

# MAINE STATE LEGISLATURE

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OF THE

STATE OF MAINE.

1862.

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AUGUSTA:  
STEVENS & SAYWARD, PRINTERS TO THE STATE.  
1862.

# REPORTS

OF THE

## TRUSTEES AND SUPERINTENDENT

OF THE

### MAINE INSANE HOSPITAL,

DECEMBER, 1861.

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Published agreeably to a Resolve approved March 16, 1855.

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AUGUSTA:

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1861.



## OFFICERS OF THE INSTITUTION.

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RICHARD WOODHULL, Bangor,  
JOSEPH BARRETT, Canaan,  
JOHN L. CUTLER, Augusta,

ALCANDER BURBANK, Lewiston,  
JOHN BENSON, Newport,  
WILLIAM SWAZEY, Limerick.

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HENRY M. HARLOW, M. D., SUPERINTENDENT AND PHYSICIAN.  
RICHARD L. COOK, M. D., ASSISTANT PHYSICIAN.

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THEODORE C. ALLAN, STEWARD AND TREASURER.

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MARIA JOHNSON, MATRON.

---

REV. JOHN H. INGRAHAM, CHAPLAIN.



## TRUSTEES' REPORT.

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

The Trustees of the Insane Hospital have the honor to submit this their Annual Report for the year ending November 30, 1861.

The Trustees have visited the Hospital monthly, by their Committees, as the law requires ; and at each visit they have been particular to see every patient, and to ascertain as far as possible, the condition and wants of each. They have made examination as to the cleanliness of the halls and dormitories, of the beds and bedding, and of the other rooms of the building. They have carefully noticed the quality of supplies intended for the table, with the manner and style of serving up the food. They have observed the classification of the patients in relation to the halls and rooms best suited for each ; and have watched over the entire working of the internal arrangements and management of the Institution, with the view of securing the comfort and welfare of all its inmates.

The Trustees have also carefully attended to the financial affairs of the Hospital as conducted by the Treasurer and Steward ; have examined all bills for supplies and for other expenditures belonging to his department ; have minutely canvassed his books of accounts quarterly ; and have endeavored to effect a proper degree of economy in all pecuniary outlays. The farm also, with farming operations, which the same officer superintends, has been an important object of inquiry by the Trustees ; and the external affairs of the Hospital generally, as well as its internal regulation and management, have been monthly under the inspection of members of the Board.

From the knowledge thus obtained it gives us pleasure to state, that the affairs of the Hospital have been wisely arranged and faithfully conducted by the officers in charge ; and that the past

year compares favorably with former years, as to the benefits realized from this important Institution. The Superintendent has continued to exhibit his usual marked ability and faithfulness in seeing to all the various duties of his office, and has had the happiness not only of securing the confidence and respect of the patients generally, but also of returning many to their friends, healed of the disorders which had threatened to dethrone, permanently, their reason.—The Assistant Physician has rendered good service in his station, and gives promise of much usefulness in the future. The Matron still commends herself to our cordial commendation. And the Supervisors, and the Attendants generally, have given good satisfaction in the discharge of their several duties.

Thus the patients have received every attention that an Institution of this kind can secure, having been cared for with a kind regard to their welfare, and to their restoration to health, and having in all respects been rendered as comfortable as their several cases would admit. And we have fresh occasion to acknowledge with gratitude the protection and blessing of Divine Providence towards the Hospital throughout the year, in its freedom from epidemic diseases, and in the restored health of many who have been under treatment, and also in the improved condition of many others.

In the last annual report of the Trustees, and in that of the Superintendent also, certain suggestions were submitted in favor of better means for warming and ventilating the Hospital. In this connection it was stated that a Committee of the Trustees had been appointed to make the necessary inquiry and examination, and to report a plan for improving the ventilation of this building. That Committee, in attending to the duty assigned them, visited the Asylums for the Insane at Taunton, Providence, Worcester, Northampton and Somerville; and submitted their report, with an outline of a plan, to the Board of Trustees, in January last. The Trustees proceeded to lay the subject before the Committee of the Legislature, who after due deliberation were pleased to report favorably, and to recommend an appropriation for the object proposed. With its accustomed liberality towards this institution, so highly valuable and so justly valued by the people of Maine, the Legislature granted the appropriation, providing for its expenditure under the direction of the Governor and Council. A particular description of the prosecution of the work and of the apparatus introduced, with its operation and effects in warming and



ventilating the building, is given in the Report of the Superintendent, to which we respectfully refer.

The expense of fuel will necessarily be greatly increased, in consequence of this change of apparatus. And it becomes necessary also to employ a good engineer to manage the works, in addition to the hired service before demanded. Whether it may not be found necessary to raise the price of board on this account, cannot now be clearly determined; but the Trustees will not be surprised to find at the close of another year, that the current expenses will have exceeded the amount of income, when a corresponding increase must be made in the terms of board. For the present the prices will remain as they have been the year past,—two dollars a week for those wholly supported by the State; and two dollars and fifty cents a week for all others—with the usual additional charge for those whose friends may choose to have them occupy private parlors.

The farm belonging to the Hospital has been enlarged since the beginning of the year, by the purchase of an adjoining tract of land consisting of about sixty acres. The price was two thousand and forty-five dollars, and was paid from funds of the Hospital. By this enlargement the farm is now capable of furnishing an abundance of pasturage for the benefit of the institution, and the needful quantity of hay and other feed for the cattle and horses which it is found profitable to keep. At the same time it affords opportunity for many of the male patients to assist in farming operations, much to the benefit of their health, and to the promotion of their cheerfulness and comfort. The entire farm is now nearly in the form of a rectangular parallelogram, extending from the river eastward about a mile, and contains about two hundred and twenty acres; and is deemed of sufficient size for the future uses of the Hospital, without further enlargement. The productions of the farm and of the garden, the past year, have been larger and of greater value than in any former year; and under the judicious management of the Steward, it will soon rank amongst the best farms in the State, if indeed it has not this claim already.

Expenditures for what may be considered as Repairs, the past year, have been very considerable. About a hundred rods of new and substantial fence has been built on the farm. A large part of the interior of the edifice has been repainted. A granite sewer has been laid of several hundred feet in length, to convey the drainage

from the buildings and lands contiguous, to a greater distance. And some alterations have been made in the arrangements of the bathing rooms for greater convenience and cleanliness.

The income from the Library funds has been appropriated to the purchase of books of permanent value, and of various quarterly, monthly and weekly journals. These last are eagerly sought after by many of the patients, and it has been thought advisable to furnish a larger proportion of weeklies than heretofore. The Library Committee have therefore recently ordered an additional supply of this kind of reading, which is found peculiarly acceptable to a large number of the patients.

Our excellent Chaplain has rendered important service during the year, in continuing to dispense the word of life to such as have been able to attend at the Chapel, and in pointing them to the Great Physician of soul and body. Nothing seems more soothing to a disordered mind than the exercises of religion, when properly conducted; even as no considerations are so encouraging and comforting to a dejected spirit, as are those which are found in the Gospel of Christ.

For further particulars we are happy to refer to the interesting Report of the Superintendent, which will show more in detail the sanitary condition of the Hospital, and various statistics relating to it, together with other important information additional to what is here presented.

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

All which is respectfully submitted.

RICHARD WOODHULL,  
JOHN BENSON,  
ALCANDER BURBANK,  
JOHN L. CUTLER,  
WILLIAM SWAZEY,  
JOSEPH BARRETT.

INSANE HOSPITAL, }  
December 5, 1861. }

## SUPERINTENDENT'S REPORT.

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

GENTLEMEN:—In conformity to statute provision, the Superintendent once more has the honor to lay before you his annual report of the Maine Insane Hospital.

As we review the brief period that has elapsed since the date of our last official statement, there arises abundant reason for gratitude to Almighty God for continued comforts and blessings received on every hand. By the blessing of Heaven, our efforts to ameliorate the condition and restore to health those under our care, have been crowned with a good degree of success. The prosperity which has marked the course of the Institution during the past year, by no means falls below that of any former period. The per cent. of recoveries has been as large, and the average number of patients larger, than ever before. There were in the Hospital on the 30th of November, 1860, two hundred and forty patients; one hundred and thirty-one males, and one hundred and nine females. There have been admitted during the year, one hundred and thirty-five; seventy-seven males and fifty-eight females; making the total number under treatment, three hundred and seventy-five; two hundred and eight males, and one hundred and sixty-seven females.

There have been discharged during the year, one hundred and twenty-three; seventy-four males and forty-nine females; leaving in the Hospital at the close of the year, (Nov. 30, 1861,) two hundred and fifty-two; one hundred and thirty-three males and one hundred and nineteen females. Of those discharged, the following appeared to be their condition: recovered, fifty-five; thirty-two males and twenty-three females; improved, twenty-five; fifteen males and ten females; unimproved, sixteen; twelve males and

four females; died, twenty-seven: fifteen males and twelve females.

Death, ever busy and unsatisfied, has visited our household and removed its quota from our ranks, though the per cent. of the deceased is somewhat less than last year. One, a young woman, an excellent nurse and attendant, who had for two years devoted her last energies to this high calling, was stricken down with typhoid fever in the full vigor of health, and lived only a few days. The best years of her short life were spent in doing good to the most wretched and distressed of human beings, and I think we may say as of one of old, "She hath done what she could." Of the patients who have died, the most of them had been a long time insane, and beyond the hope of recovery. One, an old man, approaching the confines of three score years and ten, was among the first admitted into the Hospital; and here he had lived for nineteen consecutive years. For more than forty winters his rudderless bark had drifted down the stream of time, till reaching its final mooring, the immortal, "weary of dust and decay," stepped upon the shadeless shore.

The prominent immediate causes of death of those deceased the last year, were, phthisis pulmonalis, five; dropsy, four; paralysis generale, three; diarrhæa, three; exhaustive mania, three—congestion of lungs, two; erysipelas, two; apoplexy, three; epilepsy, one; inflammation of bowels, one.

One died in December, five in February, three in April, five in May, two in June, two in July, one in August, three in September, one in October, four in November.

The civil condition of the patients admitted during the year, was as follows: seventy-seven were married—forty-nine were single—three were widowers, and six widows. Twenty-six of the above were under twenty years of age when their insanity first appeared; forty were between twenty and thirty; thirty-three were between thirty and forty; eighteen were between forty and fifty; fourteen were between fifty and sixty; four were between sixty and seventy.

The assigned causes of insanity in those admitted during the year, are: *ill health*, twenty-nine; *intemperance*, ten; *epilepsy*, seven; *religious excitement*, seven; *domestic affliction*, five; *domestic trouble*, five; *over exertion*, four; *change of life*, four; *pecuniary embarrassment*, three; *injury of head*, three; *masturbation*, three;

*jealousy, two; disappointed affection, two; loss of property, two; spiritualism, three; repelled eruption, one; suppressed discharge from ear, one; seduction, one; taking cold, one; puerperal, one; fright, one; excessive use of tobacco, one; military excitement, one; injury of spine, one; sun stroke, one; unknown, thirty-six.*

Since the opening of the Hospital, in October, 1840, two thousand three hundred and ninety-eight have been admitted. Of these, two thousand one hundred and forty-six have been discharged in the following condition: recovered, nine hundred and eighty-nine; improved, four hundred and sixteen; unimproved, four hundred and sixteen; died, three hundred and twenty-five.

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

Year.	Admitted.	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	89	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	109	225	53	17	20	10	125	98	124	108
1847-8.	128	125	232	60	31	14	20	135	117	127	112
1848-9.	123	110	250	55	22	19	14	139	121	139	126
1849-50.	100	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	169	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	83	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	125	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
1860-1.	135	123	375	55	25	16	27	255	239	252	248

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.		1860-1.		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	2	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	5	6	207
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	10	3	182
December, . .	8	1	3	3	4	-	4	3	3	6	5	2	3	4	5	2	2	2	7	4	-	2	2	3	11	3	4	4	6	5	4	2	10	3	7	4	3	2	6	3	5	1	161
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	4	6	165
February, . . .	7	4	4	-	5	2	2	5	2	-	1	2	2	4	7	4	4	3	2	2	4	3	2	-	6	3	3	5	7	4	7	3	3	5	6	3	4	4	4	3	7	4	152
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	7	6	199
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	9	7	268
May, . . . . .	4	5	8	7	4	3	6	3	6	7	4	4	9	5	2	7	5	4	6	9	7	2	4	-	4	4	2	8	7	8	4	6	6	5	11	7	5	6	10	7	6	5	232
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	5	5	239
July, . . . . .	4	1	5	3	3	2	2	2	3	4	4	7	7	6	8	5	5	7	6	6	2	3	-	-	4	7	7	3	6	4	10	6	6	5	8	5	9	6	7	6	3	4	201
August, . . . .	2	3	1	3	3	7	3	2	7	4	5	5	9	2	9	6	5	7	4	6	4	4	1	-	6	6	6	4	3	3	7	5	5	7	4	5	13	5	6	8	6	7	208
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	9	5	216

Among the admissions, we have every year those who have enjoyed a position considerably above the mediocrity of mental culture and power; who once no doubt, thought that they stood strong and secure from the inroads of such a disease, but who, before their animal frames were arrested by death, sank into a state of fatuity or mental oblivion below even that of the brute creation. By this decay of the brain, some of our best minds, with the highest intellectual attainments, are blotted and wiped from the sphere of all further earthly manifestations. It is said that Sir Isaac Newton, before he died, lost the use of his powerful intellect; and it is said that M. Swisset often wept because he could not understand the books he had written in his younger days. Comenius, an orator who lived in the Augustan age, so lost his memory that he was unable to remember his own name. Simon Tourney, who lived at the commencement of the thirteenth century, after he had excelled all Oxford in learning, at last became so demented that he did not know one word from another or remember one thing that he had ever done. Verily, man is a singular being, powerful and yet how feeble! The great seal of decay is stamped upon every thing which pertains to man's earthly existence. The moment we begin to live that moment we begin to die. A process of life and death is continually going on—growth and decay walk hand in hand from the cradle to the grave. We commence the cycles of time with a young and plastic brain; the soul takes possession of the machine—the cords tighten and relax—a few brief turns are made, and the oil of life begins to run low; the lamp grows dim, the flame flickers and is seen no more—the ashes in the socket alone remain. No disease which infests man during his earthly sojourn, is so mysterious, so far beneath the ken of finite research as that of insanity. All we can know of it is from its signs or manifestations. We can observe its varied types and manifold shadows as they flash from the glaring eye, or flit across the face, or dash in the wild gesticulation through the air. We can hear the painful sound of the voice as it falls in sad and solemn cadence, or rises with incoherent thought, uttering joy extatic, or bursting with the wildest fury of passion. We can see and hear all this, but we know nothing of the hidden springs within which give rise to such phenomena. We can examine the body and note all physical signs which present themselves, and after death with the aid of the scalpel and microscope, we can visit the deep dark chambers

of the brain where has "lulled many a hidden thought," but nothing there remains save deserted halls and a net work of machinery—no soul is there to set the wheels in motion and explain the wonder-working mystery. If we, for a moment, try to contemplate the soul's union with the body, we enter a labyrinth of thought from which we are obliged to emerge with no more wisdom than before. Thus far, in the study of this intricate malady, scientific men have only been able to play upon the surface—to gather a few pebbles from the shore of a boundless ocean beyond. This much however, appears obvious—that so intimately connected and interwoven with each other are our mental and physical organism, that whatever affects the one, is immediately felt by the other. Says an English writer on this point, "the mind and the body, like two musical instruments contiguous to each other, are so constituted that if a chord in the one be touched, its vibrations are instantly felt or reciprocated in the other. God has so knit the mind and the body together, that they act and react upon each other. Who has not felt that his state of health gives a coloring to every thing that happens to him? One man, whose health is depressed, sees his own fireside that used to burn so cheerily, only covered with gloom and sadness. Another, of a bright and joyous mind in the full vigor of health, will go forth and the very desert to that man's eye will rejoice, and the very wilderness to his view will blossom as the rose, and the saddest strains in nature will sound to him the most joyous and brilliant. A sufferer goes out and looks on nature and its roses are all become thorns, its myrtles all look like briars, and Eden itself seems like a desert, and the sweetest minstrelsy of the grove and the forest sounds to him like a wild and wailing minor running through all the sounds of nature."

It is a fact well established that whatever form of mental aberration may appear, it always depends upon some physical lesion which may be produced either by physical or moral causes. One may affect or influence his animal economy in such a manner as to cause functional derangement of the brain and nervous system, and mental disturbance will supervene. He may so neglect or disregard the laws of health as to break up all functional harmony between the brain and other portions of the body that insanity will be sure to follow. One may indulge in such excesses of appetite as to sadly interrupt all healthy action of the digestive organs with which the brain greatly sympathizes, and if something is not done



to stir those organs and bring the discordant functions into harmony, either by exercise, medicine, or some other agent, he will inevitably sink into despair or hopeless melancholy. Of the various organs which enter into the arrangement for digestion, no one if we except the stomach, sympathizes more directly with the brain than the liver. The secretions of this great emunctory play a wonderful part in the movements of the grand mental machinery. Every one knows how changeable are the moods of mind—now buoyant and cheerful with scarcely a ripple to mar the peaceful and happy flow of spirits—now, grave and sad, with no pleasing or agreeable thoughts—now full of hope and joy—now fear and apprehension fill the mind with evils of the darkest hue and often plunge us into the vortex of despair. These, and various other mental moods, I believe, depend in no inconsiderable degree upon the condition of the biliary secretion of the liver operating upon the brain either through the circulation or the sympathetic nerves or the two combined. All medical men who are at all conversant with the inmates of a Lunatic Asylum cannot fail to observe that a very large class of these persons suffer from an abnormal condition of this organ. It is distinctly seen in the class of cases termed melancholiacs or hypermaniacs. Great sympathy is also felt in the brain when any other of the large organs of the body become diseased. It is very common to find insane persons suffering from phthisis pulmonalis or other pulmonary affections, which evidently has much to do in producing and keeping up the mental derangement. It is not unfrequent to find organic disease of the heart accompanying insanity and acting as its cause. The effect of disease in either of these great vital organs must be obvious. Depuration of the blood so essential to a healthy action of the great mental organ, cannot go on perfectly when the functions of the heart and lungs are impaired or obstructed. All who have been in a crowded, ill ventilated room, know very well the effect which is produced upon the brain; the lethargy and headache, the syncope or faintness are not to be misunderstood. They depend upon no other cause than the action of unoxygenized blood upon the brain. We might go further, and speak of the effect of disease in other portions of the body upon the mind through sympathy with the brain, but the above will suffice. We now allude briefly to some of the moral agents which when brought to bear unduly upon the brain produce so much mischief, among which are love, hope, joy, grief,

and fear. Either of these operating improperly upon the brain, may so interrupt its functions or change its structure as to produce abnormal mental manifestation. The emotional or affective faculties are peculiarly susceptible to these agents. When a moral emotion, sentiment, or feeling is introduced into the mind to produce mental derangement, it first stirs the mind which acts upon the body till some lesion occurs in the latter, when insanity follows as the result. As the immaterial or mental emotion cannot act directly on the material, but first influences mind connected with brain, so matter cannot act directly on mind, it must first act on matter connected with mind; for example, a narcotic medicine or poison of any kind taken into the system produces death by operating upon matter; so a dose of joy or grief taken into the mind may produce the same result by operating through it upon the body. As certainly as prussic acid produces sudden and immediate death, so may fright or fear produce the same result; the former acts primarily upon the material, the latter upon the immaterial.

Says an ancient philosopher, "there is nothing great on earth but man, and there is nothing great in man but mind." Then we may say there is no greater act that man can do than to elevate the standard of that mind—to educate the soul in all the departments that tend to lift it above its earthly grovelings, and that community which provides for the care and treatment of the mind disabled, weak and impotent, never does an act more noble or grand. And he who administers to the wants of such a mind, performs no menial service in God's vast field of labor.

Fifty-five of the patients now in the Hospital receive their entire support from the State, and one hundred and forty-eight receive such aid from the same source as the law provides, the balance of their expenses being paid by towns or individuals. But for this benevolent law by which the indigent insane of our State are put within reach of Hospital treatment, many a poor sufferer would be left to sink into incurable insanity, and drag out a miserable existence in a cage or dungeon at some alms-house.

The subject of further Hospital provision for the insane in this State has been so frequently referred to and discussed in former reports, that it is hardly necessary to dwell at any considerable length on this point at the present time. Suffice it to say that the demand for increased accommodations for this class of our unfortunate citizens has not, in the least degree, diminished by the lapse

of time. On the other hand, the want becomes more and more pressing every year. For several years past, the entire building has been as fully occupied as prudence and comfort of the inmates seemed to warrant, and since the date of our last report we have had some thirty applicants more than we were able to receive, several of whom we were obliged to refuse after the patients had arrived at the door, thereby causing considerable expense and trouble to their friends in removing them home, or to some Hospital out of the State, the latter of which was done in several instances.

In obedience to that principle of mind which is never satisfied with what it has once accomplished, but immediately throws out its antenna in search of new material to work upon, we continually reach forth to find what we can do to promote the comfort and well-being of all who come under our care and treatment. We have long felt that in the crowded state of our house, something ought to be done to increase the health and happiness of the patients by introducing a new mode of artificial ventilation, and in our last report we called the special attention of the public to the subject. We are now gratified to say, that by the renewed liberality of the Legislature at its last session, the necessary means were provided for that important object. The most approved and efficient plan for thoroughly warming and ventilating the building was immediately seized upon and adopted by the Governor and Council, in whose hands the appropriation was placed for disbursement, and the services of the most skilful engineer and machinist that could be found in New England, were secured to put up the apparatus. Early in May, Mr. Walworth of Boston, assisted by Mr. Winslow of Portland, commenced the work, which they vigorously prosecuted until completed. It was deemed impracticable to combine steam-heating with the old hot water apparatus, and apply the fan-blower; consequently, the old method of warming with hot water circulation was discarded, and an entire new steam apparatus has been put up sufficient to warm thoroughly all that part of the building occupied by patients, and a portion of the main house. The works embrace a one-story boiler-house, 50 by 30, and its appendages, situated over 100 feet north of the building—three tubular boilers, 14 by 4—forty-five thousand lineal feet of wrought iron steam-pipe, mostly of one inch caliber—an engine of ten horse power, and a centrifugal fan-blower twelve feet in diam-

eter, capable of driving into the building forty thousand cubic feet of air per minute. A cold air duct six feet square extends from the engine room and fan in the boiler house to the basement of the north wing, where it divides and a branch extends to the east end of this wing, while the main duct continues across the basement of the same, runs under the old north wing, passes out into the yard by the centre building, then turns and goes under the old south to the new south wing, where it turns and runs the length of that to the east end of the same. From the top of the boiler-house, the fan-blower takes the pure fresh air and drives it through the entire length of the duct and into the warm air-chambers under each wing which lie contiguous to it, through openings at the base. From the warm air-chambers it passes rapidly into the various wards and rooms through the flues prepared for that purpose, thus keeping a current of warm fresh air passing constantly into all the wards at the same time.

The apparatus was completed and the steam let into the pipes on the 22d of October, since which we have enjoyed all the benefits of this new method of warming and ventilating, and from the short experience we have had, we feel that it will meet the expectations of all concerned. There are now, save in the kitchen, no fires in the basement of the building, which gives us an immunity from accidents by this fearful element, never enjoyed before.

The agricultural department of the institution continues in a flourishing state. The area of the farm has been considerably enlarged during the past year. Some sixty acres east of the road, adjacent to the Hospital land, known as the Dalton place, were purchased by the Trustees last Spring, giving us all the facilities for carrying on this very important department, that could be desired. There are now two hundred and twenty acres of land attached to the Hospital. Under the judicious management of Mr. Allan, the Steward, the farm is becoming more and more advantageous every year. Considerable of the labor is performed by the patients, and the benefits which they derive from the exercise, are most healthful. It is frequently more potent in its effects upon the morbid mind than any drug that has been devised. The refreshing sleep, the hearty and regular appetite which it gives, can come from no opiate or tonic. As an auxiliary in promoting their recovery, it has no equal. Although the annual products do not go far in supplying all the physical wants of our family, yet they

make an item of considerable magnitude in the necessaries of living. Without the farm, we should be deprived of many articles of diet which we now enjoy. While the male patients are engaged in out-door labor, all the females who are able and willing, are employed a few hours each day in-doors; and as some of the fruits of their labor I here name the following articles which they have manufactured the past year:—51 matrass-sacks, 143 bed-sacks, 93 bed-spreads, 564 sheets, 304 pillow-cases, 27 pillow-ticks, 198 comforters, 213 frocks, 164 pairs pants, 69 pairs drawers, 224 shirts, 25 under-shirts, 120 vests, 83 overalls, 312 dresses, 228 skirts, 238 chemises, 29 night-dresses, 80 pairs hose, 93 towels, 45 curtains.

Religious service is attended in the Chapel every Sabbath evening, conducted by the Chaplain, Rev. J. H. Ingraham. A more estimable, judicious and worthy man could not be found for this important station. He often visits the sick of the house, and pours into their burdened and stricken souls the oil of consolation. He also comes and performs the last sad office of respect to all those who die and are not removed home by friends.

An opportunity is offered those patients who have a taste for reading, to take books from our large, well-selected library, now numbering over two thousand volumes. We also have for their benefit the standard literary periodicals of the day, and a majority of the newspapers printed in the State. For the latter, we are under great obligations to the editors and proprietors for sending them to the institution free of charge. The following weekly papers have been duly received the past year: 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, The Pioneer, Presque Isle; Whig and Courier, Bangor; The Republican Clarion, Skowhegan; Lewiston Falls Journal, Democratic Advocate, Lewiston; The Morning Star, Dover, N. H.

To the Board of Trustees we are under many obligations for continued favors—for advice and counsel always so kindly given. Their monthly official visits we are always glad to receive.

We are indebted to Hon. Stephen Coburn for a copy of Patent Office Reports on Agriculture ; also for valuable garden seeds from the Patent Office. Rev. J. H. Ingraham has our thanks for books and papers for the library.

I can heartily refer with feelings of pleasure to the zeal and indefatigable interest manifested by each and every officer associated with me in the welfare and prosperity of the institution. The Steward and Treasurer, Mr. Allan, and the Matron, Miss Johnson, have as usual performed the duties of their respective trusts with credit to themselves and to the Hospital. I am happy to speak in terms of commendation of the valuable services of Dr. Cook, the Assistant Physician. In his co-operation with me he has rendered very important aid in the many duties of our position. I also can refer with pleasure to the valuable services of our Supervisors, Mr. Hodgkins and Mrs. Parsons, and the corps of attendants and assistants, upon whom so much depends for the success of our labors.

With a grateful remembrance of the kind fostering care of a generous people, and thankful to God for His past favors towards this institution, and hoping by Divine aid to do the greatest good to all who desire our future attention and service, we renewedly consecrate ourself to the work we early chose for our sphere of action.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }  
 Nov. 30, 1861. }

## 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 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. The woollens 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 regulating the Hospital in the Revised Statutes..

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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 —.

—

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 these presents.

*Sealed with our Seals, and dated 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 Parent'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 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, 1861, is respectfully submitted, viz:

## PAYMENTS.

Balance due the Treasurer, in last account, -	-	-	-	\$331 63
Cash paid for provisions, -	-	-	-	15,263 00
“ “ labor, -	-	-	-	6,262 00
“ “ fuel and lights, -	-	-	-	4,477 17
“ “ clothing, -	-	-	-	2,269 00
“ “ medicine, -	-	-	-	495 73
“ “ furniture, -	-	-	-	707 20
“ “ coffins and fixtures, -	-	-	-	105 36
“ “ repairs, -	-	-	-	2,024 74
“ “ stationery and postage, -	-	-	-	144 91
“ “ soap, -	-	-	-	112 05
“ “ land, -	-	-	-	2,995 00
“ “ miscellaneous, -	-	-	-	66 24
				<hr/>
				\$35,254 03

## RESOURCES.

Cash from patients, for board, clothing, &c., -	-	-	-	33,945 05
Balance due the Treasurer, -	-	-	-	1,308 08
				<hr/>
				\$35,254 03

## RESOURCES

Debts due the Hospital, -	-	-	-	7,945 80
Liabilities against the Hospital, -	-	-	-	3,919 75
				<hr/>
				\$4,026 05

(A.) *Continued.**The products of the Farm are as follows:*

130 tons of hay at \$10 per ton, - - -	\$1,300 00
15 tons of straw, at \$5 per ton, - - -	75 00
500 heads of cabbage, at 7c. per head, - - -	35 00
136 bushels of barley, at 60c. per bushel, - - -	81 60
226 bushels of oats, at 40c. per bushel, - - -	90 40
830 bushels of beets, at 30c. per bushel, - - -	249 00
100 bushels of turnips, at 30c. per bushel, - - -	30 00
65 bushels of corn, at 55c. per bushel, - - -	35 75
100 bushels of apples, at 75c. per bushel, - - -	75 00
30 bushels of beans, at \$1.75 per bushel, - - -	52 50
1050 bushels of potatoes, at 33c. per bushel, - - -	346 50
6000 pounds of squashes, at 1c. per pound, - - -	60 00
13527 pounds of pork, at 7c. per pound, - - -	946 89
Milk (from pasturing,) at 3c- per quart, - - -	400 00
Produce sold, - - - - -	189 00
	\$3,966 64

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

INSANE HOSPITAL, NOV. 30, 1861.

(B.)

SCHEDULE OF PERSONAL PROPERTY BELONGING TO THE MAINE INSANE  
HOSPITAL, DECEMBER 1, 1861.

4 horses, at \$100 each, - - -	\$400 00
2 yoke of oxen at \$125, - - -	250 00
17 cows, at \$30, - - -	510 00
60 pigs, at \$4, - - -	240 00
13527 pounds pork, at 7 cents, - - -	946 89
3400 pounds beef, at 6 cents, - - -	204 00
300 pounds tallow at 8 cents, - - -	24 00
2200 pounds butter, at 18 cents, - - -	396 00
5057 pounds sugar, at 9 cents, - - -	454 23
120 pounds coffee, at 16 $\frac{2}{3}$ cents, - - -	\$20 00
8 chests tea, at \$18, - - -	144 00
300 gallons molasses, at 30 cents, - - -	90 00

*(B,) Schedule of Personal Property, &c., Continued.*

80 gallons syrup, at 40 cents,	-	-	-	\$32 00
40 gallons oil, at 70 cents,	-	-	-	28 00
100 barrels flour, at \$7,	-	-	-	700 00
25 bushels beans, at \$2,	-	-	-	50 00
96 bushels corn, at 60 cents,	-	-	-	57 60
800 bushels potatoes, at 33 cents,	-	-	-	264 00
25 bushels onions, at 75 cents,	-	-	-	18 75
600 bushels beets, at 33 cents,	-	-	-	198 00
5 bushels cranberries, at \$2,	-	-	-	10 00
100 bushels oats, at 40 cents,	-	-	-	40 00
1500 pounds squashes, at 1 cent,	-	-	-	15 00
500 pounds rice, at 7 cents,	-	-	-	35 00
150 pounds raisins, at 12½ cents,	-	.	-	18 75
Soap, starch, spices, and dry fish,	-	-	-	175 00
200 cords wood, at \$4,	-	-	-	800 00
300 tons coal, at \$6,	-	-	-	1,800 00
110 tons hay, at \$10,	-	-	-	1,110 00
2 tons shorts, at \$16,	-	-	-	32 00
16 tons straw, at \$5,	-	-	-	50 00
6 pairs thick boots, at \$2.75,	-	-	-	16 50
8 doz. pairs socks, at \$4.50,	-	:	-	36 00
6 doz. brooms, at \$3,	-	-	-	18 00
Crockery and glass ware, new and in store,	-	-	-	100 00
Medicine on hand,	-	-	-	200 00
				<hr/>
				\$9,473 72
Furniture in use,	-	-	-	7,000 00
Carriages and farming tools,	-	-	-	1,040 00
Fire engine and apparatus,	-	-	-	1,000 00
McLellan Library,	-	-	-	390 00
McLellan Library Fund,	-	-	-	500 00
Vaughan Library,	-	-	-	300 00
Col. Black Library,	-	-	-	840 00
Col. Black Library Fund,	-	-	-	2,500 00
				<hr/>
				\$13,580 00
				<hr/>
				Total, \$23,053 72

R. WOODHULL, } *Committee*  
A. BURBANK, } *on*  
J. BARRETT, } *Inventory.*

## ( C. )

INSANE HOSPITAL, Dec. 5, 1861.

*To the Trustees :*

The undersigned, Committee on Libraries, have recently ordered an assortment of books and periodicals, including a good supply of newspapers, in sufficient amount, as we judge, to equal the existing balance of income from the Library Funds. The exact sum we are not able here to state, as the bills are not all yet received.

The Libraries now contain about two thousand one hundred volumes.

The Library Funds, amounting to \$3,000, are still invested in State Bonds, at six per cent.

R. WOODHULL, } *Committee on*  
S. L. CUTLER, } *Libraries.*

## ( D. )

AUGUSTA, November 30, 1861.

*To the Trustees of the Maine Insane Hospital :*

GENTLEMEN :—The season having arrived in which you will expect some notice of my labors as Chaplain of the Institution, I would remark, that as there is such a sameness in the duties connected with my office, that you cannot expect any amount of interest in the report which I herewith submit.

I can truly say, that I take a deep interest in what is incumbent upon me in my official capacity, and I trust that my labors in the Chapel from Sabbath to Sabbath, are made consoling to my afflicted friends. Good order and attention are observed on the part of those who listen to the services, and the quietness manifested in the Chapel at the hour of devotion, will favorably compare with any other congregation assembled for Divine Worship.

In the attendance of the lunatics at the Chapel on funeral services, they are evidently much impressed by the occasion, and those of the Patients who accompany the remains to their final resting place, listen with quiet attention to the few remarks which are occasionally made at the interment.

(D,) *Continued.*

The singing at the Chapel, usually conducted by our excellent Superintendent and his amiable wife, assisted by some of the attendants, has a happy influence upon the minds of my congregation. I would add, that through the goodness of God, there has not been the omission of service on a single Sabbath, through the whole of the Hospital year just closed.

I would not fail to recognize the continued kindness and attention of the officers of the Asylum, which I have received at all times, and which have added much to my comfort and to the satisfaction that I have experienced in the discharge of my official duties.

I am yours, with much respect,

JOHN H. INGRAHAM.

## STATE OF MAINE.

IN COUNCIL, Dec. 12, 1861.

The Special Committee of the Council, which was appointed to carry into effect the resolve of the Legislature approved March seventh, eighteen hundred and sixty-one, making an appropriation for warming and ventilating the Insane Hospital, having attended to their duty—

REPORT :—That for several years past there has been a growing conviction in the public mind, and more especially in the minds of the Trustees and Superintendent of the Hospital, that there was an insufficiency of warmth and ventilation in the building for the health and comfort of the inmates.

Acting on this conviction, in the fall of 1860 a Special Committee of the Trustees was appointed to investigate and report a plan and estimate of what was needed to remedy the defect.

To accomplish this object the Committee visited several Hospitals in various parts of the country, and as a result of their labors reported that the sum of ten thousand dollars would be necessary, and probably sufficient, to accomplish the work.

*That* sum the Legislature very readily granted, and committed to the Governor and Council to be expended.

As a preliminary step, the Committee of the Council, by letter and otherwise, consulted a large number of scientific gentlemen and practical mechanical engineers, as to the best plan to be adopted to accomplish the desired result.

A plan and specification submitted by J. J. Walworth, Esq., of Boston, was finally adopted, and the contract made with him to furnish and put *in*, all the apparatus, *complete*, except the mason and carpenter work, which was done under the superintendence and direction of T. C. Allan, Esq.

The apparatus put in by Walworth & Co., consists of three Tubular Boilers, four feet in diameter and fourteen feet long; one Steam Engine of about ten horse power, and a Fan twelve feet in diameter, of the most approved modern style and finish.

The amount of steam-pipe is equal to about 47,000 feet of one inch calibre—one Worthington duplex steam pump—one double-acting lifting pump, with all the fixtures necessary to the complete working of the whole. The Fan at fair working speed will force into the building from fifty thousand to sixty thousand cubic feet of air per minute, the current of which can be very distinctly felt at the remotest part of the air passages.

Only about one-third part of the capacity for heating has yet been called into requisition, and has thus far afforded ample warmth during the coldest weather of the season. It is confidently expected sufficient surplus steam can be very easily spared to supply the wash-house and kitchen, thereby very materially lessening the expense of fuel in those departments.

The outside arrangements consist of a boiler, engine and fan house, built of brick, about forty feet by sixty feet, with a coal shed attached; a chimney seventy feet high, and about two hundred feet of cold air duct, seven feet wide and seven feet high.

The whole work and material, both outside and inside, is of the very best quality, and so far as can be judged of by a limited trial, fully answers the purpose for which it was designed. It will be seen that the expenditure considerably exceeds the appropriation, and a just sense of responsibility to the people requires an explanation why it is so.

First, the "ten thousand dollar appropriation" was predicated on a proposition to retain a part or the whole of the old heating apparatus—but upon more mature deliberation and consultation with scientific and practical gentlemen, it was thought to be impracticable to do so, and the old was removed and replaced by new, and thereby necessarily much increasing the expense in that item.

Second, in excavating the cold air duct, instead of digging through soft earth, as was anticipated, it was found necessary to drill for a long distance through a very hard ledge, which was very expensive.

Third, in digging a new drain, which it became necessary to do, on account of the location of the boiler and engine house, the "well" which was relied upon for water to supply the boilers, was rendered entirely useless, making it necessary to dig a new one at quite a heavy cost. It is the opinion however of all competent judges, that the work has been done for very much less than could have been reasonably anticipated.



The work done by Walworth & Co., was accomplished at a cost of something like a thousand dollars less than was bid by any other party—the carpenter work, mason work, excavating, &c., was done under the *personal superintendence* of T. C. Allan, Esq., with his usual promptitude and economy, which fact is a sufficient guaranty to all who know him—the engine was made at the establishment of Winslow & Co. of Portland, and is considered by competent judges as a very superior piece of workmanship.

Your Committee would in closing this report wish to pay a just tribute to the scientific and practical skill of J. J. Walworth, Esq., and can most cordially and cheerfully add our testimony to his well-earned and firmly established reputation as an able and accomplished mechanic and engineer.

The account is as follows :

STATE OF MAINE *in account with the* INSANE HOSPITAL.

<i>Dr.</i>	<i>Cr.</i>
To paid J. J. Walworth, as per contract of May 28, 1861, \$9,644 00	By appropriation, \$10,000 00
To 2 old furnaces retained, 60 00	By old apparatus sold, 1,000 00
To 42 new registers, freight, &c., 156 92	By balance, 2,635 32
To galvanized pipe for chimney, 8 06	
\$9,868 98	
To paid T. C. Allan, for work and attendance, 3,591 09	
To incidental expen's, 178 25	
\$13,638 32	\$13,638 32

Excess of expenditures over resources, \$2,638 32.

A large amount of work was also done by the teams and inmates of the Hospital, of which no account is made.

Which is respectfully submitted.

JARED FULLER,  
GEO. A. FROST.

IN COUNCIL, December 12, 1861.

Read and accepted by the Council and by the Governor approved.

Attest :                   JOSEPH B. HALL,  
*Secretary of State.*

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STATE OF MAINE.

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IN COUNCIL, December 12, 1861.

ORDERED, That the Secretary of State cause the accompanying Report to be published and stitched up with the Report of the Trustees of the Insane Hospital for 1861.

IN COUNCIL, December 12, 1861.

Read and accepted by the Council and by the Governor approved.

Attest :                   JOSEPH B. HALL,  
*Secretary of State.*