

MAINE STATE LEGISLATURE

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DOCUMENTS

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THE LEGISLATURE

OF THE

STATE OF MAINE,

DURING THE

EXTRA SESSION OF 1853, AND SESSION OF 1854.



Augusta:

WILLIAM T. JOHNSON, PRINTER TO THE STATE.

1854.

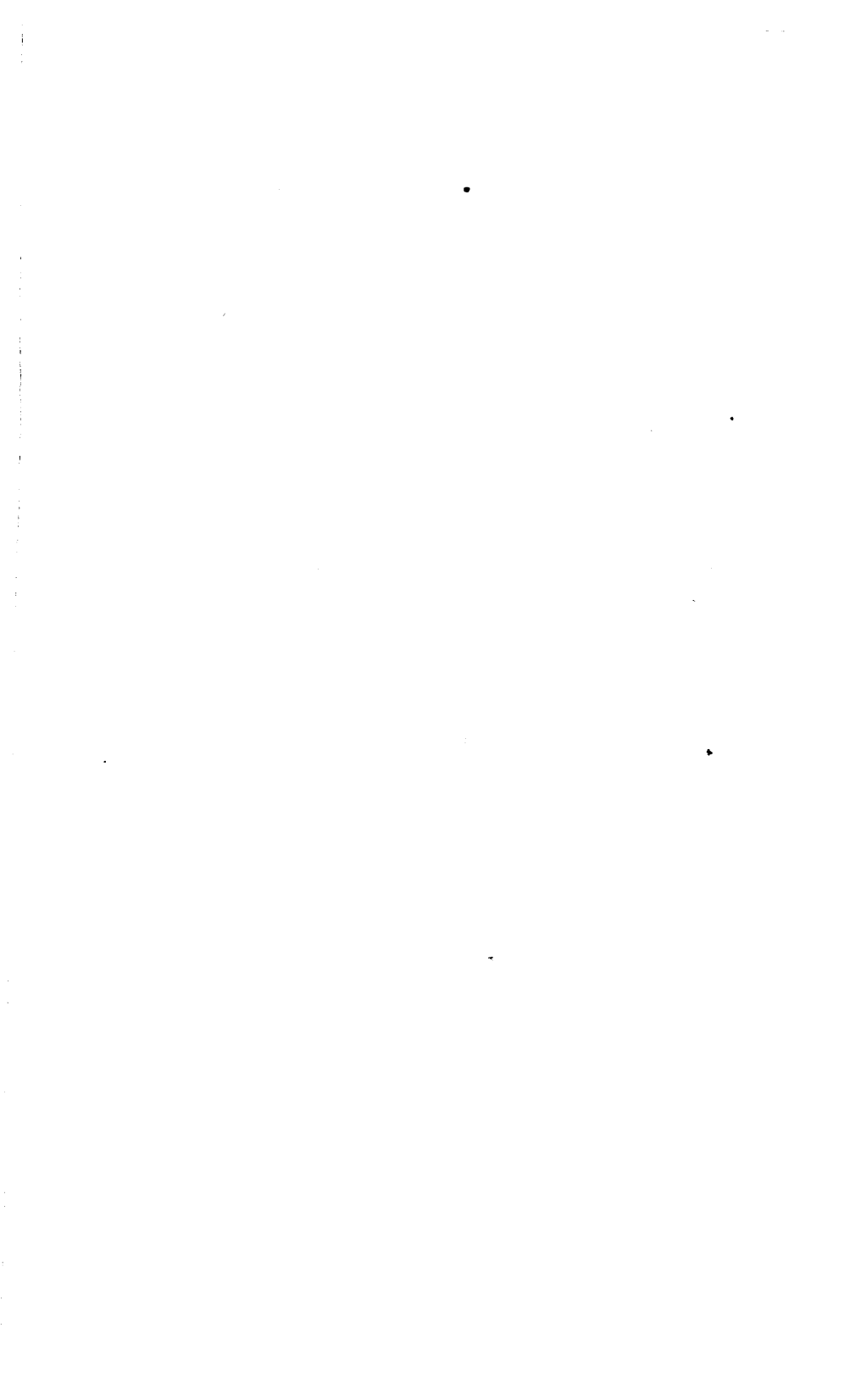
REPORTS
OF THE
TRUSTEES, STEWARD,
AND
SUPERINTENDENT
OF THE
INSANE HOSPITAL.

1853.

Published agreeably to Resolve of March 22, 1836.

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OFFICERS OF THE INSTITUTION.

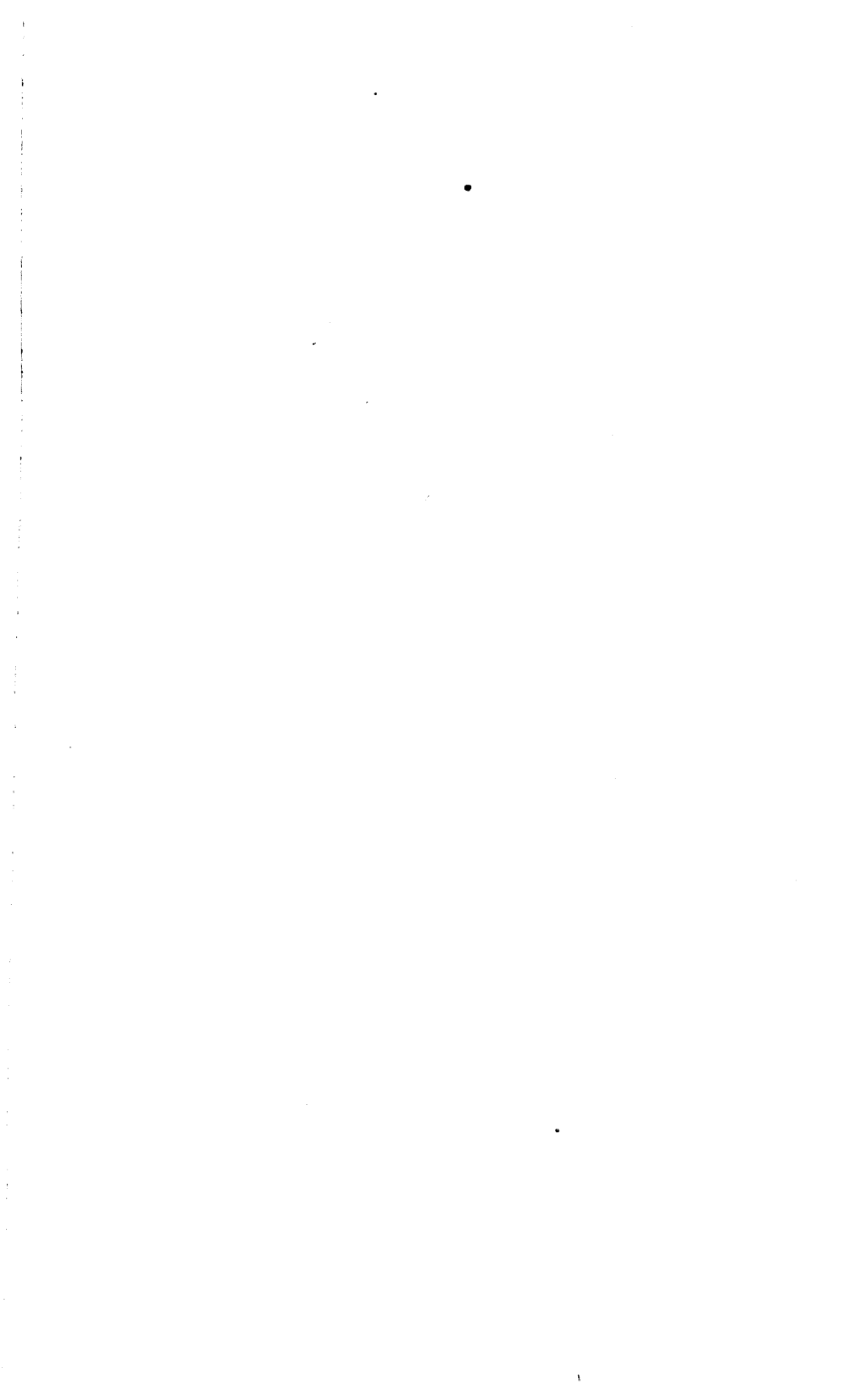
BOARD OF TRUSTEES.

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WILLIAM OAKES, SANGERVILLE ;
GEORGE DOWNES, CALAIS ;
RICHARD WOODHULL, THOMASTON.

HENRY M. HARLOW, SUPERINTENDENT.

THEODORE C. ALLAN, STEWARD AND TREASURER.

MARIA JOHNSON, MATRON.



TRUSTEES' REPORT.

R E P O R T .



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

IN conformity with the provisions of law, the Trustees of the Maine Insane Hospital present their annual report.

Since their last report, the repairs of the Hospital, which was nearly destroyed by fire three years since, have been completed. The building is much more commodious in its present state than it was before the fire; and all the necessary operations can be carried on more conveniently and economically. Most of the improvements were suggested by the late Superintendent, DR. JAMES BATES, who, at the request of the Trustees, was appointed by the Governor and Council to visit the principal asylums in the northern States, and ascertain what alterations could be made in the buildings to adapt them better to the purposes for which they were designed. The Commissioners, appointed by the Legislature to rebuild the Hospital, adopted most of the alterations suggested by Dr. Bates in his able report. The labors of that commission closed with the last year; since which time, the repairs have been continued under the direction of the Trustees.

The building is now well ventilated and warmed. The arrangements for these purposes have proved satisfactory. Steam being substituted for heating, instead of hot air, the Hospital is considered more secure against the former calamity of fire. In making the arrangements for heating and ventilating, the Trustees are greatly indebted to the advice of Dr. LUTHER S. BALL, of the McLean Asylum, who had paid great attention

to the subject, and who very cheerfully bestowed much time in communicating the knowledge, which he had acquired upon the subject. The warm air is now admitted near the ceilings of the galleries, and thus an uniform temperature is diffused throughout; and the patients are no longer able to crowd round a current of highly heated air, to the injury of their health, as was formerly the case. Pure air is now circulated through the galleries, and the foul air withdrawn, without the necessity of open windows.

The Commissioners, in order to make portions of the building (imperiously called for) fit for immediate occupation, were obliged to expend about \$9,000 beyond the appropriations entrusted to them. To cover this deficiency, and to complete the repairs, the Legislature at its last session made an additional grant to the Hospital of \$24,000. This sum has been adequate for the purpose. The repairs are completed, the debts paid, and there remains unexpended about \$1,300.

The north wing, though it escaped the ravages of fire, yet was much injured, when the rest of the building was destroyed. It was otherwise much out of repair, and as soon as the south wing was in a state to receive patients, the north wing was vacated and has undergone a thorough renovation, with some alterations, which make it more convenient than in its original state. This wing is now wholly occupied by female patients. The Trustees have approved of the regulation of the Superintendent, that under no circumstances, galleries in the same wing should be occupied by patients of different sexes. The galleries in the same wing do not communicate with each other; but it is very important, that the public should have every possible assurance, that patients should not know, except by report, that there were patients of the other sex in the Hospital. In consequence, the cottage, which was never fit for patients, is from necessity used for those female patients, for whom there is not room in the north wing. From the inconvenience of the cottage, there is a greater expense in attendance, and also in warming. The Trustees would, therefore, recommend an im-

mediate appropriation for a new north wing to correspond with the new south wing. It will require two years to complete it, before which time, the need of it will doubtless be still greater than at present. There are now 62 male patients in the Hospital, with accommodations for as many more; but as the public are beginning to understand the benefit of Insane Hospitals, it cannot be more than a very few years (even if the new north wing should be built,) before the Hospital would be full, and no more patients could be received. Massachusetts, with a population of about 70 per cent. more than Maine, has four large public Hospitals for these unfortunate persons, besides several private asylums.

When the Hospital was burnt, it was impossible to give the remaining patients in the shattered walls the attendance which is deemed necessary, or to classify them according to their degrees of insanity. It was, therefore, deemed expedient to reduce the price of board in proportion to the diminution of advantage, and to make the price uniform for all patients. The Trustees fixed the price at two dollars per week till the repairs should be completed, and the patients have all the needed attendance. There was also a balance due the Hospital for the support of patients, upon which they could fall back should the price of two dollars prove inadequate. The receipts for the last two years have not met the expenditure; and the prices of provisions, fuel and labor, forming about the whole expenditure of the Hospital, have also greatly risen; notwithstanding which, the Trustees have concluded to postpone raising the price of board for the present, with the hope that as the expense of keeping patients is less per head as the number increases, that it will only be a short time before the receipts will cover the expenditure.

There is one important want in the Hospital, which has never been adequately met—an abundance of pure water. A powerful fountain was purchased many years since, and an aqueduct laid to it. The spring was abundant; but only a portion of the water would flow through the aqueduct to the Hospital. The

commissioners appointed by the Legislature to make the repairs, supposed the difficulty to arise from the undulating nature of the grounds, so that the air disengaged from the water would accumulate in the upper portions of the pipe and prevent the free passage of the water. To remedy this difficulty, they had the ground carefully surveyed by a competent engineer, and a pipe laid with a continuous descent from the fountain to the Hospital, having purchased the right to lay it through neighboring grounds for the purpose. The quantity of water at the Hospital has been increased, but at certain seasons it is still inadequate, though the fountain continues to overflow. The Trustees believe the difficulty to arise from the ground for forty or fifty rods from the spring being nearly level, so that there is no head to overcome the friction. Before incurring more expense they wished the plan of the commissioners to be thoroughly tested; but they know the water can be brought to the Hospital from a fountain higher than the roof of the building. The object must be effected, and the Trustees will endeavor to do it at the least possible expense. Two reservoirs filled by rain from the roof of the building, each capable of holding a hundred hogsheads, are placed in front of the Hospital, to be used in case of fire.

There is another subject, which concerns the public at large, more than the Officers and Trustees of the Hospital, to which your attention is earnestly requested. They refer to the removal of patients, who continue of unsound mind. Formerly patients could only be removed with the consent of the Superintendent, with an appeal from him to the Trustees. By the act of August, 1847, an appeal was given to two justices of the peace and quorum, whose decision was final. By the act of August, 1849, this appeal was taken away, and the Selectmen of towns and the Mayor and Aldermen of cities, might enquire into the reasons of detention, and if they thought proper, remove the patient. Practically, no enquiry is made, but the Selectmen of some of the smaller towns, remove the patients without any regard to their cure or well being, whenever they

can get them supported cheaper than at the Hospital. A mournful illustration of this has recently occurred. Michael Ward, of Whitefield, in a fit of insanity, struck his brother with an axe, and deprived him for life of the use of one of his arms. He was thereupon sent to the Hospital. Soon after the passing of the act of August, 1849, the Selectmen of Whitefield took Ward from the Hospital, though warned by the Superintendent of his dangerous character, and that insane persons with a homicidal tendency could never be trusted, as they had been known to commit murders after long periods of apparent sanity and quietness. Upon the principle of economy, Ward was set up at auction by the Selectmen of Whitefield, to be kept by the lowest bidder. Michael Skane, a friend and countryman, fearing that he would not be properly taken care of by the person, to whom he was knocked off, after consulting his wife, was led by a feeling of compassion for a fellow-countryman, to take him at the low price at which he was bid off. His humanity cost him his life. Ward, in a fit of frenzy, killed his friend, who had been taking care of him, and then absconded. He has been very recently captured, and is now in Wiscasset jail, awaiting to take his trial at the supreme court. The Trustees would therefore most earnestly urge the repeal of the law of August 14, 1849.

The Trustees regret that there are no regular religious services at the Hospital. At one time the clergy of Augusta agreed to take turns in holding a Sunday evening service at the Hospital; but voluntary engagements of this kind are seldom long continued; the services became irregular and were then discontinued. Religious services are found to have a very tranquilizing effect upon the minds of insane persons; and thus tend to a healthy restoration of their mental powers. The neighboring clergy would, doubtless, for a small compensation, engage each to hold for a month at a time a Sunday evening service, and an engagement of this kind would doubtless be fulfilled.

The Steward and Treasurer, Mr. Turner, was obliged, from

ill health, to relinquish, on the 1st day of October, the office which he has held and conducted with great fidelity and ability for the last twelve years. The Trustees hope that he will be able to resume it in the spring. In the mean time they have appointed Mr. Theodore C. Allan as his successor. Mr. A. has been employed for the last three years about the building in conducting the repairs, and has thus become somewhat acquainted with the duties of his new office. So far he has given perfect satisfaction to the Trustees.

In conclusion, the Trustees would state, that the Hospital has been regularly visited once a month by a committee of this body; that no previous notice is given to the officers of the time when the visit will take place; but they have invariably found every part of the establishment neat, clean and in good order, which, considering the character and habits of many of the patients, is a proof of great exertion and fidelity on the part of the officers. The Trustees have generally examined the food of the patients, and have invariably found it good and nutritious and in every respect the same as is furnished to the officers. The Treasurer's accounts have been always examined once a quarter and have been invariably found correct and well kept. There are some accounts due the Hospital of long standing which cannot probably be collected. The Trustees think that these accounts should be balanced as they now only encumber the books and give a false view of the affairs of the Institution.

R. H. GARDINER,
REUEL WILLIAMS,
GILMAN L. BENNETT,
WILLIAM OAKES,
GEORGE DOWNES,
RICHARD WOODHULL.

INSANE HOSPITAL, Augusta, Dec. 13, 1853.

STEWARDS' REPORT.

REPORTS.

To the Trustees of the Maine Insane Hospital :

GENTLEMEN:—Notwithstanding my connection as Steward and Treasurer of the Maine Insane Hospital ceased on the 30th of September last, I have, at your request, prepared a brief statement of the receipts and disbursements from December 1, 1852, to that time, embracing a period of ten months, which is herewith submitted. They are as follows, viz. :

The disbursements were—

For provisions and groceries, . . .	\$3,890	78	
For labor,	1,943	18	
For clothing,	262	00	
For fuel and lights,	1,327	57	
For books and stationery,	75	90	
For moving and painting fence, shing- ling stable, &c.,	196	16	
For miscellaneous items,	916	16	
Cash in Treasury and paid to T. C. Allan, as per receipt,	79	66	
			\$8,691 41

The receipts were—

For board of patients and all other sources,	8,542	27	
Cash in Treasury, Nov. 30, 1852,	149	14	
			\$8,691 41

The balance of unexpended money in my hands appropriated by the Legislature for specific purposes, is the same as last year, viz. : \$61.37.

J. S. TURNER.

November 30, 1853.

To the Trustees of the Maine Insane Hospital :

GENTLEMEN :—My duties as Steward and Treasurer of the Insane Hospital commenced October 1, 1853, and the following is an account of the receipts and disbursements for the two months of the year ending November 30, 1853, and not included in my predecessor's report.

The receipts have been as follows, viz. :

For collections on accounts,	\$976 18	
For horse sold,	201 00	
For cash of J. S. Turner, to balance his account,	79 66	
	<hr/>	\$1,256 84

The disbursements are as follows, viz. :

For provisions and groceries,	\$416 36	
For labor,	176 02	
For clothing,	12 57	
For books and stationery,	5 00	
For miscellanies,	311 50	
	<hr/>	\$921 45
Cash in Treasury,		\$335 39
Amount due the Hospital including some doubtful debts,		\$9,424 36
		<hr/>
Resources of the Hospital,		\$9,759 75
Liabilities contracted during the year,		\$4,254 42
		<hr/>
		<u>\$5,505 33</u>

By comparison with the report of the Steward and Treasurer of last year, it will appear as though the Hospital had, at the uniform price for board of two dollars per week, more than met its expenses. But such is not the fact, if I am correctly informed in respect to the amount of provisions on hand at the close of the last year.

THEODORE C. ALLAN,

Steward and Treasurer.

Augusta, Nov. 30, 1853.

SUPERINTENDENT'S REPORT.

REPORT.

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

GENTLEMEN :—The quick lapse of time has brought us to the close of another year of Hospital service, when it becomes our duty to report to you “the condition and prospects” of the Maine Insane Hospital.

Through the changing and ever varying scenes of the past year the smiles of a benignant Providence have attended our path, to cheer and urge us on in the noble yet melancholy enterprise of administering to the wants of the most afflicted portion of our fellow creatures.

As we glance back over the field of our labor, we find much to comfort and encourage us in future efforts to alleviate and remove from man this worst of human ills ; and we find also not a little to give us thoughts and reflections of pain and sadness.

To see those brought to the Asylum writhing under the withering blasts of insanity, some in the wildest ravings of the disease and others wrapt in deep despair and melancholy dark as the gloom of night, with not a single ray of hope on the once fair and bright escutcheon—begin to rise from the awful abyss—to see gleam after gleam lighting up the dark mental vision, and the poor unfortunate one go forth “clothed and in his right mind”—brings joy and delight to every throbbing breast. But on the other hand, how sad and melancholy to see others, the young often, the fair, bright and once promising—the father, mother, brother, sister, the wife or the husband, engulfed in

the vast whirlpool of mental disorder, and no human probability of their ever emerging "while the lamp of life holds out to burn," or till the grim messenger, death, comes to collect of them nature's last debt.

Our labor in this field of action the past year has been performed with a degree of comfort and alacrity not heretofore experienced since the gloomy event of the destruction of the Institution by fire, and the result of our efforts through the blessing of God has been as propitious as that of any year in the history of the Institution, and will compare well with any similar Asylum in this or any other country. The inmates have been equally exempt from sickness and accident as in other years prior to the one now under review; no suicide or epidemic has been permitted to mar our fair history. Our bill of mortality, however, has been somewhat increased from the fact of having an unprecedented number of paralytic cases which terminated fatally, as they always do sooner or later after the disease makes its appearance.

There were in the Hospital on the 30th November, 1852, eighty-four patients—fifty males and thirty-four females. One hundred twenty-four have been received during the year—sixty-five males and fifty-nine females; making a total of two hundred and eight patients under treatment. Of these, eighty-nine have been discharged—fifty-four males and thirty-five females; forty-five of which were *recovered*—twenty-eight males and seventeen females; fourteen were *improved*—eight males and six females; fifteen were unimproved—seven males and eight females; and eleven males and four females have died. Consequently there now remain in the Institution one hundred nineteen patients—sixty-one males and fifty-eight females; thirty-five more than there were at the commencement of the year.

Of the deaths which have occurred, four were caused by *apoplexy*, three by *consumption*, one by *pneumonia*, one by *laryngitis*, and six by *general paralysis*.

The civil condition of those who have been admitted is as

follows: thirty-one men and thirty-six women are married; thirty-three men and fifteen women are single or unmarried; one man is a widower and eight women are widows.

Their extreme ages are 15 and 80—thirty-five of them are less than 30; sixty-two are over 30 and less than 50—twenty-three are over 50 and less than 70—four are over 70.

No age is exempt from the withering shafts of insanity. All along the path of life from youth to hoary age it seizes its victims and plunges them often even below the brute creation.

Though to our short-sighted narrow vision, all seems an impenetrable mystery, yet there is a divine unerring Hand which guides and overrules it all for some wise and good purpose. Were such not the fact—did we not believe that “He who knoweth what is in man” sees the necessity of “emptying us from vessel to vessel, we should think it far better that the thread of life be snapped asunder than twisted thus in madness.”

Since the Hospital was first opened for the reception of patients in 1840, ten hundred thirty-three unfortunate insane persons have enjoyed its benefits. Four hundred four of these have recovered, one hundred ninety improved, two hundred thirty-four unimproved. One hundred eighteen, including those lost at the time the Hospital was burnt, died, and eighty-seven now remain in the Institution.

We find that of the ten hundred thirty-three, one hundred ninety-four had a return of the disease and have been admitted the *second* time. Of these seventy-nine recovered, forty-three improved, thirty-three unimproved, eighteen died, and twenty-one now remain.

Fifty have been admitted the *third* time; twenty-six of these recovered; two improved, seven unimproved, two died and thirteen remain.

Seventeen have been admitted the *fourth* time; ten of these recovered, one improved, three unimproved, two died, and one remains.

Eleven have been admitted the *fifth* time; eight of these recovered, two improved, and one remains.

Five have been admitted the *sixth* time ; of these, four recovered and one improved. Five have been admitted the *seventh* time ; of these, two recovered, two improved, and one remains. Two have been admitted the *eighth* time ; one of them recovered and the other died. One has been admitted the *ninth* time and was discharged unimproved.

Of those forms of insanity which every one dreads and fears, (especially if they have the care of them)—the homicidal and suicidal—there have been in the Hospital since it was first opened, seventy-one of the former and one hundred twenty-nine of the latter. No accident has ever occurred from either of the homicidal cases, and only two suicides have ever been committed in the Institution—none since the winter of 1845, a period of nearly nine years. In that time there have been treated one hundred cases of both sexes, in whom there existed a propensity to commit suicide. Of these, forty-five recovered and twenty-three improved, showing that insanity of a suicidal form is nearly as likely to recover as any other. But cases of homicidal insanity do not, as a general thing, recover so as to render it safe for them ever to mingle in society again, especially if they have ever committed or attempted to commit the dreadful act ; and as we have said in a former report, they should always be kept within the jurisdiction of some well regulated institution for the insane.

No longer ago than last September, a homicide was committed within a few miles of where I am writing, by a man who was an inmate of this Hospital, a little more than three years ago. He was removed from the Hospital after a residence of a few months therein, by the selectmen of the town in which he resided, against the advice and in the face of a fair warning of the Trustees and Superintendent, to beware of the consequences of such a step, as the patient had attempted to take the life of his own brother with an axe before coming here—the same weapon with which he dispatched his friend and a worthy citizen.

The treatment of our patients both medical and moral has

not differed essentially from that of previous years. While we have given such medicine as each particular case seemed to indicate, to repair such physical lesion as might exist, we have in conjunction brought all the moral means and appliances usually found in an Institution for the Insane, to bear upon their various and multiplied mental aberrations, to direct the mind into new channels, or call back the wandering distracted thoughts to their once cheerful and happy state. To those of the male patients who have felt able and disposed, much benefit has arisen from physical exercise in the open air, either working on the farm, in the garden, or walking "over hill and dale," along the open fields skirted with forests dressed in their richest garb, through wooded dells, haunts of the merry songsters who fill the air with angelic praise, or basking under some old elm with its broad, spreading branches hanging pendant to the ground, or along the banks of our noble river on whose bosom floats many an ocean bound craft, and by whose side thunders the mighty heaving, smoking, iron steed—Fulton's earthly immortality.

For the female patients various in-door employment and amusements have served "to chase the *tedium vite*." They also have exercised in the open air, either riding or walking, and some have passed happy hours in collecting and arranging flowers from the fields and garden to adorn their apartments.

Religious exercises are held in our pleasant *chapel* every evening, where all the members of our household meet who feel inclined and are in a suitable condition. A salutary and healthful influence is thus produced upon the "mind diseased" which could not be derived from any other source. The precious golden promises of God's holy word sooth and calm the perturbed mind and cheer the sad and melancholy. We have long been of the opinion, and still believe, that a discreet, judicious chaplain, could be usefully and profitably employed in our Asylum. Institutions for the insane in other States are generally supplied with such an officer, and speak in high praise and commendation

of the benefits derived from their services in the moral treatment of the insane.

Up to the time the Hospital was burnt we were in the habit of inviting the clergymen of the different denominations in Augusta and Hallowell to officiate for us in turn on Sabbath evening; and although they always cheerfully accepted the invitation, we did not feel at liberty to ask them to continue their gratuitous labor longer, remembering that they had supplied us with their labor of love for a period of ten years, therefore we have withheld our invitations since that time, and substituted the reading of some practical sermon to the inmates on the occasion.

At the date of our last report, the first south wing, or the old south wing as we have usually termed it, was finished, and we had just commenced occupying it. This gave us the additional wards which enabled us to make seven classes of patients instead of four, which was the case for two years after the fire.

In a little more than three months subsequent to the time we commenced occupying this wing, every room in the Institution that was finished, was filled, so that it became necessary to request, through the public journals, those who wished to place insane persons in the Hospital, to make application before bringing them to learn if vacancies existed. By this course, applicants were delayed a little in coming, and we could either make room for them, or inform them on what day they could be received, so that we have been able to accommodate all who have wished to come.

The Legislature, at its last session, with its wonted liberality, appropriated the necessary amount of money to carry forward the work of repairing which had been suspended for the want of funds, and to warm the building in the most improved and desirable mode. The repairs of the second, or new south wing, as it has been termed, were all completed in July last, and we commenced occupying it on the first of August.

It was found on examination that the north wing had become

very much worn and dilapidated, and needed repairing immediately, and this time seemed under all the circumstances the most favorable we should have, when the wards could be vacated with the least trouble and inconvenience. The patients were accordingly moved into the two south wings, and the work of repairing was commenced immediately and carried forward as fast as practicable till it was finished, which was in October, and it is now filled with female patients. Some important and desirable alterations have been made in the internal arrangements of this wing, which add much to the comfort and convenience of those who occupy it; one of the most valuable of these is the formation of a recess in the corridor of the upper ward by removing two dormitories. This gives a pleasant sitting room; admits an abundance of light, and removes that long, dark, monotonous appearance which used to strike one so repulsively on entering the ward. The walls have all been mended where the plastering was off, and handsomely painted. The old water closets were all torn out and new ones of an improved pattern put in; also the old bath tubs were removed and new cast iron ones substituted. It is very gratifying to be able to say at this time that all visible marks of the sad catastrophe with which the Institution was visited three years ago are now entirely obliterated, and that so far as comfort and convenience are viewed, the Hospital was never in so good a condition as it is at the present time; and its prospects for doing good, for alleviating and benefiting our fellow sufferers, were never brighter.

The question in relation to the mode of warming the building has been faithfully considered and thoroughly investigated. After corresponding with Doctor Kirkbride, Superintendent of the Pennsylvania Hospital for the Insane at Philadelphia, who has had considerable experience in warming buildings with *steam*, not only in the Institution under his direction, but has been concerned in putting up warming apparatus for other public buildings; and after visiting the McLean Asylum at Somerville, Mass., and consulting Doctor Bell, its gentlemanly and worthy

Superintendent, who also thoroughly understands the subject of warming and ventilating buildings, and has had several years' experience in warming the Institution under his care with *hot water*, it was decided by the Trustees to adopt the latter for warming the Maine Insane Hospital as the safest and most economical of all the modes of heating buildings. Our thanks are due Doctor Bell for his great kindness in giving us all needed instruction and advice on this all important subject, also to Doctor Kirkbride for his kind reply to our letter of inquiry.

The whole apparatus for warming the entire building, except the main house, consists of four flue boilers, each ten feet in length, and thirty inches in diameter, and two thousand seven hundred forty-seven feet of five inch cast iron pipe, one-half inch thick, all cast with flange joints and put together with bolts and nuts and india rubber packings. This is put up in the basement story of the wings, in four different sections, viz: One for the north wing, one for the first south, and two for the second south wing. The hot air chamber of the north wing in which the boiler and pipes are placed is eighty feet long, thirteen feet wide and seven feet high. This air chamber is partitioned off into three apartments; one for each ward or gallery. The boiler is set across the chamber at the north end and the pipes communicate with and start from the top of the boiler at three different points, one for each apartment of the air chamber, and continue a few feet when a T is formed and two strings of pipe are attached and carried to the end of the chamber opposite the boiler, where a turn is made, and they continue back to the bottom or lower part of the boiler, to which they are attached, and into which they open.

The pipes in each division of the hot air chamber receive in their course about four feet fall. Pure fresh air is received into the chamber from out-doors through brick towers built over flues running under ground to each apartment of the chamber and regulated by dampers. There are two of these cold air flues opening into each apartment, each twelve by six-

teen inches. To conduct the hot air into the wards, there are three flues, each twelve inches square, opening into each hall through registers at the top of the room. The boiler and all the pipes are now filled with water till it rises in an expansion box connected with the boiler by means of a pipe and placed over it outside of the air chamber for convenience of examination.

To warm the galleries we have only to build a fire under the boiler, and soon as the water becomes heated, it rises in the pipes and the colder water rushes into the bottom of the boiler to take the place of that which has just left; thus a continued circulation is established through the whole round of pipes. When the water has reached the point of ebullition or 212° , the highest degree of heat that can be obtained by this mode of warming, the hot air rushes up the flues into the wards, diffusing a mild, genial, summer-like atmosphere throughout all the apartments. There is a softness, a mellowness in the atmosphere warmed with pipes filled with *hot water* that is not obtained from any other mode of warming, owing to the fact that the heat is radiated at a less degree of temperature than any other mode of heating buildings now in use.

The sections for warming the two south wings are essentially the same as that above described.

The proportion of radiating surface to the amount of space to be warmed is a little more than one to seventy-five, or in other words, it was calculated that one superficial foot of radiating surface would amply warm seventy-five cubic feet of space.

This allows a full, free and abundant ventilation, and gives us an atmosphere between 65 and 70° in the galleries. At the top of the air chamber the degree of heat stands at about 104° as indicated by the thermometer; and at the registers where the hot air enters the wards it stands at 95° .

The most of our wards have three ventilating flues in addition to the old means of ventilating, each opening out of the corridor near the floor and connected with the smoke flue in the attic story.

Judging from the short experience we have had with this mode of warming, it will require much less fuel to warm the building than any other mode we have tried—and we have tried furnaces and steam. We find that, with the thermometer ranging from 8 to 25°, ten feet of hard wood will sufficiently warm all the galleries, nine in number, for twenty-four hours.

Considerable has been done the past season outside of the buildings in making yards, building fences, &c. The avenue leading to the Hospital has been changed—carried farther north, and farther from the building than it formerly was. This gives a much pleasanter and more favorable impression to those approaching the Hospital, and prevents the idle and curious from talking with the inmates through the windows, which always proves more or less exciting to them.

At the time we made our last report, the aqueduct leading from the Tobey fountain to the Hospital, had all been taken up, and relaid in a manner that was thought by competent judges would obviate all the difficulties under which the Institution had labored so long, in being supplied with a plenty of good pure water. The water was then discharging itself freely into cisterns in the attic story of the wings, and promised to afford an ample supply for the whole establishment.

But a year's experience has proved that an adequate supply of water cannot be received from this fountain at all seasons of the year, as the aqueduct is now constructed. The caliber of the pipe, which is $1\frac{1}{4}$ inches, we deem is not of sufficient size to permit the water to pass freely, without being obstructed by the accumulation of air in the pipe. This accumulation of air we find to be more in the summer, during warm weather, than during the cold season, when the atmosphere is more dense. We have come to this conclusion from observing that the stream of water diminishes in warm weather and increases as the weather grows cooler, with the same amount of water in the fountain at all seasons. All the water we have been able to get from this fountain as yet, has never lowered the fountain in any perceptible degree. We always find the water in the res-

ervoir standing at the same point, which is some four feet above the strainer of the outlet. During the months of June and July, the discharge of water into our cisterns diminished more than two-thirds its usual size; indeed, it nearly stopped at one time, and we were obliged to put on the force pump to clear the pipe of air and increase the velocity of water, which it did to a considerable degree for a time. We now see no way by which the Hospital can be abundantly supplied with good water without a new aqueduct laid down to the spring, of a caliber sufficient to permit the water to run unobstructed by the accumulation of air in the pipe. We think instead of an inch and a quarter pipe it should be at least three inches in size and made of iron instead of lead. The first cost would be considerable, but every one knows that water in an institution like this is indispensable, and the quantity ought not to be limited.

The use of *gas* for lights has been and is being introduced into many of our institutions for the insane. It is a desideratum of considerable importance, not only in point of economy but in respect to the sanative effect it tends to produce upon the inmates. A hall brilliantly lighted, in which a class of insane persons are secluded, can but add to the means for dispelling the gloom and darkness from their clouded minds. Every thing that can be introduced which will enhance their comfort and cheer their sad course, ought not to be lost sight of. It is hoped that the Legislature will take the subject into favorable consideration, and grant a sum of money sufficient to put up the necessary fixtures for using this desirable mode of lighting the Hospital. I cannot leave the subject without quoting some excellent and appropriate remarks from the last annual report of Doctor Kirkbride, of the Pennsylvania Hospital for the insane, on the mode of lighting Hospitals.

“The convenience, cleanliness, safety and economy of using gas for lighting a Hospital for the insane, are so striking, that no institution should hesitate to introduce it. So important do all connected with this Hospital now regard it, that if by any occurrence it was deprived of its advantages it could

hardly fail to be again introduced, even if the funds had to be raised by private contributions. It has been very convenient to us to have the excellent gas made by the Philadelphia Works brought to us; but those less fortunately situated need not hesitate on this account, for it has been satisfactorily proved that gas can be made on the Hospital premises about as cheaply as it can ordinarily be bought, and without difficulty, risk, or trouble of any kind.

“Although the reasons already given may be deemed sufficient for insisting that no Hospital for the insane should be without gas, there is another still more important, and which may with great propriety be urged in favor of its introduction, and that is, that it may be made an important *remedy*. The effect of cheerful, well-lighted halls and parlors, is most striking upon every class of patients, as will readily be acknowledged by all who have watched their appearance, or heard their remarks, where an improved mode of lighting has been introduced. There can be scarce anything more dreary about such establishments at night, than the appearance of their long halls so dimly lighted as barely to prevent persons running against each other, or parlors in which no one can read but in immediate proximity to the feeble lamp. When it is remembered, too, that the period during which this state of things exists, is often for at least six hours out of the sixteen that patients are out of bed, it may readily be understood how important it is to change all this gloom into cheerfulness, and substitute a bountiful supply of gas-light for the obscurity commonly connected with ordinary lamps.”

The time has arrived when the wants of the Hospital require the erection of a new wing on the north for further accommodation of female patients—a wing which was contemplated in the original plan of the building. Our present accommodations for females are limited to sixty-four rooms, including twelve at the cottage; (the latter, we shall rejoice when the day comes to abandon, as they are not what they ought to be,) and we now have fifty-eight female patients.

Should there be an increase of this class of patients, as there may be, judging from the past, we shall be obliged to refuse applications for want of room to accommodate them.

It appears desirable that an early appropriation should be made by the Legislature, for the erection of this wing, that the work may be commenced as early next spring as practicable.

The accommodations for males is now ample; the completion of the south wing gives us room for one hundred and twenty-five male patients—sixty-four more than our present number.

In passing to the close of this annual statement, we would not forget those who have kindly thought of us during the past year, and variously expressed their kindness in sending the patients reading matter and means of amusement. Especially are we indebted to those men of the press who have not grown weary in well doing, but have continued to supply us regularly with their printed sheets—"without money and without price." We are fully aware that if all their patrons were like the Hospital, the poor "*devil*" would soon have "neither purse nor scrip." But could he see how many sad hearts were cheered and made glad within these walls by his weekly arrival—how many lonely, secluded hours, were beguiled and made happy—how they seem "to chase the *tedium vitae*" of the unfortunate bereft of all that life counts dear, he would feel that "it is more blessed to give than to receive."

The following are the names of the papers which have been sent to the Hospital gratuitously, for the benefit of the patients, the year past, viz :—The Age, Kennebec Journal, Maine Farmer, Gospel Banner, Hallowell Gazette, Journal of Education, Christian Mirror, Saco Democrat, Republican Journal, State Signal, Bangor Courier, Eastport Sentinel, Morning Star, (by Rev. Ebenezer Knowlton) Olive Branch, Religious Magazine, New York Tribune, The Independent, (by Edward Fenno, Esq.) Besides these, George G. Minot, of Portland, has sent us frequent numbers of the Daily Advertiser, Daily Argus, Transcript, and N. Y. Herald. Edward Fenno, and Joseph Burton,

of this city, have sent us large packages of newspapers, pamphlets, and magazines; and R. H. Gardiner, of Gardiner, brought us a large bundle of Littell's Living Age.

From Hon. J. W. Bradbury, of this city, and Hon. Isaac Reed, of Waldoboro', we have received several volumes of public documents. To all the above gentlemen we feel grateful for their good will and kind remembrance of us.

From the Kennebec Bible Society, we have received a donation of two dozen bibles.

We are under obligations to Capt. Isaac Gage, of this city, for the use of his excellent Barometer another year.

We are under grateful acknowledgments to the Board of Trustees, whose committees have made us their regular monthly visits, for their continued confidence in us, and for the counsel and kindness we have always received at their hands.

We regret to say that J. S. Turner, Esq., our well known and popular Steward and Treasurer, who has performed faithfully the onerous duties of his trust with indefatigable zeal, for more than eleven years, has been obliged to resign his office on account of ill health, and Mr. Theodore C. Allan, who has had the immediate supervision and direction of the repairs, has been appointed his temporary successor. The promptness and fidelity with which Mr. Allan has attended to the duties of his department render him an acceptable and worthy associate in carrying forward the interests of the Institution.

Much gratitude and praise is due the Matron, for her hearty cooperation and unwearied exertions in administering to the numerous wants of our unfortunate and afflicted family.

Much praise is also due our corps of attendants and assistants—on whom much depends for success in an institution like ours—for the fidelity with which they have discharged their respective and trying duties. With few exceptions, we have had attendants and nurses worthy of their vocation. Whenever a person in our employ proves unfaithful or unworthy of the charge committed to him, he is promptly discharged and another one employed to fill the vacancy.

In commencing another year of Hospital duties, it becomes us to look to God with grateful hearts for blessings past, and invoke His continued goodness upon the Institution and all its interests through another revolving cycle.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, Nov. 30, 1853.

APPENDIX.

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

HORATIO TUTHILL, *Supervisor.*
BENJAMIN NASON, *Attendant.*
LYMAN STYLES, “
HORACE F. WHEELER, “
LEONARD DAME, “
JEFFERSON PARSONS, *Farmer.*
FRANKLIN CHADWICK, *Fireman.*
GEORGE CROSBY, *Watchman.*
WELCOME WILSON, *Baker.*
CYRENA WEEKS, *Attendant.*
ABBY C. HOYT, “
REBECCA LEE, “
FRANCES L. ROBINSON, “
ELVIRA BARNETT, “
MARY BURNS, *Cook.*
ELMIRA COLLINS, *Assistant Cook.*
ELIZA JONES, *Seamstress.*
HARRIET WILLIAMSON, *Table Girl.*
HANNAH C. CULLEN, *Chamber Girl.*
MARGARET MARTIN, *Wash Girl.*
SYLVINA SPILLER, “

EXTRACT FROM THE REGULATIONS OF THE HOSPITAL.

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

or stockings—one neck cravat or stock—one hat or cap—and one pair of boots or shoes.

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

The price of board, washing, medicines and attendance, is fixed at \$2 per week.

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.

STATE OF MAINE.

To the Superintendent of the Maine Insane Hospital:

WHEREAS, the undersigned, Selectmen (or Mayor and Aldermen) of —, in the county of —, this day, on complaint to us made, in writing, of —, of —, in said county, — of —, of said —, who therein says that said — is insane and is a proper subject for said Hospital, made due inquiry into the condition of said —, and called before us such testimony as was necessary to a full understanding of the case: whereupon it appeared to us that said — was insane, and we were of opinion that the safety and comfort of said — and others interested would be promoted by a residence in said Hospital, and accordingly determined that said — be sent forthwith to said Institution.

WE THEREFORE CERTIFY, that said — is insane, and that — was residing commorant and found in the town of —, aforesaid, at the time of arrest and examination aforesaid; and you, the said Superintendent, are hereby ordered and required to receive said — into said Hospital and detain — in your

care until — shall become of sound mind, or be otherwise discharged by order of law, or by the Superintendent or Trustees.

Given under our hands, at said —, this — day of —, in the year of our Lord one thousand eight hundred and fifty —.

} *Selectmen or*
} *Mayor and Aldermen.*

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.

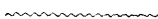
Witness.

[L. S.]

[L. S.]

QUESTIONS

To be answered 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?