

MAINE STATE LEGISLATURE

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THE LEGISLATURE

OF THE

STATE OF MAINE.

1861.



AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1861.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

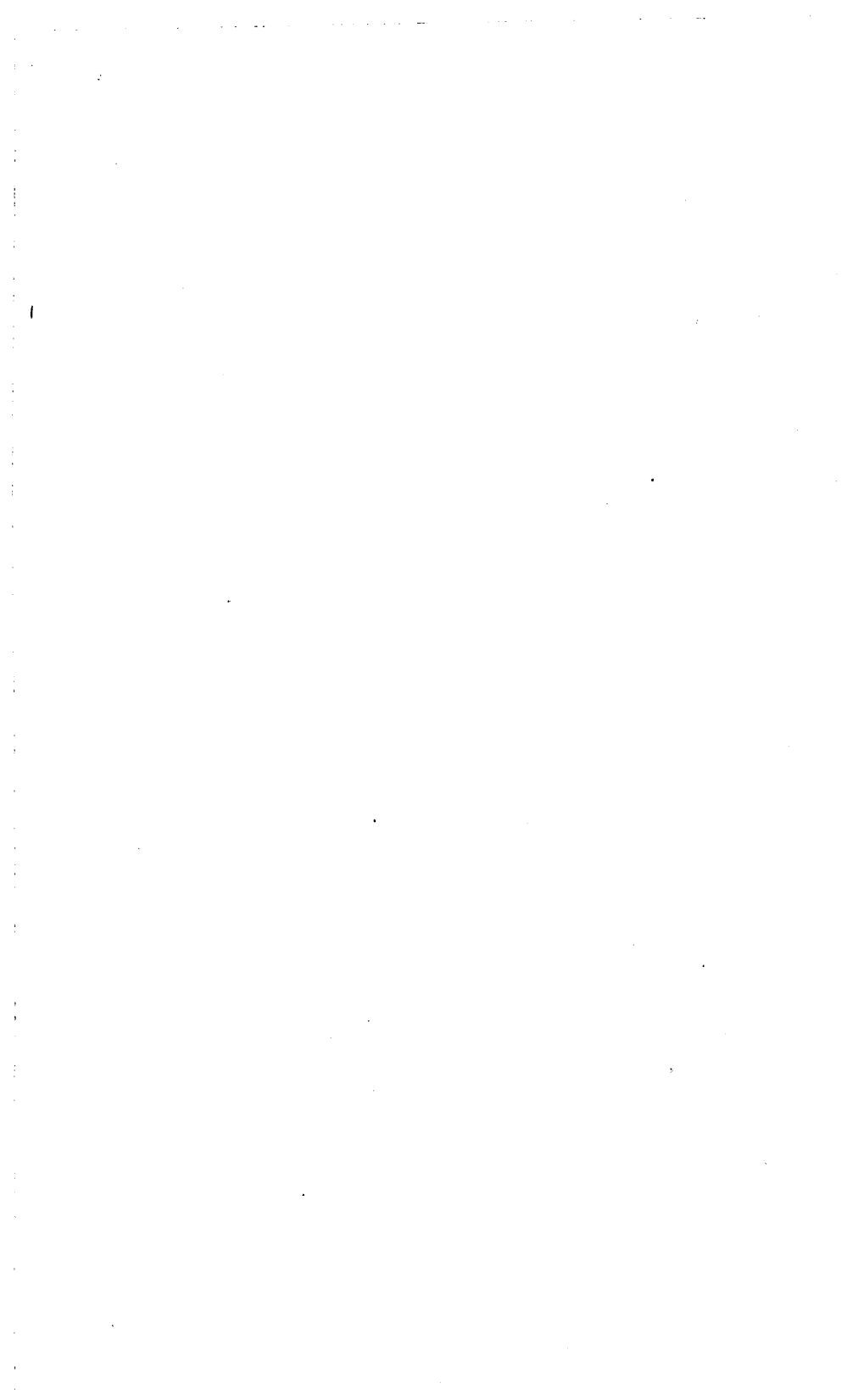
OF THE

MAINE INSANE HOSPITAL,

DECEMBER, 1860.

Published agreeably to a Resolve, approved March 16, 1855.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1860.



OFFICERS OF THE INSTITUTION.

BOARD OF TRUSTEES.

RICHARD WOODHULL, *Bangor*,
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REV. JOHN H. INGRAHAM, CHAPLAIN.

TRUSTEES' REPORT.

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

The Trustees of the Maine Insane Hospital, respectfully submit their Report for the year ending November 30, 1860.

The review of the year furnishes fresh occasion of gratitude to the Great Author of all good, for the favors of his kind Providence towards this Institution. An unusually large number of men and women, whose minds have been more or less disordered, have here been kindly sheltered and nursed; and many have returned to their friends and to society cured of their maladies, and restored to their customary usefulness and comfort. Others have become improved in health, though not entirely healed. And even those whose cases afford the least hope of cure, have received such alleviation and solace as could result from the skillful prescriptions, sympathizing care and tender sensibilities of the Superintendent and his associates, to whose immediate charge the patients have been entrusted.

The Hospital has been visited by Committees of the Trustees every month; and their several records bear undeviating testimony to the neatness and cleanliness of the various apartments of the building, the excellence of all articles of food, and to the carefulness and kindness of assistants, as well as to the fidelity and judicious management of the Superintendent and other Officers of the Institution.

In the financial department, which has been ably managed by the judicious and accurate Steward and Treasurer, the condition of affairs has become free from former embarrassments. Some six years ago it was found that the price then charged for board was insufficient to meet the current expenses of the Hospital; and the Treasurer had been under the necessity of borrowing money at the bank in order to make the necessary purchases of provisions. Hence the price of board was then raised from two dollars to two

dollars and fifty cents a week. By the increase in the number of patients since that time, and by a favorable change in the prices of several commodities, together with the excellent management of the Steward in the purchase of supplies, there has been a gradual improvement in the condition of the treasury, so that within the past year the last note due at the bank has been paid, leaving still a balance of resources for current use.

The question of reducing the price of board has been before the Trustees at the present meeting, and has been carefully considered. It is their desire and intention to charge no more for board than the sum required for defraying current expenses. But in estimating expenses they deem it to be both just and important to make some allowance for unforeseen contingencies to which such an Institution is unavoidably liable. With the best safeguards, some bills for board may not be collected, or at best only after long delay; repairs on buildings or fences belonging to the farm may be required; additional articles of furniture may be needed for the convenience of the patients; and other unlooked for occasions may arise for pecuniary outlay; all of which must be provided for, either by annual appropriations by the Legislature, or by such balances as may be found in the hands of the Treasurer. It is therefore judged expedient to continue the present prices of board, at least for another year, except in the case of patients wholly supported by the State; the charge for these last being now reduced to two dollars a week from and after the first day of December, 1860.

In former Reports it has been suggested that it is eminently desirable to provide for a more abundant supply of milk as an article of diet for the patients; and the Trustees have concurred with the Superintendent in recommending the purchase of an additional lot of land in the vicinity of the Hospital for the pasturage of cows. A few months ago it was found that a tract of land, consisting of about twenty-five acres, nearly adjoining the Hospital farm, was to be sold; and the Trustees authorized the Treasurer to make the purchase, provided the price should not exceed a specified sum. The land has accordingly been bought for the Hospital and has been duly conveyed to the Trustees and their successors by deed. The price was nine hundred and fifty dollars, which has been provided for by an appropriation from funds belonging to the Hospital, derived from current receipts.

The workshop which stood at some distance from the main

edifice, and which was used in part for storing riding vehicles and harnesses, as well as lumber and tools, took fire in June last and was laid in ashes with its contents. The ice-house also, which stood near, was destroyed. By the strenuous efforts of the inmates of the Institution, both officers and attendants, assisted by a number of the patients, with the use of the Fire Engine belonging to the Institution, the fire was prevented from extending to the barns, which, owing to the direction of the wind, were in imminent danger. The loss of property thus destroyed is much to be regretted; but we would not fail to recognize the kind hand of Divine Providence in restraining the calamity within so narrow limits. New and better buildings have since been erected for the same purposes to which the others had been applied, and have been located at a greater distance from the barns. The expense of their erection is about five hundred and fifty dollars, which the Trustees have instructed the Treasurer to pay out of funds belonging to the Hospital.

The subject of ventilation will be found discussed at some length in the Report of the Superintendent. In the estimation of the Trustees this is a matter of very great importance. Good air is no less necessary to health than proper diet; and to an invalid it is often better than any medicine. The mode of ventilation required for securing a pure atmosphere in the several apartments of this building, containing so large a number of people, must necessarily be different from the ordinary mode of ventilating common dwellings. There needs to be a more frequent supply of fresh air, and by such means as will secure a proper and even temperature. To effect this object some artificial means seem indispensably necessary, as the natural flow of air from the hot air chambers connected with the furnaces is too slow to produce the necessary change. And inasmuch as a method has been devised, and adopted in various other Institutions of this kind, that is understood to work well, the Trustees feel called upon to make particular investigation in relation to this subject, and to secure, if possible, the advantages of such an improvement, without unnecessary delay. A Committee of the Trustees has therefore been appointed to make the necessary inquiry and examination and to report a definite plan for improving the ventilation of this building. This Committee are expected to attend to this duty immediately, and it is hoped the subject will be favorably regarded by the Legislature of the State, whenever it shall come before them.

It cannot fail to be noticed that the present number of patients in the Hospital is nearly equal to the maximum capacity of the building. Two hundred and fifty is the largest number that can be here properly accommodated; and is also the largest number that can be suitably cared for by the Superintending Physician. Should the Physician devote, on the average, three minutes a day to each patient, he must necessarily be occupied in this department of service not less than twelve hours daily. And with all the other responsibilities devolving on this officer, including a particular correspondence with the friends of the patients, more than this amount of time could not be found for such attentions, and the labor could hardly be accomplished in a shorter period. It is true the Superintendent has the aid of an Assistant Physician, which enables him to give more attention to such as need a greater portion of his time. Still, he is expected himself to examine into the case of each patient very frequently, if not daily; and with all the help to be derived from an Assistant, his time and labors must be fully taxed with such a number of patients as the Hospital can now accommodate. But as there are known to be many insane persons now in the State, who have not yet been brought to the Hospital, and as new cases are constantly occurring that require the benefits of such an Institution, the inquiry arises, How shall the wants of the State be provided for, so that all who need such care shall be able to obtain it? Two methods suggest themselves, one of which must probably be at some time adopted. The one is, that the State provide a new Hospital adapted to the care of female patients only, and thus have the two sexes cared for in separate Institutions. The other method is, that the State provide a separate Institution for such as are State paupers, or one wholly supported by the State, leaving the present Institution for the accommodation of such as are supported by their own means or by their friends, or by the towns to which they belong, either in whole or in part. The reasons which might be offered for the latter method are as follows:—A large proportion of patients are foreigners, or non-residents, receiving their support wholly from the State. Most of these appear to have come from the lower walks of life, and from their habits and manners and constituted sympathies, are but ill suited for companionship with those who have been trained up on our own soil amidst the refinements and cultivation of well ordered families, and of an intelligent and well regulated community. For several years past nearly one-fourth of the patients in the Hospital

have been of that class, and have been wholly supported by the State. Their present number is fifty-six, which is greater than the number of last year.

Our State will not be wanting in that humane and generous spirit that prompts her to adopt as her own children all who find a home within her borders, from whatever kindred or country they may have come. And she will endeavor to make suitable provision for the care and for the cure of all her children, both native and adopted, who may become insane. But that provision may be such as will be adapted to the peculiar wants of the several classes claiming her care and depending on her bounty, she would avoid, if possible, any arrangements that might require persons to occupy the same apartment, when their sympathies, and tastes, and habits of life, were totally diverse. For example, there are amongst the insane the wives and daughters of farmers, and of mechanics, and of public teachers, and other business men, whose families are models of virtue and moral culture, and intelligence; and who impart to the State a large share of all that is truly noble and useful and praiseworthy in her character. While there are others whose previous associates and previous habits have been such as are found only in conjunction with moral degradation and ignorance and mental debasement. The propriety of classifying patients as to the rooms to be furnished for their accommodation, is therefore manifest. It is not because of any supposed original difference, not because of any distinctions of fortune, nor yet because of station or place in society, that a difference of Hospital accommodations is required for different persons; but rather because their *wants* are different, owing to the different circumstances and influences under which they have been heretofore placed.

Hence, the inquiry becomes important as to what arrangements would be most suitable for the care of each class of the insane. Should it be deemed advisable to provide a separate Hospital for females, the classification required could be made by assigning to each class different apartments in the same building. And should the State, on the other hand, provide a separate Hospital for its non-resident poor, the necessary arrangements could be in a good measure effected for our own people within the walls of the present building.

In a matter so important, our Legislature will not act without mature deliberation, and it is not expected that any appropriation will be made this year for such a purpose. But it is to be hoped

that an inquiry will be instituted relating to this object, and some feasible plan be adopted for increasing Hospital accommodations for the Insane before the lapse of many more years. In the mean time, for the purpose of keeping the number of patients within the necessary limits, those who can the most safely be cared for by their friends at home or be provided for in the alms houses of the towns or cities where they belong, can from time to time be discharged to make room for such as may require more urgently the benefits of the Hospital.

In connection with these suggestions the Trustees would call attention to the case of such patients as are committed to the Hospital by order of the court. When any person is proved to have committed an act that would subject a sane person to a penal sentence, if the author of the act is judged by the court to be insane, he is sent to the Hospital, here to be supported by the State until cured of his insanity. When those who are thus placed in this Institution, are foreigners, the State justly regards them as being on the same footing as they would have been had they been sent as are other non-residents who are brought to the Hospital by order of the municipal authorities of the towns or cities where they are found cormorant. But in the case of such as are really residents in the State, the question arises whether it is not just and proper that the expense of their support while in the Hospital should be paid by the towns or cities where they severally belong. If such a measure shall seem just and equitable, ought not our statute relating to such cases to be so modified as to release the State from such additional expense? We recommend the passage of a law that shall cause the support of such patients to be provided for just as it would be if they had been committed to the Hospital by the town authorities.

The income from the Library funds have been expended by a Special Committee of the Trustees, partly in the purchase of books of permanent value, and partly for periodical literature for the daily use of patients.

The Libraries now contain not far from two thousand volumes, furnishing, with the Monthly and Quarterly Publication Reviews, a large variety of interesting and profitable reading, which many of the inmates of the Institution appear to prize and enjoy.

For a more detailed account of the internal condition of the Hospital relating to the state of health amongst the patients, the nature and apparent causes of their several maladies, as well as to

the more general concerns of the Institution, we are happy to refer to the Report of the Superintendent, and to the judicious and instructive remarks suggested by his own personal observations and experience, embraced in that Report.

Appended hereunto, are the Report of the Treasurer and Steward, (Appendix A ;) Statement of the Library Committee, (Appendix B ;) Schedule of Personal Property belonging to the Hospital, (Appendix C.)

All which is respectfully submitted.

R. WOODHULL,
JOSEPH BARRETT,
JOHN L. CUTLER,
JOHN BENSON,
ALCANDER BURBANK,
WILLIAM SWASEY.

SUPERINTENDENT'S REPORT.

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

Once more the hand of time points to the close of another year of Hospital duties, when it devolves on us to lay before you our annual statement of its operative condition. We would not fail to recognize and acknowledge the smiles of a Divine Providence, which have so graciously met us at every point along the high and rugged way in which the duties of our situation have led us. The aggregate amount of the peculiar and mysterious disease which has invited our attention during the year just closed, has been unusually large. More persons deprived of reason, have received Hospital treatment since the date of our last Report, than for any period in the history of the Institution. Most of our wards have been filled to their utmost limit, and we have only been able to receive patients as vacancies occurred by discharges or removals. By postponing their admission a few weeks, all applicants have been received ; none have been turned away or forbidden the care and treatment which is here afforded the unfortunate.

We commenced the year with two hundred and thirty-seven patients ; one hundred and twenty-nine males, and one hundred and thirty-eight females. We have received during the year, one hundred and thirty-six ; eighty-four males and fifty-two females ; making the whole number under treatment, three hundred and seventy-three ; two hundred and thirteen males, and one hundred and sixty females.

We have discharged during the year, one hundred and thirty-three ; eighty-two males and fifty-one females ; leaving in the Hospital, at the end of the year, (November 30, 1860,) two hundred and forty patients ; one hundred and thirty-one males, and one hundred and nine females.

The condition of those discharged appeared as follows : recovered, sixty-three ; thirty-eight males and twenty-five females ;

improved, twenty-two; fifteen males and seven females; unimproved, seventeen; eleven males and six females; died, eighteen males and thirteen females.

“In drawing anew the line that divides the living from the dead,” we find that the per cent. of deaths does not differ materially from the average of other years. The disease of all but five of those who have died since our last Report, had passed into a chronic incurable state, beyond all reasonable hope of recovery; and could life have been prolonged, it would have been only so much additional suffering to the already storm-beaten spirits. Many of them had been insane from five to thirty years; some had considerably passed the allotted period of man's earthly existence. Seventeen had been in the Hospital from one to seven years, each.

The disorders which seemed to be most prominent in causing their decease, were: phthisis pulmonalis, seven; epilepsy, four; general paralysis, three; chronic diarrhœ, four; pneumonia, two; typho or exhaustive mania, three; dropsy, one; inflammation of the bowels, one; scrofula, one; dysentery, one; congestion of brain, one; old age, one; erysipelas, one; and one by suicidal drowning, which is the first and only case of suicide that has happened in the Institution, since the spring of 1845.

The civil condition of those admitted during the year, was as follows: forty-three men and twenty-eight women were married; thirty-six men and seventeen women were single; five were widowers and seven were widows.

Twenty-eight of the above were under twenty years of age, when their insanity first appeared; thirty-four were between twenty and thirty; thirty-five were between thirty and forty; thirteen were between fifty and sixty; and four were between sixty and seventy.

The apparent causes which seemed to operate in producing insanity in those admitted the past year, we have put down as follows: *ill health*, twenty-six; *intemperance*, sixteen; *domestic affliction*, thirteen; *religious excitement*, one; *over-exertion*, eight; *epilepsy*, five; *puerperal*, five; *embarrassment in business*, five; *masturbation*, five; *disappointed affection*, three; *exposure to cold*, two; *spiritualism*, two; *sun stroke*, two; *prolonged lactation*, one; *decay of old age*, one; *injury of head*, one; *fright*, one; *novel reading*, one; *suppressed ulcer*, one; *unknown*, twenty-nine.

Since the Hospital was first opened for the reception of patients, a period of a little more than twenty years, two thousand two hundred and sixty-three insane persons have enjoyed its benefits. Of these, two thousand and twenty-three have been discharged in the following condition: recovered, nine hundred and thirty-four; improved, three hundred and ninety-one; unimproved, four hundred; and two hundred and ninety-eight have died.

The following Table gives the operations of the Hospital from its commencement to the present time.

Year.	Admittance.	Discharged.	Whole number under treatment.	Recovered.	Improved.	Unimproved.	Died.	Greatest number in Hospital on any day.	Least number in Hospital on any day.	Remaining at end of year.	Daily average number 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	55	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	34	76	84	79
1852-3	126	189	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
1857-8	126	126	334	59	25	18	24	225	205	208	213
1858-9	149	120	357	58	22	23	17	240	205	237	222
1859-60	136	133	373	63	22	17	31	246	227	240	236

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.		1857-8.		1858-9.		1859-60.		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.	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	5	3	5	2	8	9	196
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	9	4	3	4	6	3	169
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	7	4	3	2	6	3	155
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	3	3	6	2	9	4	153
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	6	3	4	4	4	3	141
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	6	3	6	4	9	2	186
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	8	5	10	8	2	4	192
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	11	7	5	6	10	7	221
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	6	8	9	10	6	6	229
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	8	5	9	6	7	6	194
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	4	5	13	5	6	8	195
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	5	5	4	7	5	5	202

Fifty-six of the patients now in the Hospital are foreigners or non-residents, and are supported entirely by the State. One hundred and thirty-five being destitute of means, are beneficiaries, and receive such aid from the State as the law provides in such cases. The number of State patients this year is a little larger than before, and the probability is, the number will gradually increase from year to year. We suggest in this connection, whether it would not be well to have some legislative action, by which patients hereafter sent to the Hospital, having no legal settlement in the State, may receive a part of their support from the city or town sending them, and the balance from the State, the same as other indigent patients who have a legal settlement with us. This, if so arranged as to apply to those now in the Hospital, would lessen the drain upon the State Treasury several thousand dollars a year. Our treatment, medical and moral, of those under our care is essentially the same as we have employed in former years, and has been described in other reports. We seize upon such of the improvements in medicine as seem best adapted to the cases in charge.

Of all the means employed in the moral treatment of the insane, we deem the gentle exercise and quiet diversion which comes to the mind from a few hours of moderate daily labor at some agricultural pursuit, the very best that has yet been devised for the promotion of mental health and strength. By it, the disordered physical functions are made to harmonize, an appetite and relish for food is increased, and the refreshing influences of sleep are promoted. We have always found that those male patients who are most in the open air, about some useful employment on the farm, or otherwise, enjoy the best physical health, and are soonest restored to mental soundness, when insanity has not assumed a fixed and chronic form. In this point of view, we consider the farm connected with the Hospital, of immense value—a value which cannot be measured by dollars and cents. And then, the products arising from its faithful cultivation, are of no small moment in supplying the physical wants of a household like ours. With what we can get from the farm, we are able to meet the current expenses of the Institution, with the rate of board and treatment down to the low sum of \$2.50 per week, a sum less than is charged at many of our village boarding houses. In consideration of the increasing wants of the Hospital in this direction (of which we spoke in our last Report) the Trustees deemed it advisable to enlarge the area

of the farm, and have purchased some twenty-five acres more for a pasture. This will enable us to increase our number of cows, and to keep store cattle for beef; it will also give us additional facilities for cultivating and improving the land lying west of the buildings, on the river shore.

We have made such improvements in and about the buildings, as our limited means would allow. A larger and more commodious wood-shed has been erected, in place of the old dilapidated one, the removal of which we have long desired. A new, convenient work-shop has been built in place of the old one destroyed by fire last June. Considerable painting has been done, both in doors and out. There yet remains more that needs to be done, to keep the apartments in good condition. Many improvements have been made on the farm the past season, considerably enhancing its value. A number of acres of useless, marshy and broken land on the east end of the farm, have been cleared, ditched and brought into a good state of cultivation. Under the excellent management of our able Steward, Mr. Allan, the Hospital farm has become one of the most productive of its size in the State.

Among the wants of the Hospital, the most prominent seems to be a more efficient mode of ventilation. Next, if not equal in importance to warming a building, is its proper ventilation, especially, when occupied by insane persons, whose disease in many of its forms, gives rise to uncleanly habits, and offensive exhalations from the body. Owing to these necessarily numerous and active sources of impure air in the wards of a Lunatic Hospital, it has become a well established principle among scientific men, that other than natural means of ventilation must be sought, in order to best promote the health of the inmates. The ordinary ingress of fresh air through doors and windows, is inadequate to displace the foul atmosphere, which so rapidly generates around insane persons. Hitherto, this has been our only reliance for ventilation. We alluded, in a former Report, to this important subject, and since our number of patients has considerably increased, the necessity seems still more urgent. We now find it impossible to ventilate properly (especially during the cold season when the windows must be closed) those portions of the building occupied by uncleanly and filthy patients. There is no method by which we can get a good supply of pure, fresh air in all parts of our building, at all seasons of the year, and have the apartments well warmed, without the introduction of a forced ventilation by a centrifugal

fan or blower, propelled by steam power. This method is now employed in most of the Hospitals for insane in this country, and we trust that Maine will not long remain behind in this very important improvement for promoting the health and comfort of her unfortunate sons and daughters. By it, from one to two hundred cubic feet of warm fresh air to each occupant, may be introduced into the wards every minute, which would render the hygienic condition of the Hospital vastly superior to what it now is.

A ventilating apparatus of this kind has been in successful operation for the last six or seven years, at the State Lunatic Asylum, in Utica, New York. It is capable of supplying 280 cubic feet of air per minute to each inmate. To give an idea of the blower, I here quote a description of it from Dr. Gray's Annual Report of that Institution, for 1854, as given by Mr. Nason, the machinist. "The rotary or operating part of the fan consists of a shaft with twelve radial arms, at the extremities of which are fastened wind boards two and a half feet wide, and seven feet long in the direction of the axis. The extremities of the boards are seven feet from the centre, and consequently describe a circle of fourteen feet diameter. Motion is imparted by a belt passing over a pulley four feet in diameter on the end of the shaft. The arms and boards revolve within a wooden casing, the circumference of which, instead of being concentric with the shaft, describes a curve of increasing diameter, and forms outside the boards a channel of constantly enlarging capacity, towards the point of delivery. The height of the casing from the floor is twenty feet. The cross sectional area is equal at the point of delivery to 40 square feet."

Since this mode of ventilation was introduced at Utica, the same has been successfully employed at the three State Hospitals, in Massachusetts; at the Butler Hospital, Providence, R. I.; at the State Hospital, Trenton, N. J.; at Pennsylvania Hospital, Philadelphia, and the Government Hospital, Washington. The same is also employed to ventilate the new Capitol at Washington.

As more or less steam fixtures would have to be added to our present warming apparatus, to work the machine, and to warm the air before it is blown into the halls, it would require a considerable outlay to accomplish the object; but the benefits arising from such an efficient mode of ventilation, would far exceed and over balance the expenditure. We sincerely hope the subject will, as it deserves, receive the careful consideration and hearty approval of the Legislature.

Chapel service has been continued by our good Chaplain, Rev. J. H. Ingraham, and a goodly number of the inmates have regularly attended. The comfort and consolation which these exercises impart, are as healing balm to the wounded and earth-worn spirits.

Our increasing Libraries, from the funds of the late Col. Black, and Brice McLellan, now numbering nearly two thousand volumes, furnish a liberal supply of reading for all those patients who have a taste for it, and the effect upon their minds when properly applied, is salutary.

The editors and proprietors of the following journals, whose generous hearts never seem weary in well doing, deserve more than the expression of thanks for their continued generosity, in sending us gratuitously every week their printed sheets laden with news and intelligence fresh from the press: The Age, Kennebec Journal, Maine Farmer, Gospel Banner, Augusta; Hallowell Gazette, Hallowell; Gardiner Home Journal, Gardiner; The Rising Sun, Richmond; American Sentinel, Eastern Times, Bath; Christian Mirror, Portland Transcript, Maine Teacher, Portland; Maine Democrat, Saco; Democrat and Free Press, Rockland; Republican Journal, Belfast; Ellsworth American, Ellsworth; Machias Union, Machias Republican, Machias; Eastport Sentinel, Eastport; Aroostook Herald, Houlton; The Pioneer, Presque Isle; Whig and Courier, Bangor; The Republican Clarion, Skowhegan; The Eastern Mail, Waterville; Lewiston Falls Journal, The Democratic Advocate, Lewiston; The Morning Star, Dover, N. H.; Religious Magazine, Boston, Mass.; Anti-Tobacco Journal, Fitchburg, Mass.; Journal of Materia Medica, Lebanon, N. Y.

To the Board of Trustees who have made us their regular official visits as the law directs, I am under many obligations for kind advice, and cheering counsel which have always been freely bestowed when shadows darkened and obscured the way; also to my associates in office who are ever faithful and true to their onerous and responsible trusts. To the Supervisors, Attendants, and all other Assistants, I would not fail to express my grateful acknowledgements for the continued kindness of another year.

On the 26th of September last, Dr. John Blackmer, having received an appointment to a more eligible post in a similar Institution, resigned his office of Assistant Physician with us which he had ably filled for a little more than a year. We would here express our thanks to him for a very interesting and instructive course of lectures, which he delivered in the Chapel before our

patients during the long evenings of last winter. Also for *editing* a little paper called the "Hospital News Letter," which was read every fortnight, and for various select readings given for the entertainment of the inmates. With him he carried the best wishes and esteem of all. The vacant office has been filled by the appointment of Dr. R. L. Cook, a young man of promise who is making himself useful in his new field of labor. He bids fair to become valuable in his services to the Institution.

Having reviewed the general topics relating to the Hospital, we now, before concluding, offer a few thoughts on the "general subject of insanity," selecting as the particular theme, "*Inebriety considered as a Disease.*"

One who is careful to remark all the varied phases of insanity, cannot fail to observe a form of disease, marked by an uncontrollable desire or propensity to indulge in intoxicating liquors, or other stimulants which produce a similar effect. The malady to which we allude has been termed *Dipsomania*, and has been recognized by Esquirol, Marc, and other eminent writers on insanity. To this term there are some objections, as it does not strictly speaking, convey a correct idea of the disease. It is not *thirst-mania* alone, but a mania for stimulants of all kinds, liquid or otherwise. More recently, the term *Oinomania* has been employed, as a denomination better adapted to designate this form of malady, and we adopt the same, as less objectionable than the former. We may then define *Oinomania* to be an irresistible impulse to indulge in the use of intoxicating substances. It differs quite materially from ordinary drunkenness, modernly styled *Alcoholism*, which arises from a voluntary use of alcoholic beverages, and should be carefully discriminated. While we recognize on the one hand a diseased cerebral condition, which usurps the will and impels one on to a most extravagant use of intoxicating drink, we must not on the other hand ignore the existence of ordinary intemperance in persons who possess a perfectly normal brain, but who choose to indulge their appetite to excess, because they think they have a right so to do. To conclude that there is no inebriety without disease would be as erroneous as to deny that there is no disease which gives rise to inebriety. Both are true, and both alike result in intoxication. The question then arises, how shall we know the one from the other? We may be materially aided in a diagnosis by learning the psychological history of the family to which the individual belongs. When we see the offspring of an insane parent given to frequent,

habitual intoxication, we may strongly suspect the existence of an abnormal cerebral condition. A similar suspicion would arise, if we should find the son of an intemperate father manifesting an appetite for stimulants in early life—indeed, an early developed appetite of this kind in any person, would point in the same direction; but, the most prominent pathognomonic symptom attending the disease, is the utter inability to control the thirst for drink. Regardless of all the higher emotions, against his conscience, his reason, and his better judgment, the Oinomaniac is blindly driven on by the ruthless monster. So complete is the loss of self-control in this disease, that in order to appease his morbid appetite the unfortunate victim will resort to measures the most extreme. A case in illustration is related by Prof. Mussey of Cincinnati. “A few years ago a tippler was put into an almshouse in this State; within a few days he had devised various expedients to procure rum, but failed. At length, however, he hit upon one which was successful. He went into the wood yard of the establishment, placed one hand upon the block, and with the axe in the other, struck it off at a single blow. With the stump raised and streaming, he ran into the house and cried, ‘get some rum! get some rum! my hand is off.’ In the confusion and bustle of the occasion, a bowl of rum was brought, into which he plunged the bleeding member of his body; then, raising the bowl to his mouth drank freely, and exultingly exclaimed, ‘now I am satisfied.’” It is related of another, who after being entreated and expostulated with on account of the many evils he was reaping as fruits of his conduct, replied, “My good friend, your remarks are just, they are indeed too true. *If a bottle of brandy stood at one hand and the pit of hell yawned at the other, and I were convinced that I should be pushed in as sure as I took one glass, I could not refrain.* You are very kind. I ought to be grateful for so many kind, good friends, but you may spare yourselves the trouble of trying to reform me; the thing is out of the question.”

It matters little to the Oinomaniac as to the kind of liquor he takes. That containing the most loathsome impurities, is not unfrequently swallowed as readily as the nicest variety. He drinks not for the gratification of taste, but to free himself from the overwhelming misery in which he is writhing.

Like many other ills to which flesh is heir, the tendency to this form of disease is hereditary. It is often observed in persons predisposed to other kinds of insanity. For instance, in a family of

children, whose grandmother was insane, while the boys exhibited a strong passion for stimulants, and died in a few years of delirium tremens, the girls manifested melancholia and religious excitement, with occasional symptoms of erotomania. The hereditary character of this disease is distinctly marked in the greatly increased liability to insanity and idiocy, which exists in children born of inebriate parents; and we believe there is no method more sure, by which the human race could be exterminated from the face of the earth, than by making inebriates of its inhabitants.

Prof. L. A. Dugas, in a lecture on the treatment of inebriates, says, in speaking of their offspring—"I do not hesitate to proclaim it as a law of almost universal application, that three successive generations of inebriates will leave no issue." It is a noticeable fact, that in communities where alcoholic stimulants are used to excess, the rate of mortality runs to a much higher figure than elsewhere, especially among children under ten years of age. But this is a digression, and we now return to the subject under consideration.

Oinomania is recognized as appearing in three different forms or varieties—the acute, paroxysmal, and the chronic. The first is much more rare than either of the other two. It arises from various physical conditions, such as hemorrhage in the puerperal state, excessive venereal indulgence, masturbation, debility from fever, certain forms of dyspepsia, &c. It readily yields to treatment, requiring only such gentle restraint and watchfulness as may be had at home, with such care of the general health as the case may indicate.

The second, or paroxysmal variety appears much more frequently than the acute. It recurs at irregular intervals and usually lasts one or two weeks. During the paroxysm, the patient consumes, if he can get it, a most incredible amount of alcoholic liquor—a quantity, which under ordinary circumstances, would seem to be intolerable, and sufficient to destroy life. A case was related some years since in the "British and Foreign Medical Review," of a man who in a spree of this kind, drank in eight days, six *quarts* of *brandy*, six *quarts* of *whiskey*, six *quarts* of *porter*, six *quarts* of *ale*, and twelve *quarts* of *sherry wine*; he then emerged from his debauch, took a warm bath, made his toilet, and then took a drive into the country, appearing to all with whom he met, as though nothing unusual had occurred.

The intervals between the paroxysms, may continue weeks, and

months, during which, patients thus afflicted have no desire for stimulants, they even loathe them; at length, a feeling of languor or lassitude comes over them, and they soon become restless and uneasy. They realize the "impending crisis," and struggle to ward it off, but all without avail; no power of theirs seems adequate to keep them from flying to the intoxicating cup,—the matchless sanative for all their woes. This form of Oinomania arises consequent upon injuries of the head and an overworked brain. To the latter, we do not hesitate to say, may be traced a large proportion of the cases of general paralysis so rife at the present day, and so frequently attributed to intemperance. This form of Oinomania is observed in females under certain physical conditions. When it appears during gestation, it may be pretty certainly expected that the offspring if it lives to grow up, will develop the disease, especially if the mother was allowed to indulge her appetite. Hence, the absolute importance of total abstinence from all alcoholic stimulants during that state, and the state of lactation.

We now come to the third variety of the disease—the chronic, which is by far the most frequent of the three, and the most intractable as regards treatment and cure. The patient is continually under the irresistible impulse to take some kind of stimulant. Overwhelmed with the desire, he sacrifices everything that makes life attractive, to his insane appetite. Wealth, reputation, family ties, even the common necessaries of life are alike disregarded. He comes forth in the morning, after mayhap, a restless, sleepless night, morose and fretful, dissatisfied with himself and all about him. Weak and trembling, he feels unequal to any mental or physical exertion, and to allay the gnawing sensation in the stomach, flies at once to his potation. After each succeeding draught a degree of comfort and self-satisfaction returns, hope springs anew and he resolves upon a better course of life. The craving distress is for a time appeased, but it soon returns, and he continues drinking, until intoxication is produced. Thus the patient goes on till he sinks into fatuity, and death soon closes the scene. The causes of this, are the same as of the other varieties of the disease, which are very liable to run into the chronic form, if not properly treated and arrested. To these, we may add voluntary intemperance, which perhaps is more prolific than all the others.

Before concluding our imperfect sketch of this important subject, we would add a word in regard to the treatment of the malady. It has hitherto received comparatively little attention, or at least,

we may say that only recently has the subject been considered in the light which its importance demands. Owing to the fact, that all cases of inebriety without distinction have been looked upon as the result of moral obliquity rather than physical weakness or organism, they have been left to take their own course—to reap the fruit of their own sowing without let or hindrance. But thanks to an over-ruling Providence, the poor unfortunate inebriate is beginning to receive, through an enlightened community, a more benevolent consideration. It is, I believe, acceded by all medical men, that the first great step in the treatment of inebriety or Oinomania, is restraint, and this cannot well be accomplished without seclusion. Without these the disease cannot be successfully treated, indeed, the safety of the community and of the patient himself often demands them.

An Hospital with architectural arrangements expressly adapted to this class of cases where they can receive appropriate medical and moral aid, seems to be the only legitimate or proper place for them. Since Hospitals for the insane have become general, many of this class have been successfully tested in these establishments, but for various reasons they are ill adapted to the wants of the Oinomaniac. In our opinion he requires different arrangements. He should be provided for in an entirely separate and distinct Institution. He should not be obliged to mingle in the society of insane patients, as the former could rarely do the latter any good, and the insane in return, would derive no benefit from associating with the inebriate, and we trust it will not long be necessary, as Asylums for this needy class are beginning to be established. The first of the kind in the country or in the world is now in process of erection in the town of Binghampton, New York, to which the eyes of many are turned with hope and expectation. May the great work thus begun, go successfully on, until the fulfilment of our wishes shall be seen and felt by thousands of this unfortunate class.

For his energy and indefatigable exertions in this branch of benevolence, all honor is due Dr. J. Edward Turner, the first man, a son of our own State, “who proposed and advocated, and successfully carried into effect the project of an Inebriate Asylum.”

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }
November 30, 1860. }

APPENDIX.

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 and 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.

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 com-

fort 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 —.

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. 186—.

The condition of this obligation is such, That whereas — — of —, in the county of —, is about to be admitted as a boarder and patient at 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 — —; payment 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.

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 the 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.)

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—The following report of the financial affairs of the Hospital, for the year ending November 30, 1860, is respectfully submitted, viz :

PAYMENTS.		
Balance due the Treasurer, in last account,	-	\$304 61
Cash paid for provisions,	- - -	15,704 47
“ “ labor,	- - -	6,798 72
“ “ fuel and lights,	- - -	3,530 89
“ “ clothing,	- - -	2,054 76
“ “ repairs, including new buildings, &c.,	- - -	3,578 85
“ “ furniture,	- - -	760 50
“ “ stationery and postage,	- - -	158 66
“ “ medicine,	- - -	372 26
“ “ soap,	- - -	73 15
“ “ coffins and fixtures,	- - -	162 77
Miscellaneous,	- - -	1,590 03
		\$35,089 67
RECEIPTS.		
Cash from patients, for board, clothing, &c.,	-	34,758 04
Balance due the Treasurer,	- - -	331 63
		\$35,089 67
RESOURCES.		
Debts due the Hospital,	- - -	8,947 81
Liabilities against the Hospital,	- - -	2,300 00
		\$6,647 81
The products of the Farm are as follows :		
65 tons of hay, at \$15 per ton,	- -	\$975 00
13 tons of straw, at \$7 per ton,	- -	91 00
700 heads of cabbage, at 7c. per head,	- -	49 00
99 bushels of barley, at 65c. per bushel,	- -	64 35
236 bushels of oats, at 40c. per bushel,	- -	94 40
750 bushels of beets, at 33c. per bushel,	- -	247 50
40 bushels of carrots, at 33c. per bushel,	- -	13 20
150 bushels of turnips, at 30c. per bushel,	- -	45 00
58 bushels of corn, at 80c. per bushel,	- -	46 40

Products of the Farm, (Continued.)

225 bushels of apples, at 40c. per bushel,	-	\$90 00
25 bushels of beans, at \$1.50 per bushel,	-	37 50
975 bushels of potatoes, at 40c. per bushel,	-	390 00
6,200 pounds of squashes, at 1c. per pound,	-	62 00
15,600 pounds of pork, at 8c. per pound,	-	1,248 00
Pigs sold,	-	53 00
		\$3,506 35

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

INSANE HOSPITAL, Nov. 30, 1860.

(B.)

INSANE HOSPITAL, December 13, 1860.

The undersigned, Committee in charge of the Hospital Libraries, beg leave to state that they have expended during the past year one hundred and fifty-one dollars fifty-six cents for the purchase of books and periodicals out of the income of Library Funds, and that there is a balance of ninety-four dollars thirty-nine cents remaining unexpended.

The number of volumes now belonging to the Hospital is about two thousand.

The Library Funds, amounting to three thousand dollars, are invested in State bonds.

R. WOODHULL, }
J. L. CUTLER, } *Committee.*

(C.)

SCHEDULE OF PERSONAL PROPERTY BELONGING TO THE MAINE INSANE
HOSPITAL, DECEMBER 1, 1860.

4 horses, \$100 each, - - - -	\$400 00
1 pair oxen, - - - -	140 00
14 cows, \$25 each, - - - -	350 00
45 pigs, \$5 " - - - -	225 00
55 cords wood, \$4 per cord, - - - -	220 00
250 tons coal, \$6 per ton, - - - -	1,500 00
300 pounds tallow, 9 cents per lb., - - - -	27 00
15,600 pounds pork, 8 " " - - - -	1,248 00
3,600 pounds sugar, 8½ " " - - - -	306 00
150 gallons molasses, 26 cents per gallon, - - - -	39 00
120 gallons syrup, 42 " " - - - -	50 80
50 tons hay, \$15 per ton, - - - -	750 00
215 bushels oats, 45 cents per bushel, - - - -	96 75
75 bush. barley, 65 " " - - - -	48 75
2 tons shorts, \$21 per ton, - - - -	42 00
8 tons straw, 7 " " - - - -	56 00
400 cabbages, 7 cents per head, - - - -	28 00
15 bushels beans, \$1.50 per bushel, - - - -	22 50
650 bushels beets, 33 cents per bushel, - - - -	214 50
700 bushels potatoes, 40 " " - - - -	280 00
2,250 lbs. butter, 20 " pound, - - - -	450 00
3,000 lbs. beef, 6 " " - - - -	180 00
75 bushels carrots, 30 " bushel, - - - -	22 50
50 bushels onions, 80 " " - - - -	40 00
2,000 lbs. squashes, 1 " pound, - - - -	20 00
100 bushels corn, 80 " bushel, - - - -	80 00
30 bushels rye, \$1 per bushel, - - - -	30 00
3 bushels cranberries, 4 " " - - - -	12 00
40 gallons oil, 70 cents per gallon, - - - -	28 00
Soap, starch, dry fish and spices, - - - -	150 00
1,200 lbs. rice, 4¾ cents per pound, - - - -	64 00
400 lbs. cheese, 11½ " " - - - -	46 00
100 lbs. raisins, 9 " " - - - -	9 00
6 chests tea, \$16 per chest, - - - -	96 00
14 pairs thick boots, \$3 per pair, - - - -	42 00
7 dozen pairs socks, \$4, - - - -	28 00
1½ dozen pairs mittens, \$3, - - - -	4 50
6 dozen brooms, \$3, - - - -	18 00
Crockery and glass ware, new and in store, - - - -	100 00
Medicine on hand, - - - -	225 00
Furniture in use, - - - -	7,000 00

Schedule of Personal Property, (Continued.)

Carriages and farming tools,	-	-	-	\$800 00
Fire engine and apparatus,	-	-	-	1,000 00
McLellan Library, -	-	-	-	390 00
McLellan Library Fund, -	-	-	-	500 00
Vaughan Library, -	-	-	-	300 00
Col. Black Library, -	-	-	-	740 00
Col. Black Library Fund, -	-	-	-	2,500 00
				\$20,919 30

R. WOODHULL, }
 WM. SWAZEY, } *Committee.*