

MAINE STATE LEGISLATURE

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DOCUMENTS

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THE LEGISLATURE

OF THE

STATE OF MAINE,

DURING ITS SESSION

A. D. 1853.

Augusta:
WILLIAM T. JOHNSON, PRINTER TO THE STATE.

1853.

REPORTS

OF THE

TRUSTEES, STEWARD AND TREASURER,

AND

SUPERINTENDENT

OF THE

INSANE HOSPITAL.

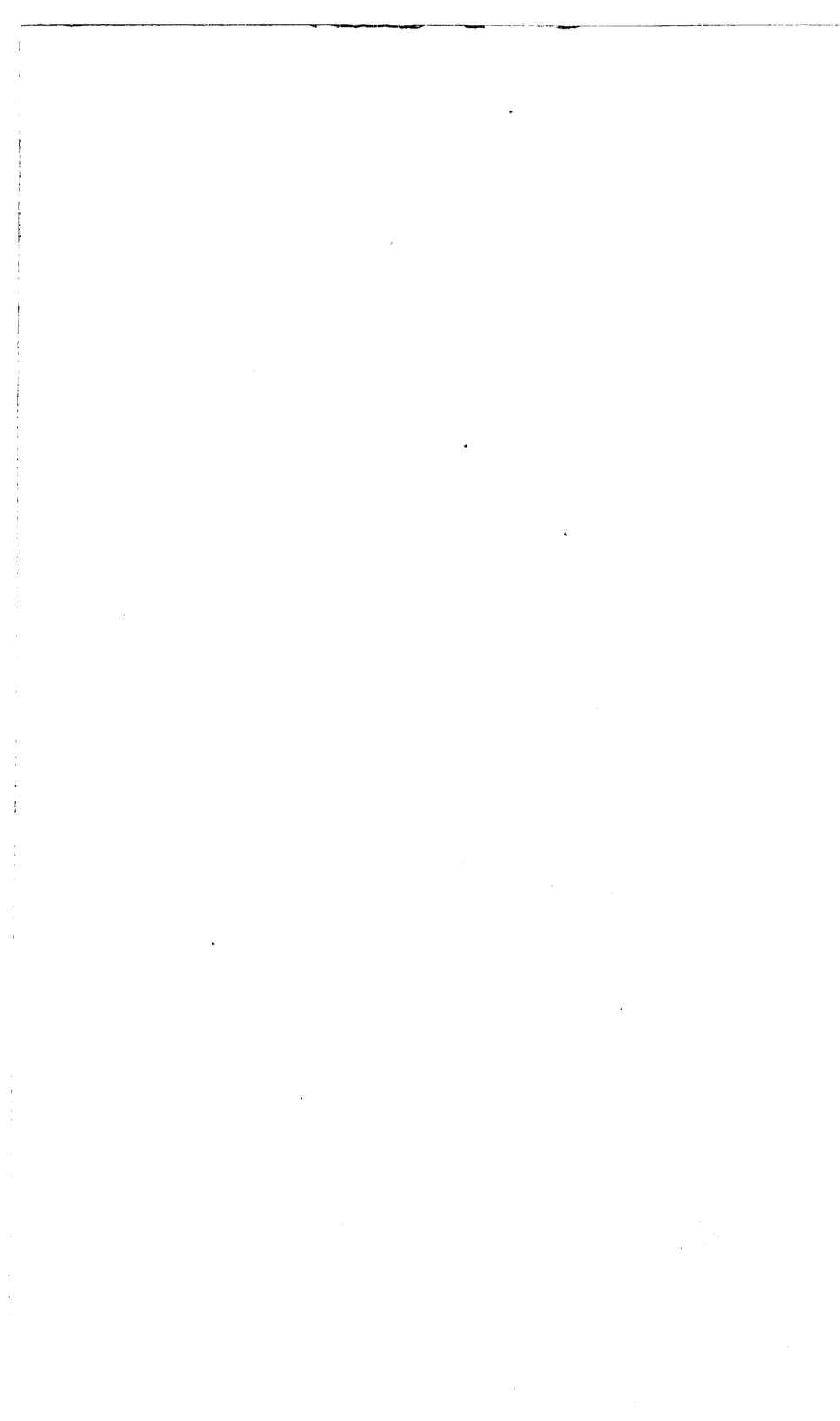
1852.

Published agreeably to Resolve of March 22, 1836.

Augusta:

WILLIAM T. JOHNSON, PRINTER TO THE STATE.

1852.



OFFICERS OF THE INSTITUTION.

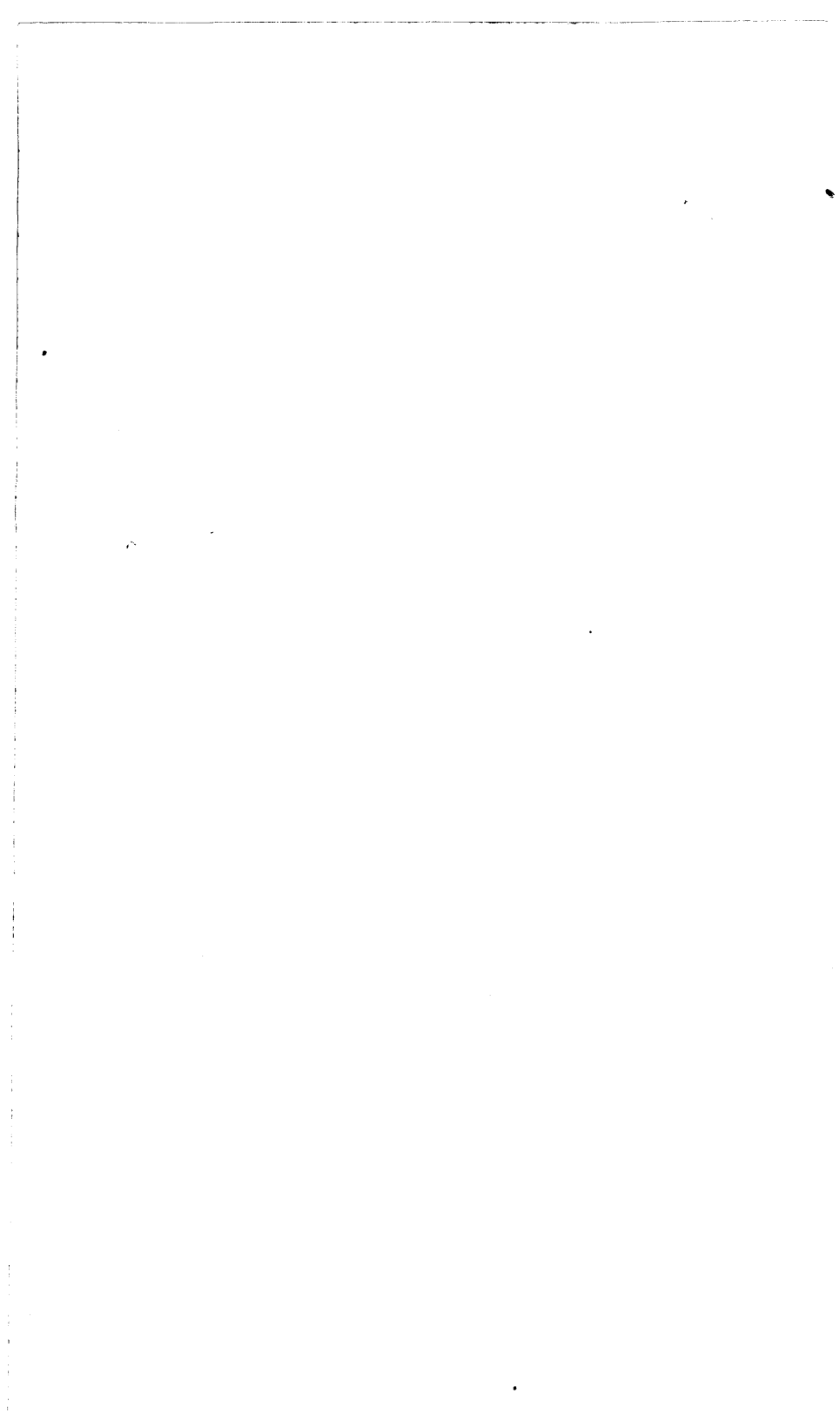
BOARD OF TRUSTEES.

GILMAN L. BENNETT, PARSONSFIELD ;
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ROBERT H. GARDINER, GARDINER ;
WILLIAM OAKES, SANGERVILLE ;
GEORGE DOWNES, CALAIS ;
REUEL WILLIAMS, AUGUSTA.

HENRY M. HARLOW, SUPERINTENDENT.

JOSHUA S. TURNER, STEWARD AND TREASURER.

MARIA JOHNSON, MATRON.



REPORT

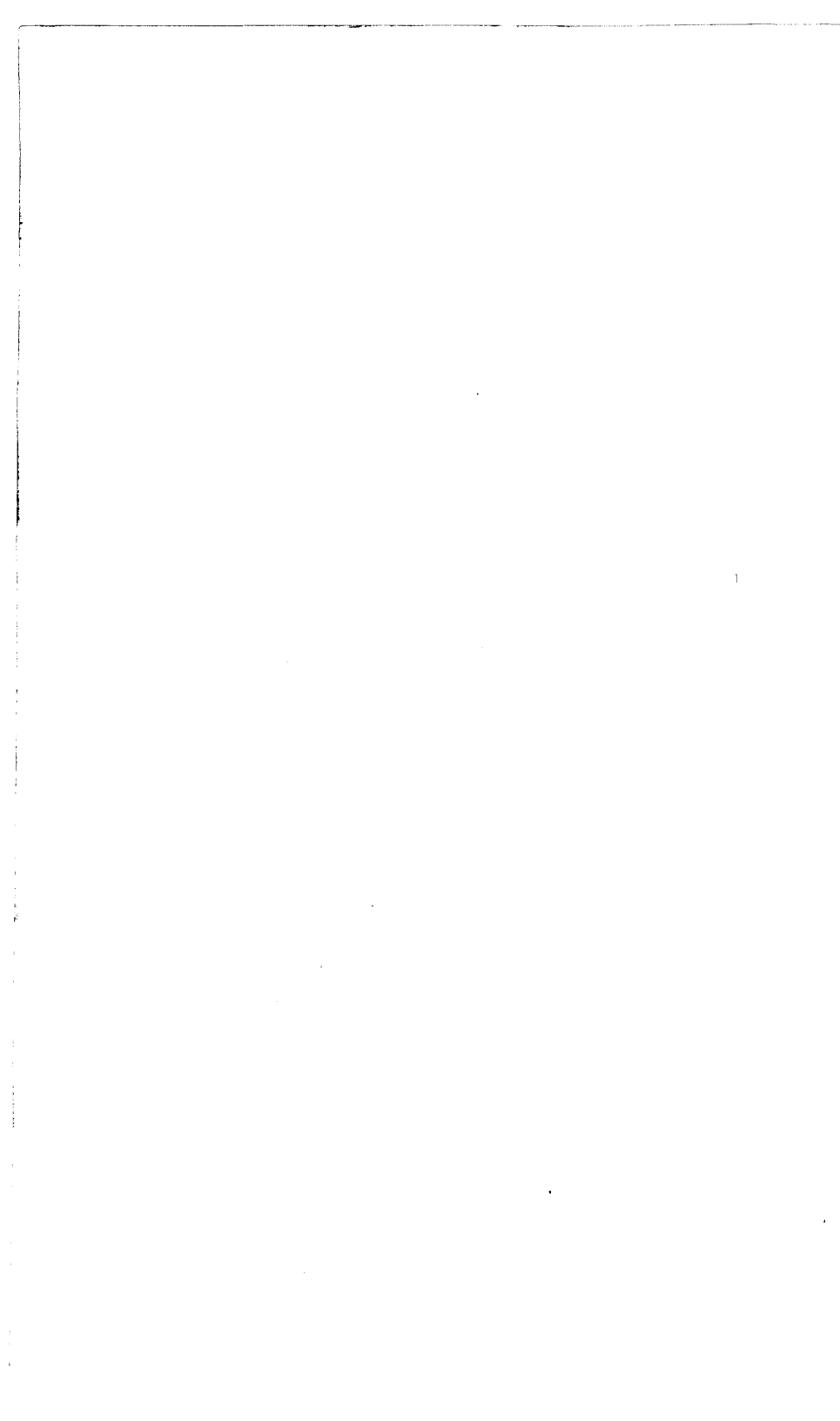
OF THE

T R U S T E E S

OF THE

INSANE HOSPITAL.

1852.



REPORT.

*To the Honorable the Governor and Council
of the State of Maine :*

IN compliance with the requirements of an act of the Legislature passed August 2, 1847, for the government of the Insane Hospital, the Trustees of that institution present their annual report.

At the date of our last annual report, the Maine Insane Hospital, once a splendid monument of public and private munificence, was almost a heap of ruins; the result of the fatal and long to be remembered catastrophe of the 4th of December, 1850. It then had little else than a nominal existence; dark and lowering clouds hung over its prospects; its usefulness was almost paralyzed; the few inmates that remained were crowded into the only remaining wing and cottage, necessarily without suitable classification; the officers and attendants without accommodations, and its repair, in the minds of many of the citizens of the State, problematical. From this dark and inauspicious period in the history of the Maine Insane Hospital, we turn with much pleasure to contemplate the present state of the institution and its brightening prospects.

Through the munificence of the Legislature, sustained by an enlightened and philanthropic constituency, the blackened and crumbling walls have given place to an elegant edifice with an internal arrangement embracing many of the most modern improvements, and in the course of the ensuing season it is expected the whole will be completed and in a state of readiness to receive and again extend its benefits to those who may

be so unfortunate as to need the beneficial influence of hospital treatment.

We do not deem it necessary in this report to go into a description of the repairs and improvements in the reconstruction of the Hospital, but would refer to the report of the Superintendent. It is also expected that the Commissioners will present a report embracing a description of the various improvements with such estimates as may be deemed necessary to finish and furnish the Hospital for full occupation. But we cannot in justice dismiss this topic without expressing to Dr. JAMES BATES, late Superintendent, our obligations for the various and important improvements, the results of experience and observation, suggested by him and adopted by the Commissioners in the reconstruction of the Hospital.

Since their last annual report, the Trustees have attended to the various duties assigned them. The monthly and quarterly visits have been made as provided by law. A scrutiny, close, faithful and rigid, of the patients, buildings and the administration of the internal economy of the Institution, as the time allotted to that duty would permit, has at all times been exercised. The north wing and cottage being the only parts of the Hospital tenable for patients, have for more than a year been full and crowded and without accommodations for necessary classification, which has resulted too frequently in bringing patients who were convalescent in contact with those whose insanity assumed a more wild and furious aspect.

Notwithstanding these disadvantages, so far as we have been able to judge, the officers and attendants have by a zealous and skillful perseverance made all reasonable exertions to give effect to the design and object of the Institution. Order and neatness have been the general characteristics of every department. The patients have appeared as cleanly, comfortable and orderly as could reasonably be expected.

On the 31st of March, 1851, there were in the Hospital 58 patients; 99 have been admitted since, making a total of 157. Of these 36 have been discharged cured, 11 improved, 16 un-

improved, 9 have died, leaving in the Hospital under treatment on the 30th of November, 84.

The old south wing was opened for the occupation of patients on the 28th of November, by which there is additional accommodations for 30 patients. Since the 30th of November 15 patients have been admitted and one has died, making the whole number of patients at the date of this report *ninety-eight*. For further information relative to the patients, their treatment, &c., we would refer to the report of the Superintendent.

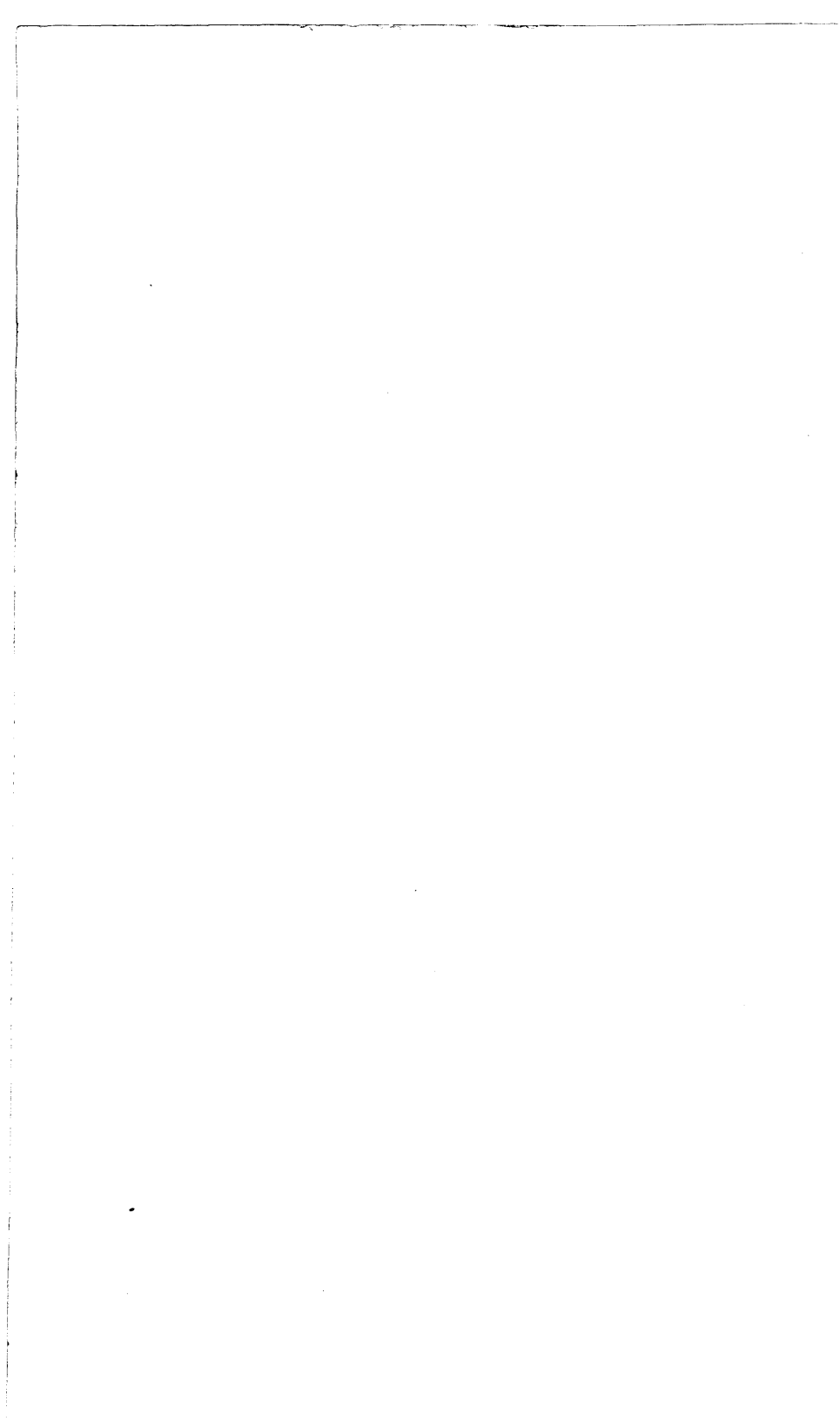
At each quarterly visit the Steward and Treasurer's accounts have been examined and audited and have always appeared to have been correctly kept and well vouched. His report, which is herewith presented, exhibits the financial condition of the Hospital.

At a special meeting of the Trustees held at the Hospital on the 17th of June last, it was judged that the interests of the Hospital would be most promoted by the immediate appointment of a Superintendent. HENRY M. HARLOW, M. D., who had been very acceptably connected with the Institution for several years as Assistant Physician, was thereupon unanimously elected to that trust. The office of Assistant Physician is now vacant.

The Trustees concur fully in the recommendation of the Commissioners made to the Legislature in February 1852, that the Hospital should be heated by steam, believing that though the first expenditure may be large, yet considering the saving of fuel, that it will eventually be true economy, and what is of more importance, that it will give a *security* against fire which cannot be obtained in any other way.

G. L. BENNETT,
EBENEZER KNOWLTON,
R. H. GARDINER,
WILLIAM OAKES,
GEORGE DOWNES,
REUEL WILLIAMS,

INSANE HOSPITAL, December 22, 1852.



REPORT

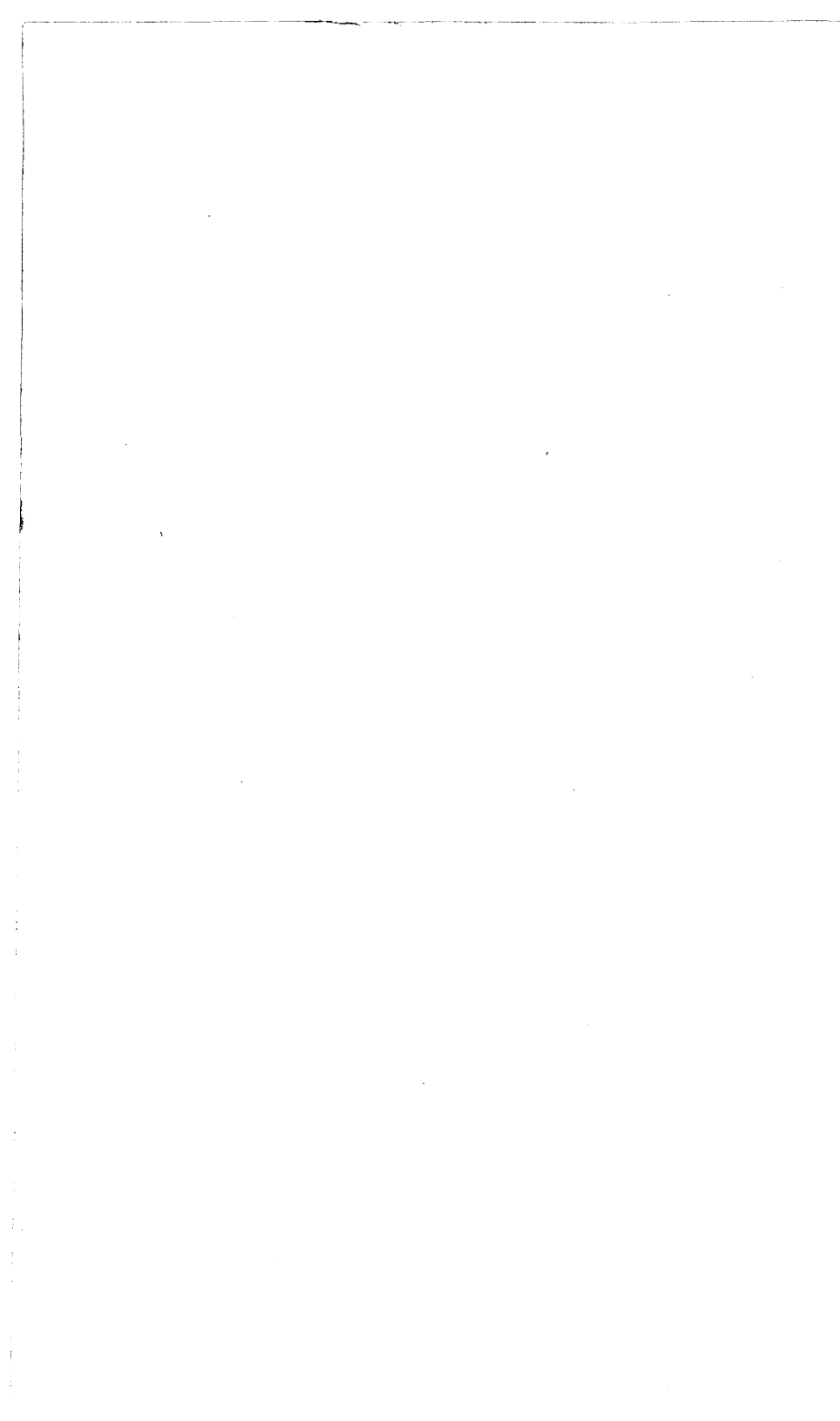
OF THE

STEWARD AND TREASURER

OF THE

INSANE HOSPITAL.

1852.



REPORT.

To the Trustees of the Maine Insane Hospital:

THE time having arrived when by law it is made my duty to present a detailed report of the receipts and expenditures of the Hospital from April 1, 1851, to November 30, 1852, the same is herewith submitted, as follows:

The receipts into the Treasury for board of patients and all other sources, have been	\$17,647 53
The following sums have been paid out and certified to by your board, viz:		
Balance due the Treasurer as per last Report,	1,040 04	
To paid for provisions and groceries,	7,963 52	
To " " labor,	3,512 62	
To " " fuel,	1,333 18	
To " " miscellaneous items, .	3,649 03	
		\$17,498 39
Balance of collected funds in my hands, which is carried to new account,	\$149 14

In the Treasurer's last report there was stated to be due the Hospital eight thousand three hundred and seventy dollars and ninety-four cents, including bad and doubtful debts; but from

this sum should be deducted one thousand and forty dollars and four cents, then due the Treasurer, leaving the real balance in favor of the Hospital,		\$7,330 90
The sum now due, including bad and doubtful debts, is only,	5,115 21	
Cash on hand,	149 14	
	<hr/>	5,264 35
		<hr/>
		\$2,066 55

According to the foregoing statement, our expenditures have exceeded our receipts in twenty months by the sum of \$2,066.55, and I am satisfied that at the present prices we are obliged to pay for wages and provisions, the present rates of two dollars per week for board will not meet the necessary expenses.

We have on hand a larger stock of provisions than at the time of making our last report, so that our expenses, except for labor, for the remaining four months to make up the two years, will be comparatively small.

The balance of unexpended money in my hands on the 31st of March, 1851, appropriated by the Legislature for several purposes, was		\$611 48
Of the above sum \$550.11 has been expended in relaying the aqueduct,		550 11
		<hr/>
Balance now in the Treasury,		\$61 37

The farm and garden continue to furnish a good supply of vegetables for the sustenance of the household as well as hay and grain for the cows and horses.

Some improvements have been made in the fences the season past, but quite an outlay will be necessary to put the fences and outbuildings in thorough repair.

J. S. TURNER,

Treasurer and Steward.

November 30, 1852.

REPORT

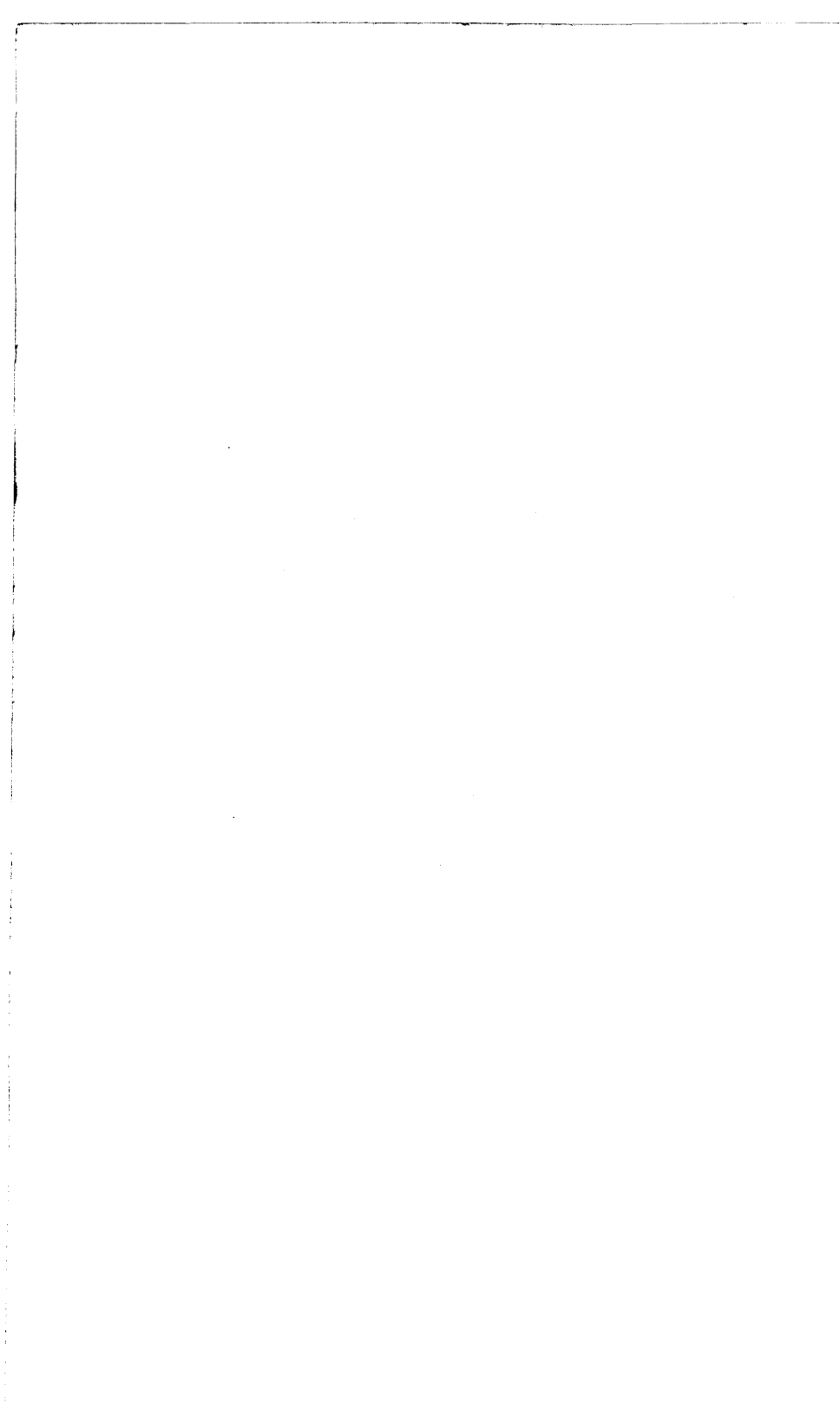
OF THE

SUPERINTENDENT

OF THE

INSANE HOSPITAL.

1852.



REPORT.

*To His Excellency the Governor of Maine,
and to the Honorable Council:*

GENTLEMEN:—In accordance with an act of the Legislature of 1847, it becomes our duty to present to you the eleventh report of the Maine Insane Hospital, which in consequence of a change having been made in the time of meeting of the Legislature from summer to winter, and thereby changing the time for making the report, will embrace the interim between the 31st of March, 1851, and the 30th of November, 1852, a period of twenty months.

With reverence profound, with thanksgiving sincere and with blessings and praise unceasing, would we recognize the hand of an all-wise Providence in the protecting care and preserving mercy which have been markedly manifest through the weary maze it has been our lot to pass.

No accident of a serious nature or any considerable sickness has been suffered to visit us. But an unusual degree of health, peace and prosperity, has attended our household.

Though almost every circumstance connected with our labors for the unfortunate has been inauspicious—though our building has been in as unfavorable a condition as it could well be and yet be occupied, surrounded with lumber and rubbish without, dirt and confusion worse confounded within, and every thing calculated to convey an unfavorable impression to the diseased, sensitive mind—though our limited apartments have been at all times crowded with patients to their utmost capacity and every convenience for taking care of them ob-

structed and embarrassed, we have, God assisting, waded through it all and come off victorious. Success far beyond our expectation has crowned our efforts. A goodly number of earth's suffering humanity, who sought the shelter and sanitary influence of our asylum, have found health of body and soundness of mind—a boon which out-balances all the exertions and all the wealth it is in the power of man to bestow. Others, though not recovered, have received great benefit, and all have enjoyed an amount of comfort and happiness which, had we foreseen what was before us when we sat out upon the race, we could not have believed it possible to render them. Truly we can say “as our day so has our strength been.”

There were remaining on the 31st March, 1851, fifty-eight patients—thirty-four males and twenty-four females. There have been received since, ninety-nine—sixty-four males and thirty-five females, making a total of one hundred fifty-seven patients under treatment. Of these, seventy-two have been discharged—forty-seven males and twenty-five females; of whom thirty-six were recovered—twenty-two males and fourteen females; eleven were improved—seven males and four females; sixteen were unimproved, ten males and six females; and eight males and one female have died. Leaving in the Hospital eighty-four patients—fifty males and thirty-four females.

Since the Institution first went into operation, there have been four hundred eighty-eight patients discharged as recovered, or a little more than forty-seven per cent. on all the discharges except those caused by the fire.

The per cent. of recoveries on the whole number discharged the last twenty months, we find to be fifty, a result which compares well with any previous year.

Death has made but few levies on our inmates since our last report. A little more than five per cent. only of all who have been under our treatment have died, and in relation to the female patients, an unusual exemption from the shafts of our “last enemy” has obtained. Only one has died, and previous to her death it is worthy of remark that no female had died for

a space of more than two years. Of those deaths which have occurred since our last report, one died with *pneumonia*, three with *general paralysis*, one with *scrofula*, one with *malignant sore throat*, one with *epilepsy*, one with *inflammation of the liver*, and one with *consumption*. All, with one exception, were chronic incurable cases of insanity.

The civil condition of the ninety-nine patients who have been admitted, is as follows:—Thirty-three males and sixteen females are married; twenty-eight males and thirteen females are single; three are widowers and six are widows. Their ages are between ten and eighty-four.

By a legislative enactment, all insane foreigners and all other insane persons found commorant and having no residence in the State, draw their support, while in the Hospital, from the State Treasury.

This class is increasing gradually every year, and the prospect is, that ere long the Institution will be filled up with them. There are now thirty of this class in the Hospital, twenty males and ten females. The larger proportion of these are *Irish*, and there is little or no prospect of any of them ever being any better.

It is the experience of all, I believe, who have had the care of insane Irish in this country, that they, from some cause or other, seldom recover.

Our apartments have at all times been crowded with patients, and nearly one hundred have applied for admission whom we have been obliged to refuse because we had no accommodations for them. The frequent applications and urgent entreaties we have had, from the friends of the insane, to receive them into the Hospital, would convince the most prejudiced sane man that such an Institution is valuable to the State and could not easily be dispensed with.

Our accommodations for patients have been, as at the time we made our last report, confined to the north wing and the building termed the cottage. Consequently we have been deprived of all proper and efficient means of classification of

our patients—one of the most important sanitary influences in the moral treatment of the insane. We have been able to make but two classes of each sex, in consequence of which, many of the quite convalescent patients have been subjected to great inconvenience and suffered much from the noise and excitement of the more wild and furious.

Our course in the moral treatment of our patients has hitherto been mild, gentle and persuasive, at the same time firm and unyielding on all points necessary to be carried for their good. We have indulged them in every liberty that would seem to make for their comfort and happiness, catered for their every want, real or imaginary, which has been compatible with their well-being and would add an iota to relieve them from their sad, unfortunate condition, to beguile them on their dark weary way and assist nature in winning back the shattered fragments of reason. We have placed before them different kinds of amusements and diversions, such as the circumstances seemed to indicate and permit. Those of our male patients whose condition appeared equal to it and were perfectly willing, have been employed on the farm, in the garden, and in doing chores about the premises.

Others who were disinclined and unable to work, have amused themselves in their wards in reading, writing, and in playing the different games provided for their use. Some have displayed their mechanical skill, often not inconsiderable, in manufacturing articles of curiosity. In pleasant weather they go out; those who can be induced and whose health is suitable, ramble over the fields, generally in company with an attendant.

Some we permit to go and come at their pleasure. As a general thing all have been remarkably free from a disposition to escape from us the past season.

The female patients, such as were able and willing, have passed their time in some useful employment, such as sewing, knitting and assisting to do the various kinds of house work. Considerable amount of bedding and clothing has been made up for the use of the wards and for their own comfort. Every

fair day they take exercise more or less in the open air either riding or walking. Some have taken great pleasure in gathering flowers from the fields and gardens and tastefully arranging them to adorn their apartments.

To attend and nurse our patients we have been careful to select young men and young women of high moral worth, whose mild forbearing dispositions and whose age, seemed well fitted for such a responsible and arduous undertaking. We have been governed more by their qualifications than by the compensation they demand for their services, and we are gratified to say, with now and then an exception, all have proved faithful and trusty.

Of all the curative means employed in the moral treatment of insanity, it is admitted by all who have had the least experience in this department of life, that labor—active physical employment, is the most important and stands pre-eminent. When engaged in moderately, it invigorates and healthfully affects the whole physical economy, assists digestion, and promotes sleep, improves and regulates the appetite, calms and tranquilizes the perturbed mind. It is the great health and life preserver of the human race. But in order to maintain an equilibrium between a sound mind and a healthy body, there must be some wholesome aliment for the mind to feed upon, some mental labor as well as physical, some intellectual and moral culture. Reading we consider one of the most useful and profitable employments the mind can have. While he whose profession leads him wholly to intellectual employment for a livelihood should labor more with his body and less with his mind, so should the man whose calling is to exercise his physical powers, labor less with his body and cultivate his intellect more. Thus we believe a great deal of physical disease would be prevented and no small amount of morbid mental action held in check. Says Montesquieu, “with me, study has been the sovereign remedy against disgust of life, having never had any vexation which an hour’s reading has not dissipated.”

Every thing, we believe, which fosters and increases idleness, tends indirectly to promote insanity. From her flows many a stream in whose turbid waters float the seeds of this and many other diseases, and if not arrested by some benign influence they will germinate and grow.

We might perhaps well pause at this epoch of the world's history, at this age of improvement, and inquire if there is any relative connection between the great improvements—the thousand and one inventions of labor saving machines,—and the vast increasing amount of physical and mental disease we find floating around us on every hand.

Man is so constituted as to require a certain amount of physical labor and exercise,—an amount sufficient to keep his curious, wonderful machine in a healthful running order. If he never neglected to take this amount and always regarded and scrupulously observed all the natural laws of his physical frame—never obstructed or impeded them in any way, and never furnished his mind with any but the most nutritive, the highest moral aliment, he would live out his apportioned time, his “three score years and ten,” and preserve a sound mind in a healthy body to the end of life. But alas! how have the laws of God been broken, violated and trampled under foot from Adamic days down to the present time, entailing upon the human race all the ills and woes of life. “Nature vindicates the majesty of her violated laws, and we all have to atone for our disregard to her physical requirements in one way or another.”

Among the many things which call the particular attention of those who have the direction of Asylums for the Insane, is the use of mechanical restraints to hold in check some of the manifestations of a deranged mind.

This subject has engaged the consideration and elicited not a little discussion from those whose particular province has been to treat the disease, not only in this country but in Europe. From the days of St. Vincent de Paul, the immortal Pinel, who removed the huge iron chains and the massive wooden shackles

in which the poor unfortunate maniac for centuries had been bound, and raised him to the consideration of a human being, has the inquiry been made, how can the insane receive the greatest amount of comfort and be most speedily conveyed to a happy issue—the restoration of reason. All agree in the opinion, that the least mechanical restraints can be employed and the best good of the patient secured, the better. But considerable difference of opinion prevails in relation to whether they can be abandoned entirely and never used in our Asylums in any case whatever, and the same amount of good arise that might otherwise accrue from their careful, judicious application. In some of the European Institutions an entire disuse of mechanical restraints has been adopted, but in this country there are few if any where this has as yet taken place for any considerable time.

We doubt not from what we have learned that restraints can with more ease and propriety be discarded in European Asylums than in our own Institutions. This may arise from two causes: first, the architectural arrangements of Asylums in Europe have reached a higher degree of perfection than have those of our own country; and in the second place, the characteristic features of insanity do not run so high there as here, owing undoubtedly to the different habits and modes of thinking of the two nations.

We have at this Institution had as little recourse to the various fixtures of wood and leather in common use for restraining the insane as we could possibly get along with and secure the comfort and safety of the inmates. When we have been obliged to resort to them we have used either the leather belt and wristers, the strong duck camisole, or the crib bedstead.

This latter article we use for those patients in whom there exists great vigilance, excitement, and who cannot be induced to lie down day nor night. The first two are used to restrain the hands, to prevent striking or tearing of clothes. In one or two cases only have we used the leather muff the last two years.

Of all the ills which afflict the human race there is none more dreadful, more appalling to the feeling mind, than insanity. When an individual, a father or mother, son or daughter, brother or sister, is smitten down with this worst of calamities—when the awful shaft is hurled at the very citadel of all that is noble and God-like in man, and prostrates him even below the brute creation, it is enough to make the stoutest heart quail and feel how little we possess of which we can boast.

It would seem as though one would need a firm reliance—a cable-like faith anchored on the “Rock of Ages,” to abide such an issue.

Singular and remarkable as is the fact, the red man who roams the dark forest in his wild native state, is rarely or never visited with insanity. But wherever the sweet influence of civilization touches—wherever civilized man lifts his head, there close on the trail follows this calamity with all its horrid developments. There no one is assured that he possesses an entire immunity from the shafts of this dire disease. It follows him all over the globe, he scarcely knows how, and springs up spontaneous and unbidden wherever he finds his habitation.

Existing as we find the disease in its onward march among all classes and in all conditions of civilized life, seizing its victims from high and low, rich and poor, bond and free, the lettered and unlettered, it seems as if Providence had established it as a standing invitation addressed to man, bidding him unfold a new activity and exercise the virtue of devotion, one of the highest to which his benevolent moral nature can be called.

Of all the various and almost numberless forms of insanity, there are none more to be dreaded and feared than the suicidal and homicidal, none cause greater anxiety and solicitude not only on the part of friends of such unfortunate ones but on the part of those who have the care of them in institutions for their treatment. These features are of quite frequent occurrence and we fear are becoming more so every year; especially may this be said of the suicidal. Scarcely a week passes but we see the melancholy record of one or more cases of self-destruction, in

the columns of our weekly journals and not unfrequently we see the heart-rending account of one who destroyed, or attempted to destroy a whole family. It would seem of doubtful propriety from the apparent contagious nature, or, in other words, from the influence it has on those who are predisposed to these forms of the disease, to publish the melancholy results of this awful malady.

This may apply more particularly to suicides; for it is obvious to every one who remarks it, that all those whose minds incline in the least to terminate their earthly existence, receive fresh courage and new vigor by reading the detailed account of one who has traced the dark, melancholy path before them, and leaped from the shore of time into the ocean of eternity.

We often find both of these features existing in the same person.

There have been in this Institution since it was first opened, one hundred and fifteen suicidal patients—sixty-one males and fifty-four females. Of these, only two have ever accomplished their purpose while they remained in the Hospital. Several, however, destroyed themselves after being removed against the advice of the Superintendent. No female has ever committed suicide here.

There have also been sixty-nine homicidal patients in the Hospital—fifty-three males and sixteen females; and no accident from any of these has ever occurred.

There have been twenty who had both suicidal and homicidal propensities—eleven males and nine females.

The suicidal form of insanity is as likely to recover as any other form, but the homicidal much more rarely recovers, especially if the awful purpose has ever been carried out. Such persons never sufficiently recover to render them safe to go at large, and they should always be under the influence and jurisdiction of a well regulated Hospital.

By the last census taken of Maine, we find five hundred thirty-six insane and five hundred fifty-eight idiots, making an aggregate of ten hundred ninety-four, the most unfortunate

persons in the State to be provided for, and whose claims upon our charity, if not paramount, are equal to any other. Well does it speak for that community, whose provision for such a class is liberal and unscrupled. Well does it manifest the spirit of the New Testament, "As ye would that others should do to you, do ye even so to them."

In enumerating the number of idiots in our State, we are fully persuaded there exists quite an error. That there are more idiots than insane persons in the State, we do not believe. Undoubtedly, more than one half of the number put down under this head, were insane persons fallen into a state of dementia or fatuity; and although the proportion of persons deprived of their reason including idiots is one in every five hundred thirty-three of the inhabitants of Maine, we believe the number is considerably smaller than actually exists. While many in giving the census would be slow to admit that insanity existed in any member of their family, lest by so doing some disparagement should come upon them, others would not see any symptoms of the disease as measured by their own test or idea of such a malady.

It is a lamentable thought but nevertheless true, that insanity is fearfully on the increase in our land, and that too in a greater ratio than the increase of population.

To what this is owing, to what the melancholy fact can be attributed in a vast number of cases, remains, so far as we are aware, wrapped in deep obscurity, beyond the power of finite ken. Could we lift the mystic veil, and with an omniscient eye penetrate the arcana of mind and witness all its secret, mysterious, wonderful workings—could we trace back to the delicate curtained chambers of the human brain all the thoughts of man, and witness how mind is linked with matter, we might discover the main spring, the mighty cause which sends forth this blighting disease and engulfs so many minds. But this is not for us to do, we can only stand without and view with our finite minds the awful, withering results of some unknown, uncertain cause. Science in her profound research

may take us by the hand and lead us to the vestibule of the vast labyrinth, but there we must stop. All beyond is misty and obscure ; there we can but gaze with wonder and astonishment, and say, 'Thou, oh, God ! knowest all things, and "doest all things well."

When an individual falls sick, or is seized with any kind of disease, nothing is more natural and common than for the friends and community to inquire, how it happened, what produced it, &c. ? There often appears to be a stronger desire to learn the cause of the malady, than what will dissipate and remove it. Ever since the human race has been visited with insanity, has man been trying to find its fountain-head, the spring from whence so great a calamity flows, and although some advancement towards the desired object has been attained, yet how vague, how deep and obscure, how far beyond our narrow vision, lies the hidden mystery. Only in a partial degree can the most careful research and the nicest discrimination lift the veil and discover the true cause of this wide-spread malady. In a large proportion of the cases which have been brought to us, no satisfactory clue to the cause could be reached. Though their friends generally have something to which they impute the disease, it is more often than otherwise, nothing more or less than a prominent symptom, something on which the mind particularly dwells. If the mind, for instance, runs unnaturally on the subject of religion, it is at once concluded that religious excitement must be the cause of insanity ; or if the moral feelings are the seat of the disease, and the patient loses his affection for those he once loved and esteemed, and becomes inimical and bitter towards them, the friends and neighbors unacquainted with the circumstances are ready at a thought to attribute the cause to unkind and abusive treatment.

We might adduce other similar cases, showing how easy it is to wander from the true cause, but these we deem sufficient for our present purpose.

The number and kinds of causes, that have been assigned by those who have investigated the subject, as producing insau-

ity, differ in different countries according to the practice of dividing and classifying them.

Says Doctor Jarvis, in an able "address delivered before the Norfolk (Massachusetts) District Medical Society," on this subject: "the British reports reduce these to sixteen causes or classes of causes at most, and some give as few as eight. The French reports give twenty. But the American reports make much more minute divisions. Thus, from the Asylum at Bloomingdale, New York, we have eighty-five causes; the New York State Asylum at Utica, sixty-five; the Pennsylvania Hospital, at Philadelphia, thirty-four; and the reports of all the Asylums of the United States give one hundred and eighty-one different causes of insanity. But as ten of these are synonyms of others, they may be reduced to one hundred and seventy-one different causes of insanity in America."

The number of causes supposed to have produced insanity in the *ninety-one persons brought to us the last twenty months, is twenty-four, and the number of cases attributed to each cause may be put down as follows:—Five to epilepsy, eight to intemperance, one to death of son, two to a blow on the head, thirteen to ill-health, three to embarrassment in business, one to deafness and sequela of scarlitina, two to domestic trouble, one to old age, two to change to puberty, two to sickness of daughter, one to perplexity of business, two to jealousy, two to loss of property, two to religious excitement, one to fright, one to change of life, two to disappointed affection, one to sickness of family, one to puerperal state, one to disappointment in business, one to masturbation, one to general paralysis, two to metastasis of rheumatism to the brain, and in thirty-three cases we could learn of nothing tangible or satisfactory which seemed to produce the disease.

Of all the above cases, forty-two possessed the germs of insanity by inheritance. The opinion generally prevails that if an insane person possesses an hereditary pre-disposition to

* Six of these were admitted twice in the time and there were two improper subjects, which make up the ninety-nine admissions.

insanity he will be likely not to recover. But according to our observation, this opinion is a mistaken one. Some of the best, most perfect recoveries, that have gone out from this Institution, were those in whose organism there existed the hereditary seeds of this worst of human ills.

Three hundred thirty-seven of this class have enjoyed the benefits of the Hospital and been discharged. One hundred forty-eight of these went home cured—a proportion nearly equal to that which obtains among those who do not inherit the disease but have insanity from other causes.

Unlike any other State in the Union as I am aware, Maine has legally provided for all persons charged with criminal offence, for whom the plea of insanity is made, by sending them to the Hospital for observation, in order that the truth or falsehood of the plea may be ascertained. We have had five such cases within the last twenty months, sent here by order of the court. They were all males. Three of them were charged with the crime of *arson*, one with *larceny*, and one with *assault with intent to kill*. This latter died in the Hospital of epilepsy, with which he had been afflicted for many years previous; also one of those charged with *arson* sickened and died. Three proved to be insane beyond a doubt. The other two were brothers, one aged seventeen, the other ten, and both charged with the crime of *arson*.

In the case of the older boy, so much doubt existed in relation to the presence of insanity, that he was removed from the Hospital soon after we reported him to the court. The younger boy is much more singular and interesting and a somewhat detailed account of him may not be deemed improper at this time.

He is of diminutive size, physically slender, strongly marked with the nervous temperament, quite active and irritable, and has rather a wild peculiar expression of the eye and has the impediment of stammering. He is unlike any other boy we have ever seen—an enigma of no easy solution. He possesses a good memory, an uncommon observation, great inquisitive-

ness, acute perception, strong affection, emotion and feeling, little or no judgment, and a will which brooks restraint with great difficulty. He is, naturally, far from being malicious, but possesses kind tender feelings towards all, except when under the influence of passion. He is forward, fearless and bold. He is a creature of impulse, and here we consider lies the secret of the whole matter. Impulse, if we may so speak, usurped all power and impelled him on in the absence of judgment and all conscience, without motive or thought, to commit the crime with which he is charged.

We could not consider him in any other light, than an irresponsible boy—as not accountable for the acts which he committed, on the ground of *an undeveloped judgment and a want of conscience*.

After being under our daily observation for several months, we came to the conclusion that the Hospital was an unsuitable place for him, and that the moral influence of a judicious parental government in some retired place away from the bad aroma of village boys, or the restraining influence of a reform school would be far more fitting and better adapted to his condition, than the Hospital, and he was accordingly removed and placed under the watchful care of his father where he has been ever since.

In our observations, and in reporting these to the court, it has been our aim to do all in our power to thwart the atrocious criminal in his attempt to escape from the merited award of the law, by making the plea of insanity a cloak, a subterfuge, for his criminal acts. At the same time, we have endeavored not to pass unheeded, plain convincing evidence of the presence of the disease, not to shut our eyes against truth and let the unfortunate irresponsible suffer the sharp penalties of the law.

It is an undeniable fact and worthy the consideration of every jurist and every benevolent man, that nearly all species and varieties of crime in our land have been imitated by the insane. They have committed homicides, infanticides and suicides, of the most appalling nature. Many of those awful

cases where individuals have murdered their wives and children and then inhumanly taken their own life, were beyond a doubt, the result of this horrid disease. Arson, say writers on the subject, is perhaps, more often the result of insanity than any other one cause. The irresistible propensity to steal, lie, cheat and swear, "to commit every kind of obscene and immoral act that depraved human nature ever attempted," can often be regarded in no other view than as being the phenomena of an unsound mind.

It requires strong evidence we are aware to convince the uninitiated and inexperienced, that such actions are not the result of wickedness and depravity of heart, that they are produced by insanity, especially if the person committing them can talk fluently and tell a plausible story, if he can converse well on general subjects, if he possesses a moderate share of intelligence and can write with tolerable correctness.

Five or ten minutes interview with such a person is often sufficient to settle the fact in many minds, of the existence or non-existence of insanity.

It is no uncommon occurrence for those connected with Asylums for the insane, to see some of the inmates maintain a good deportment and correct conversation on all general points—in fine, manifesting all the outward phenomena of a sane mind for days and even weeks sometimes in succession, and then, unless something peculiar, some uncommon circumstance is presented to the mind to awaken the disease from its repose, it would slumber on still longer.

Let a stranger visit such a person and converse with him only a few moments, or even pass through the apartment where he only can observe his appearance, his general deportment, and in nine cases out of ten, he would pronounce the inmate as sane as any man living, when perhaps that same inmate had only a few hours before in the fury of his disease broken out all the glass in the window of his room, and divested himself of all clothing and torn them into shreds, or perhaps, at the very moment the stranger was conversing with him, the delu-

sive idea was revolving in his mind that he was some great personage, rich as Cræsus, some emperor or king, or that he was some saint with a special revelation from the Almighty and under sacred and solemn obligations to execute it, or may be, he thinks himself the Supreme Being.

It is highly gratifying and a source of no small satisfaction, to see the interest which the wise and good of our State have taken in the welfare of the Hospital—the noblest charity of which the State can boast. This has been manifest from the commencement, from the foundation of the Institution. When it would seem as if all its noblest interests were about to be engulfed forever, when every thing connected with the God-like enterprise was boiling and seething in the great cauldron of popular prejudice—in the under current of mind, the great beating heart of humanity came to the rescue, and the Institution has been saved.

To wipe out and remove as far as possible the blackness, the awful scenes of that dreadful night, the fourth of December, 1850, the Legislature, with a promptness and energy which has ever characterized all her benevolent movements, appropriated during the summer session of 1851 twenty-five thousand dollars.

The disbursement of the money and the direction of the rebuilding of the Hospital was given to a talented and efficient board of Commissioners—Ex-Governor Anderson, Ex-Governor Dana, and Henry Carter, Esq., who at an early day entered upon their responsible duties.

The work more immediately under the charge of Mr. Theodore C. Allen as master builder, has steadily and faithfully progressed so far towards completion, that we are in hope soon to hear no more the din and noise of the mechanic's hammer.

The Legislature at an adjourned session last winter, finding the twenty-five thousand dollars all or nearly all expended, appropriated fifteen thousand more, which, from some misapprehension or other cause, was deemed sufficient to complete the repairs and put the Institution in full operation again. But the

sum, as I am informed, has proved inadequate by more than one half, besides retarding the work and disarranging the whole plan of the commissioners. The want of funds has not only protracted the work, and foiled for the present at least, the adoption of some valuable improvements, but it will increase considerably the final expense of the repairs.

In order to meet the many urgent and pressing demands of the community for further accommodations, before the Legislature should again assemble, the commissioners saw no other alternative but to put in order, soon as practicable, the old south wing and leave the other wing unfinished.

To do this even, some temporary work requiring a considerable outlay, had to be done to warm the building. The more safe, pleasant, healthful and economical mode of warming, which the commissioners faithfully laid before the Legislature, was obliged to be abandoned, and the old mode of warming by furnaces substituted. This we hope, will not be permitted to remain longer than through the coming winter, when the Legislature come to examine the facts and see the advantages of warming by steam over the mode now in use.

The main building, and the old south wing, so called, are finished, and we have just moved the patients into the latter. The other wing is well on the way towards completion, but the work has been suspended for the want of funds. Several important and valuable architectural improvements have been made in the re-construction of the building. For most of these we are indebted to the interesting and valuable report of my predecessor, Doctor James Bates, made to you after returning from his tour of observation at other American Asylums.

A large commodious kitchen has been fitted up in the basement of the main building, where, under the old arrangements, the space was comparatively waste room. It will prove amply large for the whole establishment, even if other additions should be made hereafter for further accommodations of patients. The room where the kitchen formerly was, has been fitted up for a *chapel*, and the attic which had always been designed for that

purpose, but never finished off, has been converted into bed rooms for those employed in the Institution.

All the stories of the wings have been raised eighteen inches higher than originally, and recesses made in each corridor to be occupied as day rooms, which makes the apartments more airy, light and spacious than formerly.

The six rooms in the west end of the new south wing, which under the old arrangement were occupied for dining halls and sitting rooms, are being fitted up for suits of rooms to accommodate a class of patients whose situation seems to demand it, and whose friends desire them to have private apartments, and are willing and able to pay the extra expense. The Institution has always been in want of such accommodations, and many patients have been carried out of the State to other Asylums who would have been brought here if such accommodations as they desired could have been procured.

The dining halls of the old south wing have been enlarged to a capacity adequate for all the patients in both classes on each floor.

Among the indispensable articles of an Institution like this, is a never failing supply of good pure water. This we have never had. The largest and best fountain to which an aqueduct was laid some ten years ago has never been reliable, not from a want of water in the spring, but undoubtedly from the undulating course the water had to run to reach the Hospital, giving the air a chance to collect in the elevated portions of the pipe and obstructing the water. Various and many are the means and devices that have been tried almost every year to obviate the difficulty, but all have proved unavailing and fruitless till this last summer, when a new and successful effort was made by our faithful steward, J. S. Turner, and the Commissioners on the repairs. The old aqueduct was uncovered from the Hospital to the fountain, a distance of one mile, and the pipe all taken up. A new survey was made by a competent engineer, and a new trench excavated on a descending grade all the way from the spring to the Hospital, following the old track as far

as practicable. The pipe was then relaid in an efficient and workmanlike manner by Mr. Pierce of Boston, and the water now runs freely into the attics of our wings, and will rise forty feet above the basement story of the building.

Particular care and attention has been paid in the re-building of the Hospital, to render it as thorough, and proof against the recurrence of another sad catastrophe by fire, as any building of the kind can be made. Aside from all the precaution had about the flues and those parts of the building where fires are to be kept, two large brick reservoirs, holding more than one hundred hogsheads each, have been constructed in front of the wings to be kept constantly filled with water. Also, hydrants have been put in each story of the wings, to which hose can be immediately attached and water conveyed into every part of the building from cisterns in the attic story. In addition, we would recommend that an engine and a suitable number of fire buckets be procured for the use of the Hospital. With such precautions, and the watch which is kept every night, we think the building will be as safe from fire as it can well be made.

In May, 1851, a very important and valuable alteration was made in the cottage building. All the rooms which had always been dark and close, were made light and airy by the insertion of a window for each room in the roof of the building, which could be opened and shut at pleasure. They are so high, that the patients when in their rooms, cannot reach them to do any damage. By this change, the whole internal aspect of the building has been renovated from dark cheerless rooms to cheerful well ventilated apartments. The effect of this change upon the inmates has been marked and salutary. It has wonderfully improved their habits, and they are much more easily managed than before the change was made.

We should do injustice to the inmates of our Institution and to our own feelings, if in concluding this report we neglected to mention the several marks of kindness we have received from various benevolent individuals. We take particular pleas-

ure in acknowledging the receipt of the same weekly journals which have so long been sent to us gratuitously, also several others that have been added to the list since our last report. They have all come regularly—viz.: The Age, Kennebec Journal, Maine Farmer, Gospel Banner, Hallowell Gazette, Journal of Education, Christian Mirror, Republican Journal, State Signal, Bangor Courier, Eastport Sentinel, Morning Star, Olive Branch, Religious Magazine, New York Tribune.

These are all eagerly sought for by the patients, as soon as they arrive, and they afford them not a little pleasure and profitable amusement in whiling away their weary hours of seclusion.

To Edward Fenno, Esq., of this city, who has often remembered us, are we indebted for a large fine Tivoli board, the Independent, and frequent packages of pamphlets and other newspapers. For all of these he has our grateful thanks.

J. Burton, Esq., our obliging post master, has also furnished us with quite a quantity of pamphlets and papers, for which we feel very grateful.

To Captain Isaac Gage, we feel under obligations, for the use of his excellent barometer and other tokens of kindness.

We are under grateful obligations to Senator Bradbury for a valuable copy of Professor Espy's Meteorological observations, and for various public documents. Also, to Hon. Mr. Goodenow and Hon. Isaac Reed, members of Congress for similar remembrances.

To the celebrated philanthropist, Miss D. L. Dix, whose exertions for the insane are indefatigable, we express our gratitude for a box of culinary seeds from the patent office at Washington. By this timely presentation, the value of our garden productions was greatly enhanced.

Our warmest thanks are due to the Trustees, for the interest they have manifested in the Institution, and for the confidence they have reposed in us in still leaving so responsible a charge on our hands.

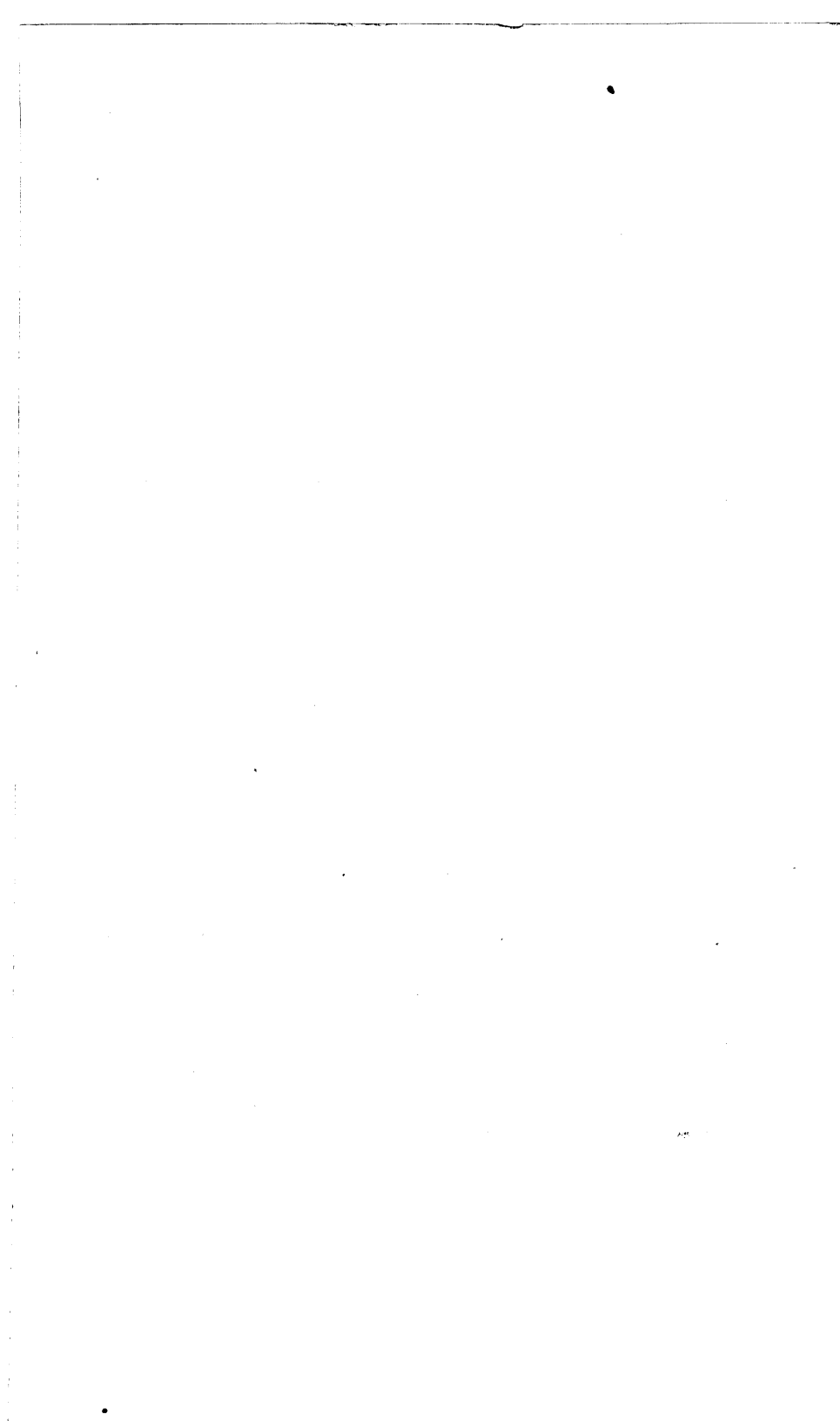
We take pleasure in bearing testimony to the faithfulness of

our attendants and others employed in the family, the cheerfulness with which they have performed their several duties, and the respect and deference they have shown us. Also to the hearty co-operation of those more immediately associated with me in this trying situation. Their stations have been filled with fidelity and their labors indefatigable.

Thankful to Almighty God for all past blessings, we invoke His continued goodness upon the Institution with all its noble interests, while we commence another year of Hospital service.

HENRY M. HARLOW.

INSANE HOSPITAL, }
November 30, 1852. }



APPENDIX.

The following are the names of persons employed at the Maine Insane Hospital :

STEPHEN HOLWAY, *Attendant.*
JAMES WOODMAN, “
GEORGE BLACK, “
ABNER ALLEN, “
JEFFERSON PARSONS, *Farmer.*
ROBERT JONES,
GEORGE CROSBY, *Watchman.*
WELCOME WILSON, *Baker.*
ELIZA JONES, *Attendant.*
LETTICE HUNTER, “
CYRENA WEEKS, “
ABBY C. HOYT, “
RUHAMA WHITCOMB, *Cook.*
ORINDA WILLIAMSON, *Assistant Cook.*
REBECCA WEEKS, *Seamstress.*
SARAH CROCKER, *Chamber Girl.*
AUGUSTA MARTIN, *Table Girl.*
MARGARET MARTIN, *Wash Girl.*
ELIZA HOLWAY, “

EXTRACT FROM THE REGULATIONS OF THE HOSPITAL.

Male patients admitted to the Institution, must come provided with at least two strong cotton shirts; coat, vest and pantaloons of strong woolen cloth; two pairs of woolen socks

or stockings—one black stock—a hat or cap—and one pair of boots or shoes.

Females must have at least the same quantity of underclothes, including shoes and stockings, decent bonnet, and two substantial dresses. In both cases the articles must be new and in good condition. The woolens must be of dark color.

The price of boarding, washing, medicines and attendance, is fixed at

No person over twenty-one years of age can be received without the certificates required by the act of second August, 1847.

FORM OF CERTIFICATE AND ORDER FOR ADMISSION.

To the Superintendent of the Maine Insane Hospital:

On complaint of ———, of ———, that ———, of ———, is insane, and is a proper subject for the Insane Hospital, we have made due inquiry into the facts, as required by law, and are of opinion that said ——— is insane, and that the comfort and safety of said ——— and others would be promoted by a residence therein: We therefore certify that said ——— is insane, and you are hereby ordered to receive and detain ——— in your care, until ——— shall become of sound mind, or be otherwise discharged by order of law. We also find that ——— was residing, commorant, or found in the town of ——— at the time of the arrest or examination.

Dated at ———, the ——— day of ———, A. D. 18—.

————,	}	<i>Selectmen of the</i>
————,		<i>town of ———,</i>
————,		<i>(Mayor and Aldermen of the</i>
		<i>city of ———,)</i>
		<i>(Justices, &c., as</i>
		<i>the case may be.)</i>

FORM OF BOND FOR SUPPORT.

KNOW ALL MEN BY THESE PRESENTS, That we — of —, in the county of —, as principal, and — of —, in the county of —, as surety, are held and bound unto — —, Steward of the Insane Hospital, at Augusta, or to his successor in said office, in the sum of two hundred dollars, to the payment of which sum, well and truly to be made to him the said — —, or to his executors and administrators, firmly by these presents.

Sealed with our seals, and dated at —, this — day of —, A. D. 185—.

The condition of this obligation is such, That whereas — of —, in the county of —, is about to be admitted as a boarder and patient in the Institution aforesaid :

Now if the said — — shall pay to said — —, or to his successor in office, — per week for board, washing, medicine and attendance, and pay for such necessary articles of clothing as shall be furnished to the said — — by the said — —, or his successor, and remove the said — —; and for reasonable charges that may be incurred in case of the elopement of said — —; payments to be made semi-annually, and at the time of removal, with interest on the amount after it becomes due as aforesaid: then this obligation to be null and void, otherwise to remain in full force and virtue.

[L. S.]

Witness.

[L. S.]

QUESTIONS

To to be answered in writing by the patient's family or physician.

- ~~~~~
1. Age ?
 2. Married or single ?
 3. Occupation ?
 4. How old at first attack ?
 5. Date of present attack ? What appearances ?
 6. What changes since ?
 7. On what subjects ?
 8. Any rational intervals ?
 9. Any relations ever insane, and who were they ?
 10. Ever attempted suicide or homicide, and in what manner ?
 11. Destructive to clothes or property ?
 12. Disposed to filthiness of person or habits ?
 13. Any restraint or confinement been applied ? If any, what ?
 14. If former attacks, how many, and how long did they continue ?
 15. What natural peculiarities ? power of self-control ? temper ? disposition ? predominant passion ? disappointments as to property, affections, wounded pride, loss of friends, family troubles ; intemperance in use of ardent spirits, tobacco, &c. ?
 16. History of any bodily disease, especially suppressions of evacuations, eruptions, sores, &c. Injuries, Epilepsy, Palsy, &c.
 17. What cause or causes are supposed to have induced the attack ?
 18. What curative means have been tried ? state if blood-letting has been resorted to ; if so, to what extent ?