

MAINE STATE LEGISLATURE

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THE LEGISLATURE

OF THE

STATE OF MAINE,

A. D. 1858.



AUGUSTA:

STEVENS & SAYWARD, PRINTERS TO THE STATE.

1858.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL.

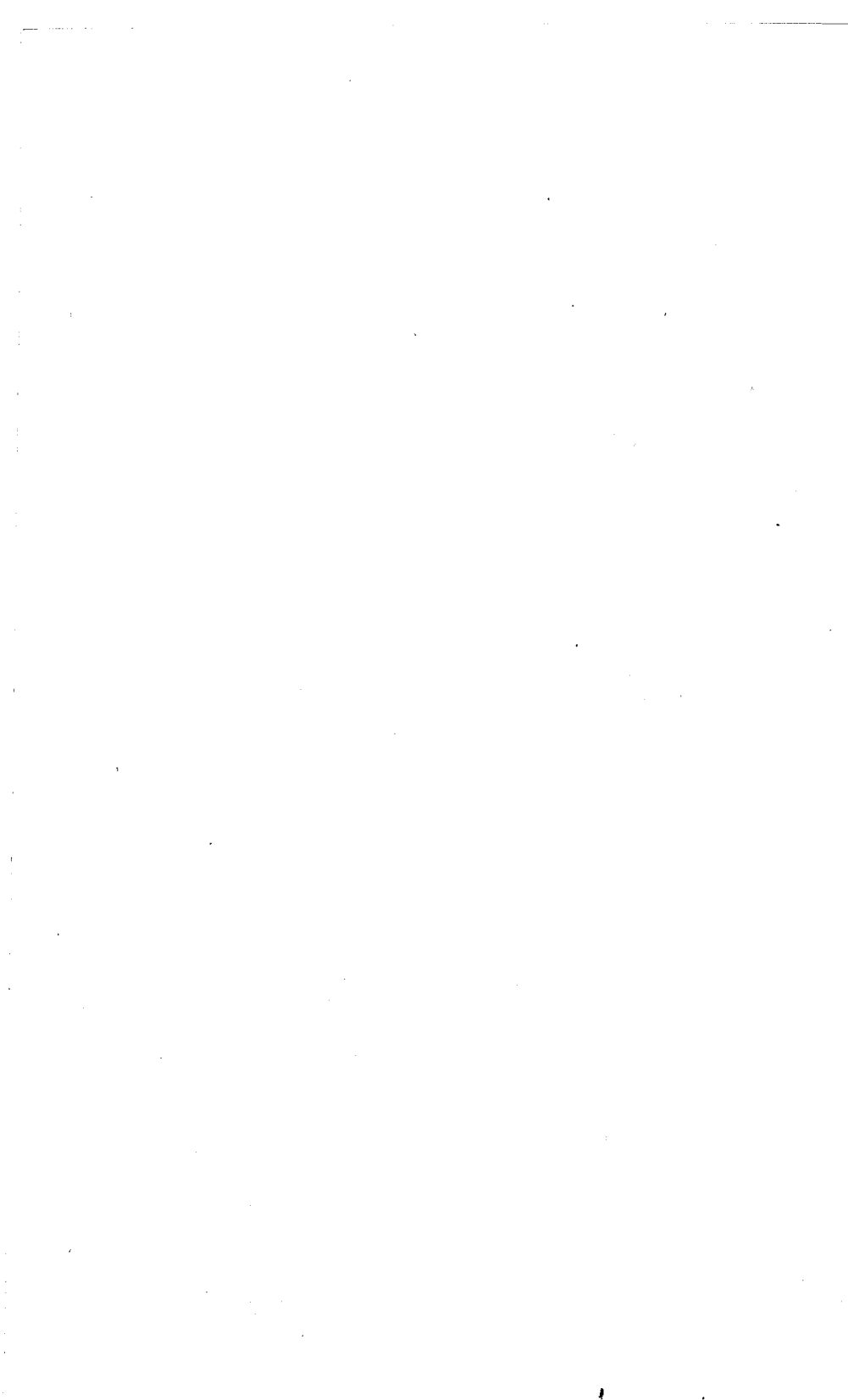
NOVEMBER, 1857.

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Published agreeably to a Resolve approved March 16, 1856.  
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AUGUSTA:

STEVENS & SAYWARD, PRINTERS TO THE STATE.

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1858.



## OFFICERS OF THE INSTITUTION.

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### BOARD OF TRUSTEES.

GEORGE DOWNS,  
RICHARD WOODHULL.  
JOSEPH BARRETT,  
MOSES SWEAT,  
ARCHIBALD TALBOT,  
JOHN L. CUTLER.

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HENRY M. HARLOW, M. D.,  
SUPERINTENDENT AND PHYSICIAN.  
PAUL MERRILL, M. D., ASSISTANT PHYSICIAN.

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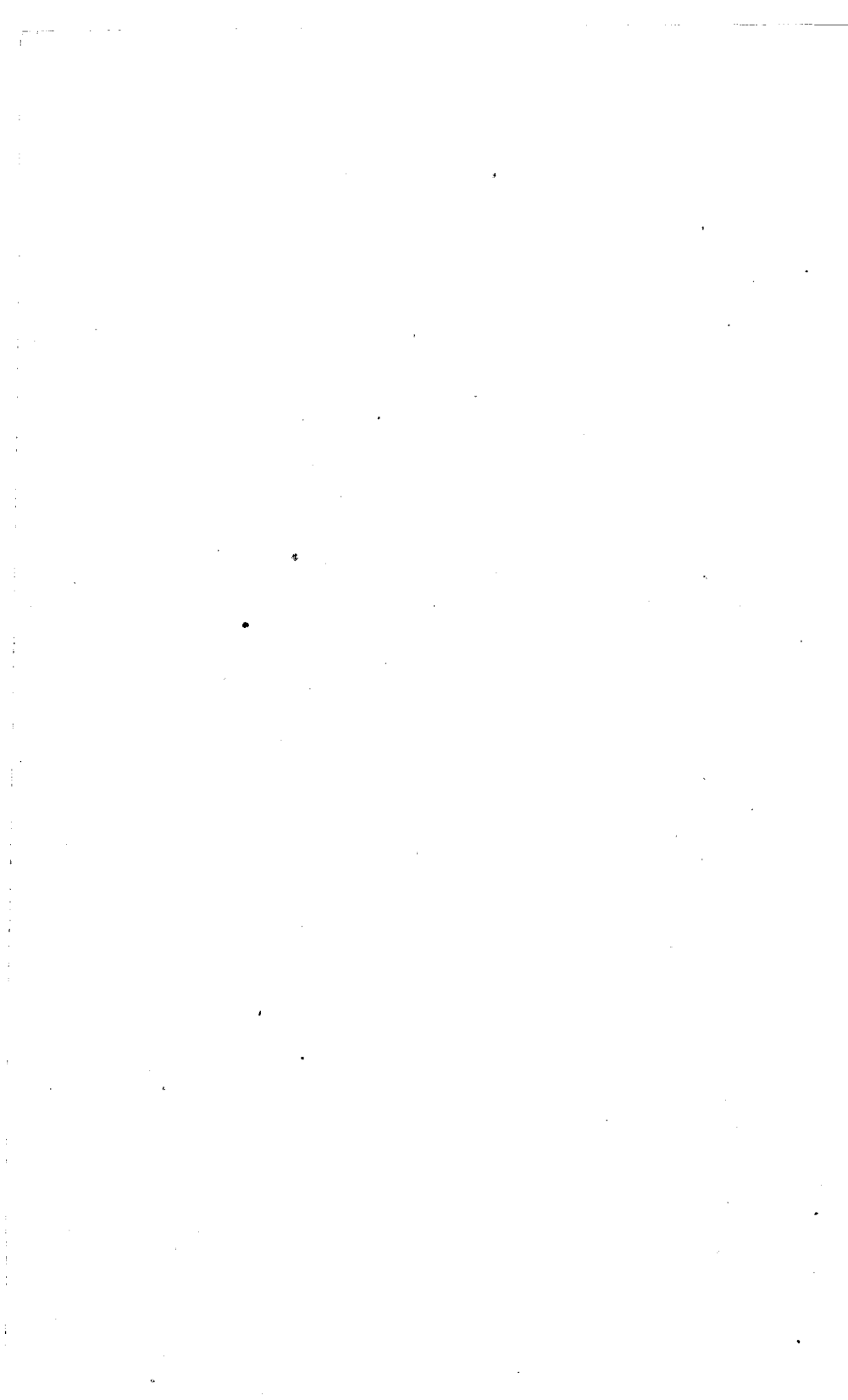
THEODORE C. ALLAN, STEWARD AND TREASURER.

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MARIA JOHNSON, MATRON.

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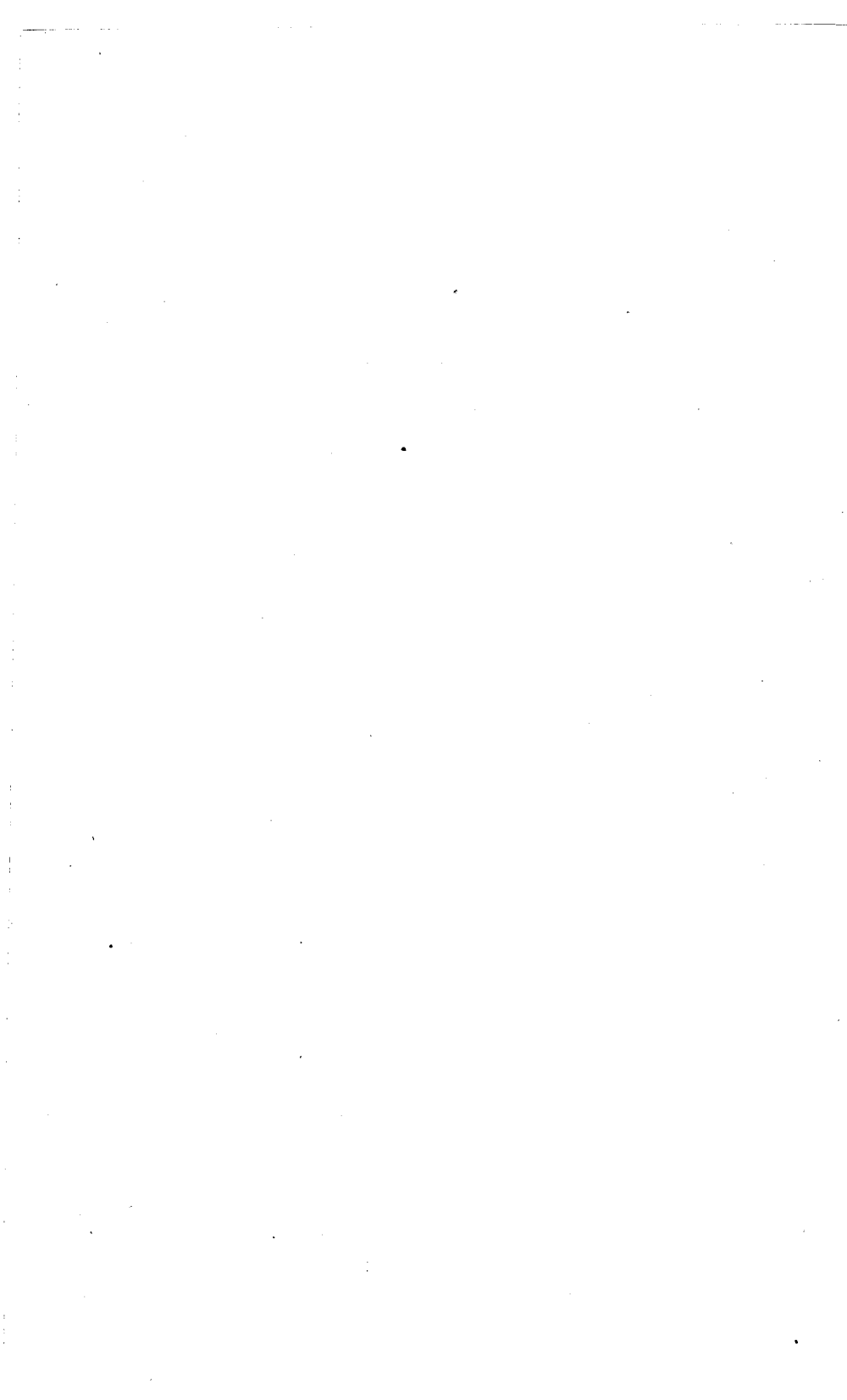
REV. JOHN H. INGRAHAM, CHAPLAIN.



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TRUSTEES' REPORT.

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# REPORT.

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

THE Trustees of the Maine Insane Hospital, in compliance with requisitions of law, beg leave to state that, in attending to the duties assigned them, they have visited the Hospital each month during the year past, by Committees selected from their number; and have found, that the patients have been well cared for by the officers and attendants of the Institution, that the halls and dormitories have been kept in a neat condition, the beds and bedding and personal clothing of the patients have been comfortable and clean, their food wholesome and well prepared, and their condition in all respects as favorable as the nature of their several cases would admit.

The money granted to the Hospital by the last Legislature has been expended under the direction of the Trustees for the purposes specified in the resolve. The lot of land has been bought, and a warrantee deed of it received and recorded; a reservoir has been built to save the sewerage; the buildings have been repointed; and the warming apparatus has been perfected.

In refitting and enlarging the warming apparatus so as to effect the object contemplated by the Legislature, it was found necessary to expend the sum of five hundred and seventy-five dollars and sixty-six cents more than the appropriation. But, as the object desired has been thus fully secured, and could not have been secured with a less amount of expense, the measure will doubtless meet with approval.

The Trustees would state, that the interior of the galleries and dormitories need painting, and true economy requires this work to be done. They have, therefore, appointed a committee to apply to the Legislature to grant an appropriation of one thousand dollars, five hundred and seventy-five dollars and sixty-six cents to be applied

to the payment of the balance due for completing the warming apparatus, stated above, and the remainder, four hundred twenty-four dollars and thirty-four cents to be expended in painting such parts of the interior of the building as most need such repairs.

The Superintendent, in his report of last year, suggested the propriety and importance of removing the barns and stable to a more dry and eligible situation in the rear of the Hospital, and making an addition to the principal barn. It is to be regretted that this recommendation was not acted upon by the Legislature, as such an improvement would be of great importance to the true interests of the Institution. The barns now in use are insufficient to hold the crop of last year; and when the land, purchased this year, is brought into a high state of cultivation, this difficulty will be increased, and it will be impossible to house the crop.

Furthermore, it seems absolutely necessary that a cellar should be built for the reception of the root-crop. At present, such vegetables are deposited in the basement of the Hospital, where they are unavoidably injured by heat. This difficulty would be remedied by building a cellar under the barn, which if removed, would be upon comparatively dry ground. A plan of this desired improvement has been made, which we recommend for adoption. The cost of this whole improvement is estimated not to exceed twenty-five hundred dollars. We feel reluctant in asking for that sum at this time, in addition to the sum before named, but it seems to us that true economy would dictate this expenditure the ensuing year. It must be made sooner or later; and the earlier it is done, the greater will be the benefit to the Institution and the State.

In the course of the year past, a committee of the Trustees have had under consideration, the subject of lighting the Hospital with gas. The object of their inquiries has been to ascertain the best and most economical mode of introducing this agent, so desirable to the comfort and happiness of the patients, and to the safety of the buildings; but no definite plan has as yet been matured. We do not propose to ask for any appropriation for this purpose the present year, but we hope the day is not far distant when the Institution, which has received so cordial and liberal benefactions from the State, as well as from private munificence, will enjoy the benefits which such an improvement would furnish.

We subjoin an abstract of the report of the Trustees' committee on expenditures, (see appendix A,) the Reports of the Steward and Treasurer, (see appendix B,) schedule of provisions, &c., on hand, (see appendix C,) and report of the Chaplain, (see appendix D.)

All which is respectfully submitted.

GEORGE DOWNES,  
RICHARD WOODHULL,  
JOSEPH BARRETT,  
MOSES SWEAT,  
ARCHIBALD TALBOT,  
JOHN L. CUTLER.



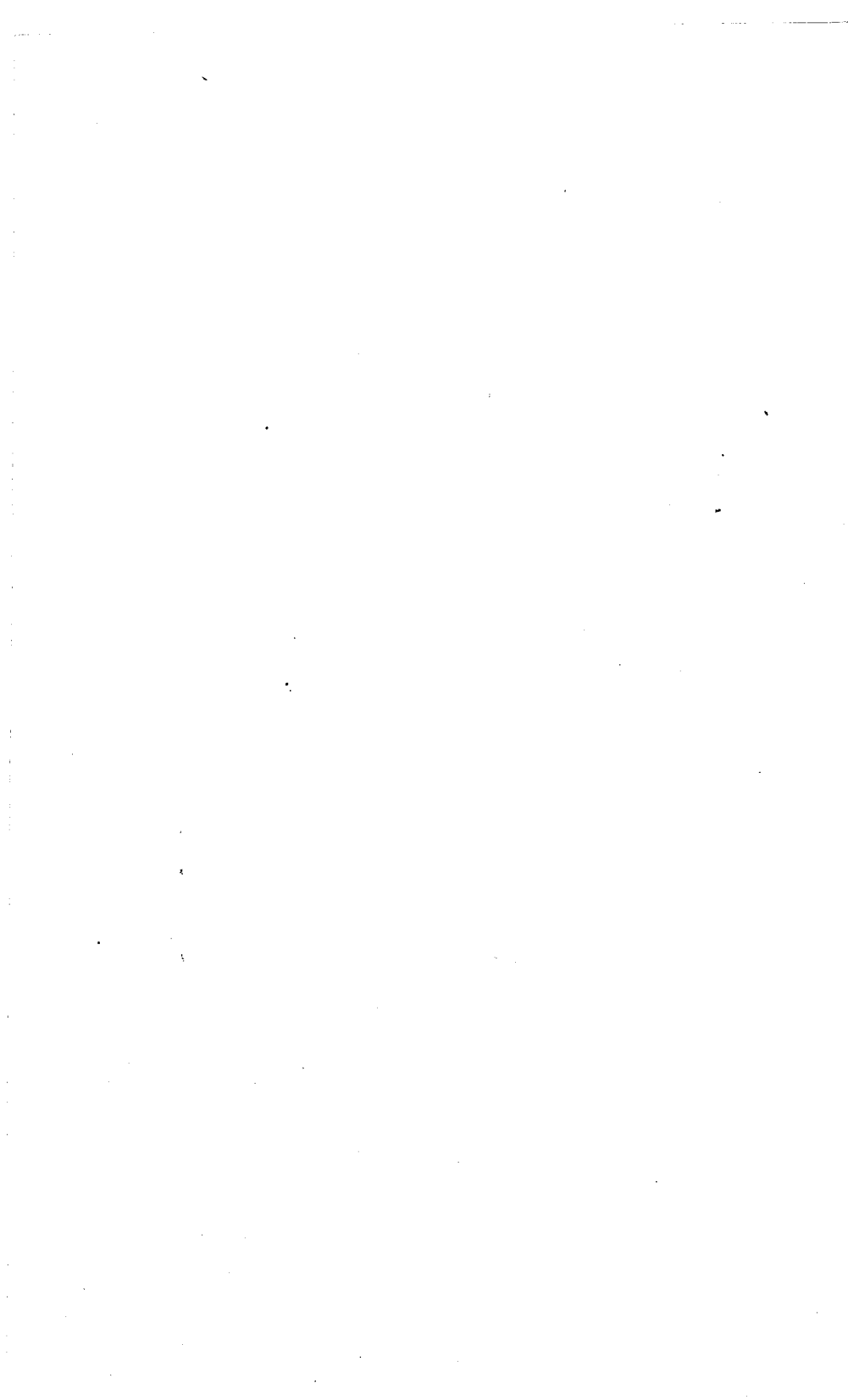
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SUPERINTENDENT'S REPORT.

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# REPORT.

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

GENTLEMEN:—Cheerfully, and in accordance with the Statute regulating the Maine Insane Hospital, the undersigned lays before you again his annual report of its condition and prospects.

In reviewing the affairs of this Institution during the year just closed, the emotions of the heart rise in gratitude to the Dispenser of all things, for the many signal mercies we have enjoyed from His beneficent hand.

The prosperity and usefulness which have characterized the Institution in other years, have been more than equally manifest during the last. We are able to record again the fact, that no unusual sickness or serious accident has befallen our household, and we have enjoyed the same immunity from a single case of homicide or suicide as in every former year of our hospital labor.

The number of patients who have received treatment at our hands has been greater than ever before, and accustomed success has crowned our efforts.

We commenced the year with one hundred and ninety patients— one hundred and five males, and eighty-five females. We have admitted, during the year, one hundred and forty-four,—seventy-nine males, and sixty-five females; making three hundred and thirty-four cases under treatment,—one hundred and eighty-four males, and one hundred and fifty females.

We have discharged, during the year, one hundred and twenty-six,—sixty-six males, and sixty females; leaving in the Hospital, to-day, (30th of November, 1857,) two hundred and eight patients— one hundred and eighteen males and ninety females.

The condition of those discharged, was as follows:—sixty-nine

were *recovered*—thirty-six males and thirty-three females; twenty-four were *improved*—twelve males and twelve females; nineteen were *unimproved*—eight males and eleven females; and fourteen have *died*—nine males and five females.

The causes of death were, consumption, *three*; exhaustion, *three*; dropsy, *two*; marasmus, *two*; congestion of brain, *one*; disease of heart, *one*; Serus apoplexy, *one*. One died in January, two in February, one in April, one in May, two in June, one in July, one in August, one in September, one in October, and three in November.

The remains of eight of the deceased, were removed by their friends for burial; the other six, by request, were interred in the Hospital burying ground, after the usual funeral exercises in the Chapel.

The number of deaths has been less the past year, than for several previous years. We have had no death by suicide in the Institution, for a period of more than twelve years; only two patients have ever succeeded in taking their own lives since it was opened, and there have been two hundred and twelve under treatment who were thus inclined. We have also been very fortunate in escaping accidents from homicidal patients, although we have always had several of this class under treatment. There are now, four in the Hospital, who have taken the life of a fellow-being, and since it has been in operation, there have been one hundred and twenty-four in whom a homicidal tendency existed.

The civil condition of the patients admitted during the year was as follows:—thirty-nine males and forty-three females were married—thirty-four males and nineteen females were single—five were widowers, and four were widows. The ages of those admitted the past year were from twelve to eighty-six. Insanity may appear at almost any period of life—in youth, manhood, or old age; but it is most rife in middle age, when the realities of life weigh heaviest. Every year some of the most active and best minds in the community, fall victims to this dire disease, and we observe that one of its most frequent forms as exhibited in this class, is that of *general paralysis*, or congestion of the nervous centers.

The assigned causes of insanity of those admitted the last year, are, *ill-health*, twenty-three; *intemperance*, seventeen; *domestic*



*affliction*, seven; *puerperal*, six; *religious excitement*, five; *loss of property*, five; *masturbation*, five; *disappointed affection*, five; *spiritualism*, four; *over-exertion*, four; *epilepsy*, two; *exposure to cold*, two; *fright*, two; *perplexity in business*, one; *loss of friends*, one; *old age*, one; *blow on the head*, one; *loss of sleep*, one; *suppressed eruption*, one; *unknown*, fifty-one.

Seventy of these have insane relations, and were hereditarily predisposed to the disease. Nothing connected with the subject of insanity is more vague and uncertain than its causes; but little real knowledge can be obtained of them. In a majority of cases they are more remote than is generally supposed. There are but few insane persons whose disease can be traced to any one particular cause. It is the result of a combination of causes and circumstances, and we believe the foundation to the disease is mostly laid in early life.

A predisposition to it is transmitted from parents to children, and all along the pathway of life, there are circumstances occurring to develop and mature the fearful malady. Correct early training, or education of children we deem of the utmost importance, to be observed as a preventive means, against attacks in after years. How much the erroneous views concerning family government, generally entertained at the present time, contribute towards the increase of insanity in our land, we are not prepared to say; but, that they are decidedly favorable to such a result, we have not the least doubt.

The old adage, "spare the rod, and spoil the child," was never more true or better illustrated, than it is in this nineteenth century. Closely following, or coeval with this, is the pernicious practice of forcing intellectual culture, to the neglect of the physical functions of the body. Like plants which receive their nourishment and growth in a hot-house, the children of the present day, with their soft, flabby muscles, and pale faces, wither and dwarf as soon as they reach their native element. The age at which children are placed at school, should depend upon their physical development and strength. Few, we think, are able to bear this with impunity, before the age of eight or ten; and could every child be kept from school, with correct training, till a still later age, our men and women would have stronger intellects, and firmer health of body. Touching this point, are the following potent remarks, by a writer

in one of our journals. "A child's mind cannot be drilled year in and year out, without losing its vitality. As it is, you may visit the schools in our cities and see the strained pale-faced children, parrot-like struggling and tugging at questions that would puzzle mathematicians, and which the most profound scholars would be proud to solve. Several instances of the evils resulting from over-tasking the brain of children in this manner, have come to my personal knowledge, among which are the following: one young man who is now an inmate of an Insane Asylum, where he has been for five years—a result occasioned by over-tasking the brain. A young lady, a year since, was taken with head ache and dizziness of the brain. Her mother kept her out of school half a quarter, and she was cured. A boy of eight years, did not sleep any for three nights, constantly complaining of his head and talking of his lessons. Many cases of similar purport could be cited, to prove that the children are over-tasked, and the parents should be enlightened upon the subject. Parents are to blame in pampering their children in accordance with the fashions of the age, in making into gentlemen and ladies—and feeding them on highly concentrated food, and causing them to suffer for want of proper clothing, and suitable exercise in the open air. These things are against the health of the rising generation. But do our schools help the matter? Do they lift the child out of this discipline of physical degeneracy, by obliging him to be immured within the school-room forty-one weeks in a year from the age of four to sixteen, and not only to sit there, but to be drilled continually upon things above his capacity? I would by all means have education advance, but let it be done rightly, according to the laws of natural philosophy. If those laws will allow the tender, weak and growing brain of a child to be taxed and goaded with lessons, four terms in a year, twelve years in succession without injury,—why then so let it be—but, if, upon inquiry it be found otherwise, then let us have a reform."

It is an acceded and well known fact, that intemperance is a fruitful cause of insanity, both directly and indirectly. Every year we are called upon to treat the poisoned victims, whose souls and bodies are writhing in the coiling grasp of the monster, sapping, as it were, the very life-blood from all that is noble and God-like in man. It would be a feature in some degree palliating, if the baneful

effects of intemperance were confined to the unfortunate individual himself; but such is not the fact. "The iniquity of the father is visited upon the children, unto the third and fourth generation." The wife and children do not escape the consequences of this evil in the husband and father. Many a fond wife has been driven to mental derangement by the neglect and cruel treatment of an intemperate husband, and many, many children, ere the age of manhood passes, find themselves inmates of some asylum for the insane. It is a fact, lamentable as it is, that there are now in this Hospital three sisters, offspring of inebriate parents, and we are told a fourth is a fit subject, and may soon be brought here. Closely connected with, and auxiliary to the above, is the use of tobacco. The great and evidently increasing consumption of this narcotic demands serious attention. Its effects upon the nervous system are most pernicious and deadly, and can but bring its votary nearer the verge of insanity. When we consider that the annual consumption of tobacco, according to late statistics, is nearly three pounds to every inhabitant of the United States, especially if taken in connection with various other causes, we are not surprised that there is so much insanity among us.

*The following Tables will give, at a glance, the operations of the Hospital from its commencement to the present time.*

| Year.   | Admitted. | Discharged. | Whole No. under treatment. | Recovered. | Improved. | Unimproved. | Died. | Greatest No. in Hospital on any day. | Least No. in Hospital on any day. | Remaining at end of year. | Daily average No. for the year. |
|---------|-----------|-------------|----------------------------|------------|-----------|-------------|-------|--------------------------------------|-----------------------------------|---------------------------|---------------------------------|
| 1840-1  | 129       | 80          | 129                        | 36         | 14        | 24          | 5     | 70                                   | 1                                 | 52                        | 48                              |
| 1841-2  | 89        | 72          | 141                        | 32         | 16        | 19          | 5     | 73                                   | 50                                | 65                        | 59                              |
| 1842-3  | 86        | 84          | 151                        | 32         | 16        | 31          | 5     | 72                                   | 58                                | 68                        | 65                              |
| 1843-4  | 83        | 75          | 151                        | 30         | 16        | 26          | 3     | 79                                   | 65                                | 76                        | 70                              |
| 1844-5  | 99        | 90          | 175                        | 39         | 21        | 23          | 7     | 89                                   | 71                                | 85                        | 80                              |
| 1845-6  | 102       | 87          | 187                        | 46         | 22        | 14          | 5     | 107                                  | 80                                | 101                       | 93                              |
| 1846-7  | 124       | 100         | 225                        | 53         | 17        | 20          | 10    | 125                                  | 98                                | 124                       | 108                             |
| 1847-8  | 128       | 125         | 252                        | 60         | 31        | 14          | 20    | 135                                  | 117                               | 127                       | 112                             |
| 1848-9  | 123       | 110         | 250                        | 55         | 22        | 19          | 14    | 139                                  | 121                               | 139                       | 126                             |
| 1849-50 | 110       | 126         | 249                        | 66         | 25        | 21          | 14    | 155                                  | 123                               | 124                       | 137                             |
| 1850-1  | 75        | 122         | 199                        | 22         | 28        | 40          | 32    | 125                                  | 30                                | 76                        | 75                              |
| 1851-2  | 48        | 42          | 124                        | 23         | 4         | 8           | 7     | 84                                   | 76                                | 84                        | 79                              |
| 1852-3  | 126       | 89          | 210                        | 45         | 14        | 15          | 15    | 120                                  | 84                                | 119                       | 109                             |
| 1853-4  | 109       | 114         | 228                        | 49         | 15        | 18          | 32    | 140                                  | 114                               | 115                       | 129                             |
| 1854-5  | 128       | 88          | 243                        | 41         | 14        | 14          | 19    | 155                                  | 114                               | 155                       | 134                             |
| 1855-6  | 149       | 114         | 304                        | 54         | 22        | 19          | 19    | 194                                  | 151                               | 190                       | 167                             |
| 1856-7  | 144       | 126         | 334                        | 69         | 24        | 19          | 14    | 215                                  | 190                               | 208                       | 204                             |

Table showing the number of Monthly Admissions since the opening of the Hospital.

| Admitted.      | 1840-1. |    | 1841-2. |    | 1842-3. |    | 1843-4. |    | 1844-5. |    | 1845-6. |    | 1846-7. |    | 1847-8. |    | 1848-9. |    | 1849-50. |    | 1850-1. |    | 1851-2. |    | 1852-3. |    | 1853-4. |    | 1854-5. |    | 1855-6. |    | 1856-7. |   | Total. |
|----------------|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|----------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|---|--------|
|                | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.       | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. |         |   |        |
| October, . .   | 5       | 3  | 7       | 4  | 5       | 3  | 5       | 2  | 3       | 5  | 5       | 6  | 3       | 1  | 10      | 10 | 5       | 3  | 5        | 5  | 8       | 3  | 2       | 3  | 1       | 2  | 6       | 7  | 3       | 1  | 6       | 11 | 8       | 8 | 164    |
| November, . .  | 9       | 4  | 2       | 1  | 1       | 2  | 5       | 4  | 4       | 4  | 2       | 1  | 2       | 8  | 3       | 5  | 5       | 11 | 2        | 9  | 2       | 4  | 6       | 2  | 4       | 1  | 2       | 6  | 3       | 2  | 7       | 7  | 6       | 4 | 140    |
| December, . .  | 8       | 1  | 3       | 3  | 4       | 0  | 4       | 3  | 3       | 6  | 5       | 2  | 3       | 4  | 5       | 2  | 2       | 2  | 7        | 4  | 0       | 2  | 2       | 3  | 11      | 3  | 4       | 4  | 6       | 5  | 4       | 2  | 10      | 3 | 130    |
| January, . .   | 5       | 2  | 5       | 1  | 1       | 1  | 2       | 4  | 3       | 1  | 6       | 1  | 4       | 4  | 4       | 2  | 5       | 6  | 5        | 1  | 6       | 3  | 2       | 3  | 6       | 1  | 6       | 9  | 2       | 5  | 6       | 5  | 7       | 4 | 128    |
| February, . .  | 7       | 4  | 4       | 0  | 5       | 2  | 2       | 5  | 2       | 0  | 1       | 2  | 2       | 4  | 7       | 4  | 4       | 3  | 2        | 2  | 4       | 3  | 2       | 0  | 6       | 3  | 3       | 5  | 7       | 4  | 7       | 3  | 3       | 5 | 117    |
| March, . .     | 7       | 8  | 1       | 2  | 4       | 4  | 2       | 3  | 3       | 4  | 5       | 6  | 3       | 3  | 6       | 3  | 3       | 3  | 5        | 5  | 2       | 4  | 3       | 2  | 9       | 4  | 7       | 7  | 3       | 6  | 8       | 6  | 8       | 7 | 156    |
| April, . .     | 10      | 4  | 6       | 6  | 3       | 1  | 3       | 3  | 1       | 4  | 4       | 6  | 4       | 1  | 5       | 6  | 5       | 7  | 7        | 3  | 6       | 1  | 2       | 1  | 6       | 2  | 6       | 4  | 11      | 2  | 7       | 7  | 4       | 7 | 155    |
| May, . .       | 4       | 5  | 8       | 7  | 4       | 3  | 6       | 3  | 6       | 7  | 4       | 4  | 9       | 5  | 2       | 7  | 5       | 4  | 6        | 9  | 7       | 2  | 4       | 0  | 4       | 4  | 2       | 8  | 7       | 8  | 4       | 6  | 6       | 5 | 175    |
| June, . .      | 8       | 6  | 6       | 6  | 12      | 3  | 6       | 1  | 11      | 5  | 3       | 5  | 8       | 7  | 5       | 4  | 9       | 7  | 6        | 2  | 3       | 4  | 6       | 3  | 4       | 2  | 5       | 4  | 6       | 1  | 8       | 4  | 6       | 8 | 184    |
| July, . .      | 4       | 1  | 5       | 3  | 3       | 2  | 2       | 2  | 3       | 4  | 4       | 7  | 7       | 6  | 8       | 5  | 5       | 7  | 6        | 6  | 2       | 3  | 0       | 0  | 4       | 7  | 7       | 3  | 6       | 4  | 10      | 6  | 6       | 5 | 153    |
| August, . .    | 2       | 3  | 1       | 3  | 3       | 7  | 3       | 2  | 7       | 4  | 5       | 5  | 9       | 2  | 9       | 6  | 5       | 7  | 4        | 6  | 4       | 4  | 1       | 0  | 6       | 6  | 6       | 4  | 3       | 3  | 7       | 5  | 5       | 7 | 154    |
| September, . . | 3       | 2  | 2       | 5  | 6       | 2  | 6       | 5  | 4       | 7  | 4       | 10 | 9       | 2  | 7       | 7  | 8       | 5  | 5        | 2  | 2       | 1  | 5       | 1  | 2       | 4  | 5       | 8  | 2       | 6  | 10      | 8  | 9       | 7 | 171    |

The Hospital has now been in operation a little more than seventeen years, during which one thousand eight hundred and fifty-two patients have enjoyed its benefits. Of these, one thousand six hundred and forty-four have been discharged, and their condition was as follows: seven hundred and fifty-four *recovered*, three hundred and twenty-two *improved*, three hundred and forty-two *unimproved*, and two hundred and twenty-six *died*.

Every year we find our number of patients steadily increasing. We have now eighteen more than we had a year ago. At this rate of increase, the Hospital will, in two years from this time, be filled to its utmost capacity. Even now, in our male department, we can accommodate only about eight more than we now have, while in the female department, there are rooms for about thirty more. Forty-seven of our present number are foreigners, and receive their entire support from the State; ninety-nine receive assistance from the State, (one dollar per week); and the remaining sixty-two pay their own expenses.

The effect of the law of 1856, by which the State assumes part of the support of the indigent insane, operates favorably. It is gradually performing the work for which it was designed. Many unfortunate insane have, through the provisions of this law, been permitted to enjoy the benefits of the Hospital, who otherwise would have been confined at home, or in the alms-houses of their several towns, deprived of that humane treatment which their cases demand. It has recently removed the chains from two insane persons, who are now enjoying the comforts of our wards, free from all mechanical restraint. One of them, a male, was chained seven successive years; the other, a female, seventeen years.

It is a source of gratification, to learn of the growing favor which the Hospital is receiving in all parts of the State. The liberal policy which the Legislature has pursued towards this Christian Institution, is worthy of note, and may be said to have well answered the question—"And who is my neighbor?" The repairs and improvements which were needed about the buildings at the date of our last report, have, by means of the appropriation of last winter, been satisfactorily made.

The progress which has been made at other institutions within the last few years, in providing for the comfort and happiness of the

insane, prompts the desire in us to keep pace as near as practicable with our neighbors, in all the improvements calculated to ameliorate the condition of the sufferers under our charge. We allude particularly to the introduction of gas, and the adoption of a more efficient and thorough system of ventilation. The advantages and benefits of the former we have adverted to in other reports, therefore the subject needs no extended remarks at this time. As to the latter, every one who gives the subject a thought, knows the importance of thoroughly ventilating the wards of a Hospital. How invigorating and sanative is the effect of pure, fresh air, upon both the physical and mental condition of man, in a normal, healthy state; and, how much more important is it when prostrated with disease of the worst form, that he be well supplied with the vitalizing element.

The system of ventilation which has recently been introduced into many of our state hospitals for the insane, is a system of forced ventilation, by means of a large fan-wheel revolved with steam power. It is placed at a convenient distance outside of the building, with a large air-flue leading to the hot air-chambers in the basement. When the fan-wheel revolves, thousands of cubic feet of pure, fresh air are forced into the hot air-chambers, thence through the flues into every apartment of the building, receiving the necessary heat in cold weather to warm the rooms comfortably from the heated pipes over which it passes in its transit to the wards. With such an ingress of air as this apparatus will produce, the best possible ventilation must follow.

To keep the buildings in order, and in a good state of preservation, a considerable amount of painting will be needed the ensuing year. The wear and tear of furniture in a house of this kind, is such as requires replenishing oftener than if occupied only by sane persons. Several of the wards, especially those for private boarders, are too sparsely furnished for the comfort of those who occupy them.

We alluded in our last report to the necessity of removing our barns to a more eligible location, farther south. No change about the establishment seems more desirable than this, not only as a matter of convenience, but of economy. Much valuable farm-yard dressing is lost every year, being washed away by the heavy rains.

The farm attached to the Hospital was never in a better state of cultivation, than at the present time. Its productiveness the past

year has amply rewarded the labor bestowed upon it, to say nothing of the great benefit it has been to the male patients, in affording them means of out-door exercise. Every year's experience in the treatment of the insane, strengthens my conviction of the paramount importance of physical labor in the open air, as a means of restoring them to mental soundness.

Within the last few months we have made an extra effort to benefit our female patients by employment, and with a success greater than we expected. A faithful person has been employed to oversee and direct all those who are willing to come together from the various wards, into a room for industrial purposes, where they make bedding and clothes for the household.

Religious exercises at the close of each day are still kept up in our chapel, and continue to exert their accustomed salutary influence upon the members of our family. We deem the services of our estimable chaplain, J. H. Ingraham, of great importance in the moral treatment of the patients.

The high consideration which the Hospital received from the late Col. John Black, of Ellsworth, furnishes an example worthy of imitation. His liberal bequest to purchase a library for the benefit of the patients, together with the McLellan fund, will afford an abundance of reading for our entire household, and will, we trust, be the means of much good.

Our grateful acknowledgments are again due to the editors and proprietors of the following newspapers, for their unremitting kindness in continuing to send us their weekly issues: The Age, Kennebec Journal, Maine Farmer, Gospel Banner, and Rural Intelligencer, Augusta; Hallowell Gazette, Hallowell; Northern Home Journal, Gardiner; American Sentinel, Eastern Times, Bath; Christian Mirror, and Portland Transcript, Portland; Maine Democrat, Saco; United States Democrat, Rockland; Republican Journal, Belfast; Machias Union, Machias; Eastport Sentinel, Eastport; Bangor Courier, Bangor; Republican Clarion, Skowhegan; Eastern Mail, Waterville; Glenwood Valley Times, Vienna; Democratic Advocate, and Lewiston Falls Journal, Lewiston; Morning Star, Dover, N. H.; Religious Magazine, Boston, Mass.; Masonic Journal, Haverhill, Mass.

We are also indebted to Hon. S. P. Benson, and Hon. Ebenezer

Knowlton, for valuable congressional documents. We have received from Hon. R. H. Gardiner, Rev. J. H. Ingraham, and J. H. Hartford, Esq., interesting books and pamphlets, and from Capt. Isaac Gage ornamental shrubbery, for all of which we are obliged.

To the Board of Trustees we are truly grateful, for their advice and support in the trials and duties of the year.

Much credit is due Dr. Merrill, the Assistant Physician, Mr. Allan, the Steward, and Miss Johnson, the Matron, for their hearty co-operation in the management of the Institution. In a special degree am I under obligation to these, my associates, for the careful and faithful manner with which its affairs were conducted during my unavoidable absence last winter; also to the supervisors, attendants, and other assistants, for their vigilance and faithfulness to the duties of their several trusts.

HENRY M. HARLOW.

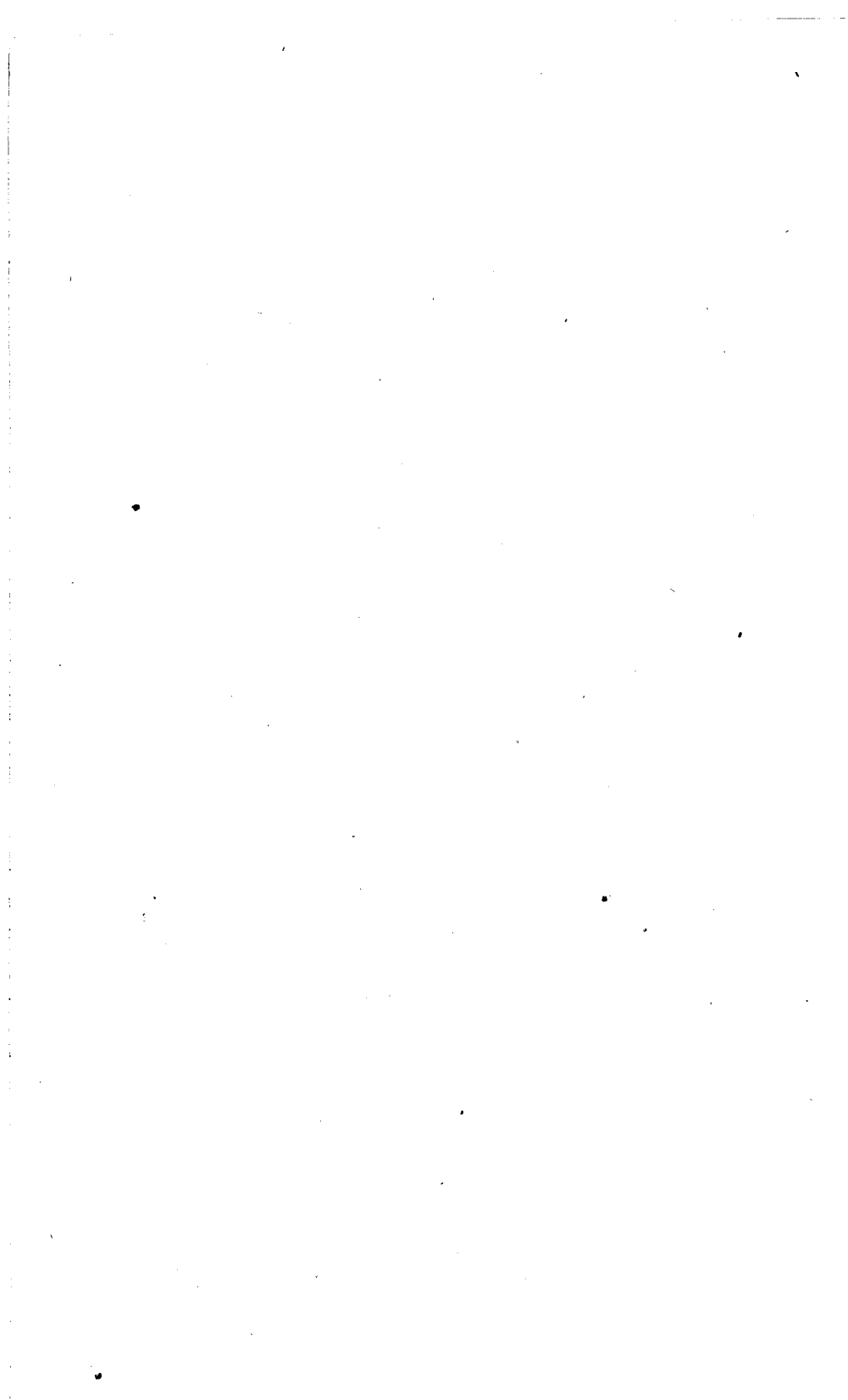
MAINE INSANE HOSPITAL, }  
November 30, 1857. }



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# APPENDIX.

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## APPENDIX.

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### 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 woolen cloth; two pairs of woolen 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 under-clothes, 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. It is quite desirable, also, that a Bible or Testament should not be forgotten in the outfit. The price of board, washing, medicine and attendance, is fixed at \$2 50 per week. Payments made quarterly, or when the patient is removed.

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

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### 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 were of opinion that the safety and comfort of said —, and others interested, would be promoted by a residence in said Hospital, and accordingly determine 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.*

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#### FORM OF BOND FOR SUPPORT.

KNOW ALL MEN BY THESE PRESENTS, That we, —, of —, 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.

*Scaled 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 quarterly, 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 be answered by the patient's family or physician.

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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?

## A.

The sum of \$5000, appropriated under resolve of the Legislature approved April 6, 1857, "for the purpose of constructing reservoirs, re-pointing buildings, perfecting the warming apparatus, meeting outstanding liabilities, and purchasing an additional lot of land," has been expended as follows, viz. :

|                                   |           |
|-----------------------------------|-----------|
| For lot of land, (8 acres)        | \$827 97  |
| “ outstanding bills of last year, | 952 67    |
| “ re-pointing buildings,          | 552 00    |
| “ building reservoir,             | 224 78    |
| “ perfecting warming apparatus,   | 2442 58   |
|                                   | \$5000 00 |

For perfecting the warming apparatus, there has been an excess of expenditure over the appropriation of \$575 76. The following bills are outstanding and unpaid, viz. :

|                              |          |
|------------------------------|----------|
| Mead & Brooks, bill,         | \$193 11 |
| J. McClinch, bill, (balance) | 270 32   |
| T. C. Allan, “ “             | 112 23   |
|                              | \$575 66 |

For the payment of these bills, an appropriation is required, as will appear by the accompanying account and vouchers.

R. WOODHULL, } *Committee of Trustees*  
 J. L. CUTLER, } *to Superintend Expenditure of Appropriation.*

## B.

## STEWARD AND TREASURER'S REPORT.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—The following summary of the fiscal concerns of the Hospital, for the year ending Nov. 30th, 1857, is respectfully submitted, viz :

## PAYMENTS.

|                                                       |             |
|-------------------------------------------------------|-------------|
| Cash paid for provisions, . . . . .                   | \$16,024 19 |
| “ “ “ labor, . . . . .                                | 5,846 84    |
| “ “ “ fuel and lights, . . . . .                      | 3,780 41    |
| “ “ “ clothing, . . . . .                             | 3,018 41    |
| “ “ “ repairs, . . . . .                              | 1,288 47    |
| “ “ “ furniture, . . . . .                            | 983 35      |
| “ “ “ medicine, . . . . .                             | 860 77      |
| “ “ “ books and stationery, . . . . .                 | 194 48      |
| “ “ “ soap, . . . . .                                 | 162 50      |
| “ “ “ coffins, . . . . .                              | 66 30       |
| “ “ “ sundries, . . . . .                             | 170 87      |
| “ due the Treasurer on last year's account, . . . . . | 190 24      |
| Balance in the Treasury, . . . . .                    | 105 75      |
|                                                       | <hr/>       |
|                                                       | \$32,692 58 |

## RECEIPTS.

|                                                      |             |
|------------------------------------------------------|-------------|
| Cash from patients, for board, clothing, &c. . . . . | \$32,592 36 |
| “ “ produce sold, . . . . .                          | 100 22      |
|                                                      | <hr/>       |
|                                                      | \$32,692 58 |

## RESOURCES—Nov. 30, 1857.

|                                                 |            |
|-------------------------------------------------|------------|
| Debts due the Hospital from patients, . . . . . | \$8,865 70 |
| Liabilities against the Hospital, . . . . .     | 7,524 89   |
|                                                 | <hr/>      |
|                                                 | \$1,340 81 |

The following are the products of the farm the past season, viz :

|                                                       |            |
|-------------------------------------------------------|------------|
| 60 tons of hay, at \$9 per ton, . . . . .             | \$540 00   |
| 12 tons of straw, at \$5 per ton, . . . . .           | 60 00      |
| 900 heads of cabbage, at 6c per head, . . . . .       | 54 00      |
| 68 bushels of barley, at 75c per bushel, . . . . .    | 51 00      |
| 400 bushels of potatoes, at 40c per bushel, . . . . . | 160 00     |
| 286 bushels of oats, at 40c per bushel, . . . . .     | 114 40     |
| 142 bushels of beets, at 50c per bushel, . . . . .    | 71 00      |
| 148 bushels of carrots, at 33c per bushel, . . . . .  | 48 84      |
| 115 bushels of turnips, at 25c per bushel, . . . . .  | 28 75      |
| 85 bushels of corn, at 90c per bushel, . . . . .      | 76 50      |
| 70 bushels of apples, at 75c per bushel, . . . . .    | 52 50      |
| 13½ bushels of wheat, at \$1 75 per bushel, . . . . . | 23 63      |
| 8100 lbs. of pork, at 8c per lb., . . . . .           | 648 00     |
| 5500 lbs. of squashes, at 1c per lb., . . . . .       | 55 00      |
|                                                       | <hr/>      |
|                                                       | \$1,983 62 |

THEO. C. ALLAN, *Steward and Treasurer.*

MAINE INSANE HOSPITAL, }  
November 30, 1857. }



## C.

## SCHEDULE OF PROVISIONS, &amp;C., ON HAND DECEMBER 1st, 1857.

|                                             |                                      |   |   |         |
|---------------------------------------------|--------------------------------------|---|---|---------|
| 15 cords of wood,                           | at \$4 00,                           | . | . | \$60 00 |
| 250 tons " coal,                            | " 7 00,                              | . | . | 1750 00 |
| 6,000 lbs. " beef,                          | " 7,                                 | . | . | 420 00  |
| 400 " " tallow,                             | " 8,                                 | . | . | 32 00   |
| 7,500 " " pork,                             | " 8,                                 | . | . | 600 00  |
| 625 " " lard,                               | " 12 <sup>1</sup> / <sub>2</sub> ,   | . | . | 78 12   |
| 3,350 " " butter,                           | " 20,                                | . | . | 670 00  |
| 100 " " coffee,                             | " 14,                                | . | . | 14 00   |
| 3,150 " " sugar,                            | " 9,                                 | . | . | 283 50  |
| 88 bbls. " flour,                           | " 7 25,                              | . | . | 638 00  |
| 45 tons " hay,                              | " 9 00,                              | . | . | 405 00  |
| 225 bush. " oats,                           | " 40,                                | . | . | 90 00   |
| 100 " " beets,                              | " 33 <sup>1</sup> / <sub>3</sub> ,   | . | . | 33 33   |
| 175 " " carrots,                            | " 30,                                | . | . | 52 50   |
| 200 " " potatoes,                           | " 40,                                | . | . | 80 00   |
| 75 " " turnips,                             | " 25,                                | . | . | 18 50   |
| 22 " " onions,                              | " 80,                                | . | . | 17 60   |
| 3,000 lbs. " squashes,                      | " 1,                                 | . | . | 30 00   |
| 120 bush. " corn,                           | " 90,                                | . | . | 108 00  |
| 22 " " rye,                                 | " 1 00,                              | . | . | 22 00   |
| 5 " " cranberries,                          | " 2 25,                              | . | . | 11 25   |
| 225 galls. " molasses,                      | " 30,                                | . | . | 67 50   |
| 4 bush. " peas,                             | " 1 87 <sup>1</sup> / <sub>2</sub> , | . | . | 7 50    |
| 160 galls. " oil,                           | " 1 00,                              | . | . | 160 00  |
| Soap, starch, dry fish, spices, &c.,        | .                                    | . | . | 100 00  |
| 1 tierce of rice,                           | .                                    | . | . | 35 37   |
| 4 horses,                                   | at \$125 00,                         | . | . | 500 00  |
| 2 yoke of oxen,                             | " 140 00,                            | . | . | 280 00  |
| 11 cows,                                    | " 30 00,                             | . | . | 330 00  |
| 36 pigs,                                    | " 5 00,                              | . | . | 180 00  |
| Carriages, wagons, carts and farming tools, | .                                    | . | . | 611 00  |

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 \$7,685 17

|                                                    |                    |
|----------------------------------------------------|--------------------|
| McLellan Library, . . . . .                        | \$380 00           |
| McLellan fund for library, . . . . .               | 500 00             |
| Vaughan library, . . . . .                         | 350 00             |
| Legacy for library from Col. John Black, . . . . . | 3,000 00           |
| Total library, . . . . .                           | <u>\$4,230 00</u>  |
| Furniture, <i>present value</i> , . . . . .        | 5,800 00           |
| Fire engine and apparatus, . . . . .               | 812 00             |
|                                                    | <u>\$10,842 00</u> |
|                                                    | \$18,527 17        |
| Cash in hands of Treasurer, . . . . .              | 105 75             |
|                                                    | <u>\$18,632 92</u> |

Schedule of personal property belonging to the Insane Hospital,  
reported December 9th, 1857, by

R. WOODHULL, } *Committee*  
JOSEPH BARRETT, } *of Trustees.*

**D.**  
**CHAPLAIN'S REPORT.**

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*To the Trustees of the Maine Insane Hospital :*

GENTLEMEN :—The expiration of the Hospital year, reminds me of my duty, briefly to make known to you my doings, as the Chaplain of the Institution. I have it to say that, through the goodness of our Heavenly Father, divine service has been holden in the chapel every Sabbath evening through the year, with two exceptions, which were caused, one by indisposition, and the other by the impassable condition of the roads. It has been truly gratifying to me, to behold the order and attention of the patients while present in the place of prayer. I have often thought, could the fathers of the State look in upon us during our religious exercises, and witness the stillness of our afflicted friends, they would be fully aware that our chapel worship has a soothing and beneficial effect upon those who, through the munificence of private individuals and the benevolence of the State, have a retreat where their temporal wants can be comfortably provided for, and they can have an opportunity to hear prayer, and listen to the lessons of the living preacher. I have attended but few funerals at the Hospital the past year, as most of those who died have been removed by friends. I must again express my thanks to the Superintendent and his Assistant, the Steward and Matron, and the other officers, for their kind endeavors to make my services pleasant to myself, and which I hope, in some small measure, have proved soothing and salutary to my auditory.

All which is respectfully submitted.

JOHN H. INGRAHAM, *Chaplain.*

AUGUSTA, November 30, 1857.