games before they became insane. Some patients who have been golfers while sane are also pleased to pass their time in playing feebly after they have become more or less demented. It must always be borne in mind that a golf-club skilfully wielded is a distinctly dangerous weapon, and that the game itself is peculiarly trying to the temper even of the sane.

III. Golf as a Curative Agent in Insanity.—It is during the later and convalescing stages of insanity that golf is sometimes invaluable; it often supplies just the new interest which is needed to complete a cure and may save a patient from drifting into partial dementia. It is often successful in arousing enthusiasm when old pursuits quite fail to do so. It is quite as useful for convalescing ladies as for men, and all its advantages may be obtained for beginners upon small garden or park links.