

mental disorders. The commencement of his psychological career happened at a time when the strait-waistcoat, and the whole restraint system, was in force in the asylums. He saw that this was not the right method of treatment, and understood how to enforce his thoughts by practical action. Not the least factor in exciting enthusiasm was the reading of Conolly's works.

With the greatest interest and lively zeal he followed the report of the introduction of the non-restraint system from England into Germany. What was regarded by many as an illusion, appeared to him as incontrovertible facts. A lengthened residence in England for the study of the practical care of the insane fully convinced him of the practicability of non-restraint. Repeatedly, and with pleasure, had he dwelt in this land in order to study the progress of the treatment of the insane. With the more prominent of the English and Scottish alienists—I only mention Dr. Lockhart Robertson, Dr. Hack Tuke, Dr. Maudsley, Dr. Sibbald, Dr. Savage—was he drawn into close relationship. He was an Honorary Member of the Medico-Psychological Association.

Space will not permit an extended enumeration of the scientific works and discoveries of the deceased. Of the important researches, I name the most important when I mention his Researches into the Diseases of the Cord in Progressive Paralysis, on Epilepsy, his observations and reflections on Paranoia, Agoraphobia, Imperative Conceptions, his contributions to the Symptomatology and Pathological Anatomy of Tabes-Dorsalis, among which the discovery of Westphal's symptom (with the pathological and anatomical basis thereof) has proved of the highest importance, his researches into the combined disorders of the spinal cord, the formation of vacuoles, pseudo-sclerosis, Thomsen's disease, etc., etc.

In later years it was especially the various forms of ophthalmoplegia which claimed his interest, and by these studies he not only advanced, to a very important extent, the pathology of this affection, but he also made most valuable discoveries in the department of brain-anatomy. All his works were characterized by clearness and precision of observation; not speculation and hypothesis, but soundness and fact were the signs of his mental products.

These characteristics which adorned the investigator and savant made Westphal also one of the most prominent teachers. Not to him was granted the gift of sparkling diction; he worked through convincing truthfulness and through the earnestness of his speech. Called to be the first representative of a department, which now first became a branch of instruction, he had brought it to the highest pitch of excellence, and aroused for it through the living word, a real enthusiasm, and true devotion for the same. A band of students have proceeded from his school who work as teachers in the universities and superintendents of asylums.

To him who stood near this distinguished physician was it granted to realize the superior qualities of the man. These qualities came out most brilliantly in the bosom of his family. Truth and uprightness—these were the springs of his thought and action. These at an early period made the strength of his character. With simple unselfish goodwill he met those who came to him seeking advice and help.

Deeply to be lamented is the fate of him who has left us, to whom a malady, long suspected by himself, tortured the last years of his existence. Never will he be forgotten by his colleagues, friends, and admirers.

Imperishable will his name live in the realm of science.—E. SIEMERLING.

DR. CHARLES H. NICHOLS.

It is so recently that this greatly esteemed and accomplished American physician visited England* and met so many of his British *confères* that the intelligence of his removal by death from the work in which he was busily engaged comes to his friends with peculiarly vivid regret. No one who saw him at the Leeds meeting of the British Medical Association could avoid feeling

* In addition to his visits to the asylums of Great Britain and Ireland, he inspected some of the most important on the Continent.

much apprehension as to the state of his health, and the fear lest his mission to this country, in order to perfect his plans for the new asylum to be erected at White Plains, would overtask his strength at his time of life. His zeal was unabated, and his courage in undertaking a laborious work at the request of his Committee was most praiseworthy, but his wisdom in subjecting himself to the fatigue involved was doubtful, and as the event proved, he fell a sacrifice to what he conceived to be his duty. He returned to America in worse health than when he reached these shores, had a bad voyage, and arrived at home November 3rd, 1889. Early in December he took to his bed, and died on the 17th, of hepatic disease, suspected during life, and confirmed by the autopsy.

Dr. Nichols, a member of the Society of Friends, was born at Vassalboro, Kennebec County, Maine, October 19th, 1820. He studied medicine at the Universities of Pennsylvania and New York, and took his degree in 1843, after which he practised for a short time at Lynn, Mass. In 1847 he was appointed Assistant Medical Officer at the State Asylum for the Insane at Utica, N.Y., when Dr. Amariah Brigham was the superintendent. Two years later he became the physician-superintendent of the Bloomingdale Asylum, New York, where he remained about three years. In 1852 he proceeded to Washington and superintended the construction of the Government hospital for the insane (St. Elizabeth). President Fillmore, who had selected him for this purpose, placed him in charge of the Institution. The "New York Herald" states that "with the money appropriated (about £24,000) he purchased a site of 200 acres in a beautiful spot on the banks of the Potomac. The appropriation was not large enough to erect the building, but Dr. Nichols eked out the deficiency with his own means, and made bricks out of the soil removed for the foundation of the building. Finally he had the satisfaction of completing the structure without asking for additional money from the United States Treasury. A well-appointed lodge for the coloured insane—said to be the first distinct provision of the kind ever made for people of that race—was attached to the Institution." At St. Elizabeth, Dr. Nichols remained for a quarter of a century, erecting additional buildings, doubling the amount of land, and at the same time devoting himself to the treatment of the patients. He acted as volunteer surgeon of the St. Elizabeth General Army Hospital during the war, and was present at the battle of Bull's Run on General McDowell's staff.

In 1860 he married Miss Ellen Maury, daughter of John Maury, at one time the Mayor of Washington. She died not many years afterwards, leaving one son, who became Lieutenant Maury Nichols, and is attached to the Engineers' Corps at Willets Point, L.I.

In 1872 he married Miss Lathrop, the daughter of a college professor at Pittsfield, Mass. In 1877 he returned to his old post at New York, and since that period has been in charge of the Bloomingdale Asylum. He was elected an honorary member of the Medico-Psychological Association in 1885, the year after he had taken part in the proceedings of the Annual Meeting held in London under the presidency of Dr. Rayner, and made a telling speech at the Greenwich dinner. He was for many years the President of the Association of American Superintendents of Institutions for the insane. The honorary degree of M.A. was conferred upon him by the Union College of New York, and he received that of LL.D. from the Columbia University at Washington, and was a member of the New York Academy of Medicine.

Dr. Nichols' life was eminently a practical one, and he was nowhere more at home than in the walls of his own asylum, where he was a great favourite with the patients, and was highly esteemed by the staff, among whom Dr. Sanger Brown is known in this country by his researches on Cerebral Localization in conjunction with Professor Schäfer at University College.

Dr. Nichols was interred at Washington, but a funeral service was previously held in the chapel of the Bloomingdale Asylum, the Chaplain, the Rev. Dr. Peters, officiating. The Medical Staff, Dr. Chapin, of the Pennsylvania Hospital, Dr. Stearns, of the Hartford Retreat, Dr. Buttolph, Dr. Samuel B. Lyon, Dr. William E. Dold, etc., were present, in addition to the members of Dr. Nichols' family.