

MAINE STATE LEGISLATURE

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1866.



AUGUSTA:

STEVENS & SAYWARD, PRINTERS TO THE STATE.

1866.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL.

DECEMBER, 1865.

Published agreeably to a Resolve approved February 23, 1865.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1865.

OFFICERS OF THE INSTITUTION.

BOARD OF TRUSTEES.

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JEFFERSON PARSONS, Esq., *Steward and Treasurer.*

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REV. JOHN YOUNG, *Chaplain.*

TRUSTEES' REPORT.

To the Honorable the Governor and Council of Maine :

The Trustees of the Maine Insane Hospital respectfully present their Report for the year ending Nov. 30th, 1865.

By the favor of Divine Providence the condition of the Hospital during the year, as to the health and comfort of its inmates, compares favorably with any former year of its history. There have been, it is true, some cases of severe sickness, as must be expected in such an institution, and some have died. Physical disease, by which the nervous system becomes disordered, inducing more or less of mental derangement, cannot in all cases be cured ; and we have occasion to wonder, not that so many who are brought here continue to sink until death removes them from us, but rather that so many are healed, and that so many of those who are not entirely cured, are found to be much relieved.

The Hospital has been visited monthly during the year by Committees of the Trustees, as the law requires ; and at each visit a record is made relating to the various departments of trust committed to the officers and their helpers in the Institution, and particularly relating to the sanitary condition and general welfare of the patients. These records uniformly show that the wise and systematic arrangements of the Superintendent are well carried out by the subordinate officers and attendants ; that faithfulness, kindness, and firmness, constitute the fundamental law of the house ; that the several apartments are kept remarkably neat ; the beds clean and comfortable ; the food palatable and wholesome ; and that no efforts are spared to promote the health and happiness of the patients.

The farm continues to be carried on with skill by the Steward, as heretofore, and is increasing in productiveness. As it has become a source of very considerable supplies for the table, the cost of board is materially less than it could be otherwise afforded. Several of the male patients find agreeable and healthful exercise

in assisting in the farming work, both in the fields and in the barns, at all seasons that admit of such work, especially in time of harvest.

The price of board is a subject to which the Trustees have again given careful attention. It is their desire and aim to so regulate the price that the income from this source shall barely cover the actual expenses; and these expenses do not include any of the salaries of the officers, as some might suppose, nor is there any charge made for rent of rooms. Hence, whilst at private boarding houses, with even less comforts and conveniences than are found here, the price of board is from five to ten dollars a week, we have not yet been obliged to exceed three dollars and fifty cents a week, medical advice and attendance, and careful nursing included. But, while these terms are relatively so low, it is still desirable to place them lower if possible; and with a view to some change in this direction we have made as full investigation as the case admits to ascertain the actual cost of board for the year just closed. The result shows that with the present prices of provisions, fuel, and other necessary expenses, we are not able at this time to make any reduction. The rate of board must therefore remain the same as it has been for the year past, three dollars and fifty cents a week; and an additional charge to such as occupy private parlors.

The Trustees made application to the Legislature last winter for an appropriation of \$2500 to be expended in making certain repairs on Hospital buildings, and to pay a balance of \$315 arising from exchange of land, these several items being specified in our last Annual Report. With characteristic readiness the Legislature made the appropriation, and it has been applied to the purposes for which it was granted. The balance for the land has been paid; the barns have been repaired as contemplated; a good shed has been built for the shelter of farming vehicles and tools; the bathing rooms and closets have been repaired and their arrangements altered and improved; and some portion of painting has been done on the halls and dormitories. This work has been under the immediate direction of the Steward, aided by the Superintendent, and has added much to the durability and benefit of the buildings so repaired.

The appropriation of twenty thousand dollars granted by the last Legislature for the extension of the Hospital edifice, has been expended in the erection of a new wing, according to the plan submitted with our last Annual Report. The direction of the work

was placed in the charge of a special Committee of the Trustees, and they have now made their report. That report we here insert entire, and beg leave to refer to it as containing the substance of what we might otherwise state in this place on that subject, but deem it unnecessary to repeat.

To the Trustees of the Maine Insane Hospital:

The Building Committee on the extension of the Hospital Edifice respectfully submit their report.

The excavation for the cellar and foundation wall of the new wing was begun as early as the condition of the ground would admit. The work was performed under the immediate direction of the Steward of the Hospital, and was accomplished with comparatively small expense. In making the excavation it was found that in the region of the southern extremity of the area opened, the solid ledge was reached by digging only three or four feet in depth, but having a dip towards the north, at an angle of about five degrees with a horizontal line. It was however deemed advisable to dig to the surface of the ledge for the entire extent of the wall, notwithstanding the extreme depth required across the northern end, where it was from fifteen to sixteen feet below the surface. The foundation wall therefore rests on this firm ledge throughout in every part. This wall is two and a half feet in thickness at the top, increasing in thickness downward by the slope of its exterior surface until in the deepest place it becomes five feet in thickness. It is also very firmly built of split granite in large blocks, well suited to sustain the superincumbent weight of the edifice and to stand unmoved for centuries.

The superstructure was begun in the latter part of May, and is now completed in all that pertains to its exterior; and in its general proportions, the excellence of its materials, the thoroughness of its workmanship, and the convenience of its internal arrangements, it is all that the Committee desire. The building however shows for itself what it is, and, we think, will not be judged by any to be inferior to any other portion of the Hospital edifice.

Your Committee have carefully watched the progress of the work during the season, some of their number having been on the ground once at least every month, and they have used their best endeavors to secure as great economy of expenditure as was con-

sistent with having the structure well built. But we are obliged to say that the necessary expenses incurred exceed very considerably the sum appropriated by the Legislature for this purpose. Various circumstances have combined to swell the cost above the original estimates. The foundation wall alone, in consequence of its extending so much deeper than was anticipated, exceeded the previous estimate by more than eleven hundred dollars. But we are sure that the outlay will be approved by all, as it would have been exceedingly unwise to have erected such an edifice upon loose earth, instead of availing ourselves of the solid rock so easily to be reached. The prices of most of the materials required have also been higher than was expected, and of some materials a larger quantity was found necessary than was anticipated. Higher wages for labor, too, it has been found necessary to pay than similar labor commanded eighteen months ago. So that, in the aggregate, the amount of cost is greater than the amount appropriated by the State. Your Committee might indeed have stopped the work at the point where they saw the appropriation would be exhausted. But then the structure must have remained through the winter without a roof, and without windows, exposed to storm and severe frost which must have most seriously injured the whole work. There seemed to be therefore no alternative but to proceed and complete the exterior, not doubting that our Legislature will readily provide for meeting this balance of expenditure as soon as the subject is properly brought before them. In the mean time, the Governor and Council have provided for the payment of five thousand dollars, by authorizing the State Treasurer to advance that sum to your Committee towards meeting the outstanding bills contracted for the building.

The whole cost of the building as it now stands is \$26,400, nearly; comprised in the following items, namely:

Cost of excavating for foundation and cellar,	\$175.00
“ foundation wall,	1940.14
“ ashler and hammered granite,	6664.43
“ bricks, including freight and hauling,	5430.42
“ lumber,	2106.93
“ window frames, sashes, &c., (estimate,)	825.00
“ slate, zinc, lead and slating,	1450.00
“ labor of masons and carpenters,	4891.82
“ lime and sand, including hauling,	519.14
“ other team work,	386.00

Cost of architect's bill,	725.00
" nails and iron work,	361.93
Miscellaneous unsettled bills estimated to amount to	924.19
	<hr/>
	\$26,400.00

Of this amount there has been already paid the sum of \$24,666.14. The precise amount of outstanding bills has not as yet been ascertained, but it cannot be far from \$1744, making the whole cost, as already stated, \$26,400, nearly. This last sum exceeds the appropriation made for the purpose by the Legislature by \$6,400; and we confidently trust that that honorable body will at its approaching session provide for the adjustment of this balance.

All which is respectfully submitted.

RICHARD WOODHULL,	} <i>Building Committee.</i>
GEO. COMSTOCK,	
GEO. A. FROST,	

The new wing being as yet completed only in its exterior, nothing further having been contemplated the present year, it now remains to provide for its interior finishing and furnishing. We have consulted with the architect in reference to the probable cost of this part of the work, and with his assistance have made up our estimate according to the following items:

20,000 feet floor boards (hard pine),	\$1000.00
6,000 " " " for attic floor,	120.00
40,000 " — "	2000.00
Doors,	300.00
Carpenter work,	4000.00
Plastering,	3000.00
Heating and ventilating,	4000.00
Air duct,	800.00
Pointing,	400.00
Hardware, (locks, hinges, &c.,)	300.00
Iron work,	700.00
Nails,	200.00
Plumbing,	2500.00
Window gratings inside,	150.00
Alteration in the old wing,	1500.00
Painting,	1000.00
	<hr/>
Total for finishing,	\$21,970.00

Furniture for 3 halls, at \$200 each,	\$600.00
Furniture for 53 bedrooms, at \$50 each,	2650.00
	<hr/>
Total for furnishing,	\$3250.00
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Estimated amount of cost,	\$25,220.00

These estimates are, in the aggregate, somewhat less than those furnished to us by the architect; but in our judgment this sum will be sufficient; at least, we have a strong hope that the cost will not exceed this amount. It is exceedingly desirable that the building should be finished with as little delay as possible, as existing accommodations are constantly filled to their utmost capacity, and the additional room which this enlargement will furnish is much needed also for the more advantageous classification of the patients.

For other and more particular details relating to the affairs of the Institution, especially concerning the number of patients, their treatment, and their condition as to health, we refer to the Report of our excellent Superintendent.

Appended hereunto are the Report of the Treasurer and Steward of the Hospital, schedule of personal property belonging to the Institution, Report of the Library Committee, and the Report of the Chaplain.

All which is respectfully submitted.

RICHARD WOODHULL,
 ALCANDER BURBANK,
 GEORGE A. FROST,
 GEORGE COMSTOCK,
 MOSES R. LUDWIG,
 JOHN T. GILMAN.

SUPERINTENDENT'S REPORT.

To the Governor of Maine and to the Honorable Council:

GENTLEMEN: Another period in the history of this Institution now recurs, when by the regulations of statute it devolves upon the physician in charge to report to you the "condition and prospects" of the Maine Insane Hospital.

Since our last Annual Report, prosperity equal to that of any previous year, and more than that of some years, has attended our labors.

The general health of the household has been remarkably good; casualties of a serious nature, and all epidemics have escaped us. A merciful Providence has kindly meted out to us the amenities of life, and we trust some progress has been made in the treatment of those requiring hospital aid. On the 1st of December, 1864, we commenced the year with two hundred and fifty-four patients—one hundred and twenty-eight males, and one hundred and twenty-six females. There have been admitted during the year one hundred and forty-two—eighty-seven males and fifty-five females, making the whole number under treatment three hundred and ninety-six—two hundred and fifteen males, and one hundred and eighty-one females. There have been discharged during the year one hundred and nineteen—seventy-three males and forty-six females, leaving two hundred and seventy-seven in the Hospital at the close of the year—one hundred and forty-three males and one hundred and thirty-four females.

The following was the condition of those discharged: recovered, forty-seven—thirty-one males and sixteen females; improved, twenty-five—thirteen males and twelve females; unimproved, twenty-three—eighteen males and five females; died, twenty-four—eleven males and thirteen females.

The patients under treatment for the twelve months past have suffered comparatively little from acute sickness. The necrology

of the Institution is much less in proportion to the number treated than for many years previous, being a fraction less than six per cent., and less than nine per cent. of the daily average in the house. The causes of death in those who have died were: *consumption*, ten; *diarrhœa*, three; *epilepsy*, two; *apoplexy*, one; *general paralysis*, one; *exhaustive mania*, one; *congestion of the brain*, two; *pneumonia*, one; *gastritis*, one; *dysentery*, one; and one by accidental drowning in attempting to swim the river. One died in December, one in January, one in February, three in March, one in April, four in May, one in June, one in July, six in August, three in October, two in November. The per cent. of recoveries compares favorably with that of other years. Probably several of those discharged *improved* would have been added to the list but for the anxiety of friends to remove them, and our quasi approval in order to make room for more urgent cases almost daily applying for admission. The majority of those discharged unimproved, were harmless and probably incurable, and we favored or urged their removal for the same reason. According to the record of cases, the civil condition of those admitted the past year is as follows: thirty-five men and twenty-three women were married; forty-nine men and twenty-six women were single; four were widowers, and five were widows.

The following were the assigned causes of insanity of those received during the year: ill health, thirty-four; over exertion, fourteen; intemperance, ten; masturbation, eight; epilepsy, seven; domestic affliction, seven; religious excitement, four; perplexity of business, four; puerperal, four; disappointed affection, three; injury of head, three; loss of friends, two; excessive use of tobacco, two; spiritualism, two; decay of old age, two; critical period of life, two; exposure, two; fear of draft, one; general paralysis, one; injury of spine, one; sun stroke, one; unknown, twenty eight.

Since the opening of the Hospital in Oct. 1840, two thousand nine hundred and nine have enjoyed its benefits. Two thousand six hundred and thirty-two have been discharged; of whom one thousand one hundred and ninety-five recovered, five hundred and ten improved, four hundred and eighty-three were unimproved, and four hundred and forty-five died.

Among the assigned causes of insanity in those admitted since our last report, as given by friends, was "excessive use of tobacco." Not only did the disease seem traceable directly to this as the

The following Table gives a view of 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	120	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	23	3	79	55	76	70
1844-5	99	90	175	39	21	26	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	65	22	19	14	139	121	139	126
1849-50	110	120	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	89	210	45	14	15	15	120	84	119	108
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
1860-1	135	123	375	55	25	16	27	255	239	252	248
1861-2	125	119	377	57	24	19	19	263	244	258	254
1862-3	118	111	376	52	21	14	24	266	242	265	254
1863-4	124	135	389	49	22	11	53	273	247	254	263
1864-5	142	119	396	47	25	23	24	282	254	277	272

prominent and exciting cause in *these* cases, but we see daily the ill effects of the pernicious habit of smoking and chewing this noxious weed upon those who come to us for treatment. It seems to aggravate the disease in all cases and cannot be too strenuously proscribed in the treatment of insanity, especially in cases of an acute form.

Said one of the young men during convalescence, whose insanity seemed to be the plain result of the excessive use of this deleterious production, "I contracted the habit of using tobacco in the army, and during some of the long tedious marches in which I was engaged it was my main support, especially when short of provision." Said he, "I could march sixteen hours a day with little or nothing to eat, only give me plenty of tobacco."

Just before his insanity assumed its most aggravated form, which was mental exaltation accompanied with brilliant delusions, he smoked between twenty and thirty cigars during an evening, This, he confessed himself after recovery, was the cause of his malady.

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.		1861-2.		1862-3.		1863-4.		1864-5.		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.	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	5	6	6	7	5	9	6	4	8	5	257
November,	9	4	2	1	1	2	5	4	4	4	2	1	2	8	3	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	9	5	4	5	4	4	10	3	227	
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	5	1	10	3	5	3	2	4	11	5	204
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	2	3	2	2	9	4	6	5	196
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	7	4	5	1	6	4	6	3	7	2	186
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	6	6	6	4	7	2	5	2	9	2	236
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	2	8	7	3	4	2	6	2	242
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	6	5	9	2	4	5	5	3	8	273	
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	6	5	7	4	6	7	4	4	282
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	3	4	3	5	4	6	8	2	11	7	147
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	6	7	7	5	4	8	11	1	12	5	261
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	10	6	10	7	6	6	6	4	271

The use of tobacco by persons in whom it has not become a second nature, tends to insomnolence, which if long continued produces mental disturbance, and sometimes insanity. And here allow me to offer a few desultory thoughts upon one of the many mysteries of our nature—that of sleep.

Its phenomena are most wonderful and interesting to study. It is common and familiar as night, and yet but little is really known of this peculiar state. We give ourselves to its gentle influence, and are carried beyond all knowledge into regions unfathomable, where naught but the eye which never sleeps can penetrate, or the hand which never tires can lead. It is the process by which nature is renovated—the means by which she recuperates her wasted energies. All things animate and inanimate require its influence. Earth, air and water have their season of repose. The animal and vegetable creation alike have their period of rest. It is one of God's grand immutable laws which cannot be broken with impunity. No physiological condition of the human system demands more care and thoughtful attention than that which relates to good healthful sleep, and yet it is one of the last and seemingly unimportant things to be considered. Man neglects more than any other living being this great fact. It was evidently designed by a wise Creator that he should spend at least one third part of his earthly existence in the enjoyment of this life-preserving, health-giving principle, which is as essential to health of body and mind as the air we breathe, or the food we eat.

It is a principle in physiology, that whenever there is action in any part of the body, there is a corresponding waste of tissue or material of which the part is composed; and there follows from necessity a period of rest, in order that the part may be nourished and the waste repaired. Temporary rest seems to be absolutely essential to perfect repair. Every vital or functional part of the animal economy passes through alternate periods of action and repose. The heart, for instance, pauses after each pulsation, and following every breath we draw, is a period of rest for the lungs, the nerves, and muscles of respiration. No set of muscles can be kept in continued action for any considerable time without vital impairment of their function. There must be a due proportion of rest, or the health of the part deteriorates.

Who can tell the value of sleep in its psychical relations and bearings, to say nothing of its physical importance. The brain is

the conceded organ of mind. From it emanate consciousness, sensation, volition, emotion and intelligent thought, &c.

These manifestations of brain action involve an amount of waste or consumption of that organ corresponding with the degree of its functional activity, which must in some way be replaced; and nature seems to have provided perfect sleep as the proper means to this end.

It is pretty well understood, that the brain is relatively in a very different state during sleep, from what it is during wakefulness. From observations and experiments made upon the living brain, in cases where portions of the skull have been carried away or lost by disease, it is proved quite satisfactorily, that this most important organ is, as Mr. Durham of London says, "during sleep in a comparatively bloodless condition; and the blood in the encephalon vessels is not only diminished in quantity, but moves with diminished rapidity."

The physician knows full well that his patient can get no sleep while the face is hot and flushed, the carotids are violently throbbing, and every vessel about the head is filled to its utmost limit, and he makes his hypnotic prescription accordingly to be taken at bed time.

The student or professional man is familiar with the difficulty often experienced in passing readily from a state of active wakefulness to that of good, quiet sleep, after a day of vigorous mental labor; or when in order to accomplish the most in a given space of time, he works his brain on through nightly vigils, even into the small hours allotted to sleep. This he does often, not with his own ordinary powers, but with the aid of various artificial forces calculated to stimulate the functional power of the mental organ to its utmost. His labor ended he lies down, not to refreshing, healthful sleep, but to a period of insomnia followed by harassing dreams, which are nearly or quite as exhausting as wakefulness and ordinary labor.

"O sleep, O gentle sleep,
Nature's soft nurse how have I frightened thee,
That thou wilt no more weigh mine eyelids down,
And steep my senses in forgetfulness."

Mr. Durham, from whose valuable paper on sleep we quoted above, makes the following suggestion, which from its practical bearing in this connection, we transcribe as especially worthy of note:

“ If from continued functional excitement of the brain the distention of the capillaries has been unduly protracted, their walls, like all other elastic bodies kept long on the stretch, are slow to recover themselves. Under such circumstances the circulation of nutrition is not readily established. *Some explanation is thus afforded of the difficulty we experience in obtaining sleep after excessive mental activity.*”

Insomnia with the insane and nervous persons is proverbial, so that some alienists are disposed to attribute not a little of the disease to its baneful influence. In the early and incipient stage of insanity it is almost always to be found. But that it often acts alone to produce the malady we are in doubt, though it is a powerful auxiliary in unfolding and developing insanity. Protracted wakefulness being a precursory symptom of insanity, should be watched with a jealous eye, and every thing which tends to such a condition should be scrupulously avoided. The occupation during the day and evening, together with what is eaten and drunken before retiring, often does much to disturb the body and mind, and so unfit them for that quiet repose so necessary to good sleep.

Experience has taught us that insanity is a disease which may be cured, when seasonably and properly treated. Few people have any idea of its insidiousness and slowness of progress. The incipient stage or premonitory symptoms are very little understood, and rarely attract attention till the golden hour for successful resistance is past. Hence it is, I apprehend, that so large a number of insane persons are this day beyond the reach of all remedial agents.

We believe there is a period in the life of every man, woman and child, whose lot it is to suffer from this dire disease, when something may be successfully done to avert the mental tide which so often carries its unfortunate victims to the ocean of incurable derangement.

Observation has convinced us, that in most cases the individuals attacked have more or less intuitive knowledge of the presence of the disease; but for some reason best known to themselves, they neglect to name it, even to their nearest friends, and they do nothing to get rid of the feelings; so the disease goes on incubating till it is more developed, when the manifestations begin to be observed by others most intimate. Even then, no decisive action is taken with the view of averting the impending storm. They wait hoping, not suspecting there is any thing going on that is alarm-

ing. At length, the crisis comes, an explosion takes place, and the poor sufferer is fully in the jaws of the terrible malady; no one now doubts the presence of insanity. What is then done? Why often, nothing, except when the type of disease is one dangerous to himself or others. All continue to wait and see if something better will not turn up. The favorable opportunity for relief passes—the disease becomes a fixture, and the unfortunate one is carried to some Institution, where great expectations of a speedy recovery are entertained on the part of friends.

The sad testimony of the late Hon. Preston King a short time previous to his fatal leap from the Hoboken Ferry Boat, illustrates my idea in part upon this point; when he “said to his friends around him that he had broken down—was incapable of making any effort—that he had no judgment or memory, and no power to resist what he knew to be imaginary evil, and expressed a desire to go to an Asylum.”

The importance of placing persons under Hospital treatment with the least possible delay, after the disease is once fairly commenced, cannot be too strenuously urged. It is the experience of all who have studied and treated the malady, that nine-tenths of the insane who receive proper treatment within three months after the inception of the disease, are restored to their normal mental condition; whereas, those left to themselves, and the disease is allowed to run on with no particular care or treatment, very soon pass the curable point, and rapidly descend into hopeless insanity.

There never have been so many patients in the Hospital at any time, as during the year just closed. We have had more applications than we could receive, and consequently have been obliged to refuse the admission of some twelve or fifteen. The average number daily has been two hundred and seventy-two. The want of room was never more urgent than now. We are happy, however, in the prospect of soon being relieved in the department for females, but the male wings cannot be relieved till another wing is added.

It is highly gratifying to observe the liberality towards this Institution which has ever characterized the Legislature. At its last session in accordance with the request of the Trustees, and other friends of the Hospital, an appropriation of twenty thousand dollars was made, to erect a new wing for the accommodation of female patients.

Early in the Spring, contracts were made for materials, by a Committee of Trustees, and on the first of April the work was commenced in good earnest, under the general supervision of the accomplished architect, F. S. Fassett, Esq., of Portland, and the more immediate direction of Mr. William Clark and Mr. N. Noyes of Augusta, and has been vigorously prosecuted, resulting in the erection of the noble structure which only remains to be finished and furnished, to give us ample accommodation for fifty more females. We sincerely hope and trust the Legislature will grant the requisite funds to complete the work so auspiciously begun.

Many of the repairs which were required at the time of our last report, for which the Legislature made a timely appropriation, have been made. The underwork of one of the barns which had become badly decayed, has been removed, and new work of the best pine lumber put in its place.

All of the bath rooms and water-closets on the male side of the house which were fast rotting down, have been torn away and new ones put up on a more simple and improved plan. A plain new shed 60 X 24, for sheltering carts and wagons, and other farming utensils, has been erected adjacent to the carriage house. We have also done considerable painting about the male wings, and there is yet much more needed to keep the building in a good state of preservation. The agricultural department has been conducted with more than usual success. Under the excellent management of Mr. Parsons, the farm and garden have produced an abundance of hay, grain, and garden vegetables for culinary and other purposes. The supply of milk has been larger than that of any previous year, and the quantity of pigs and pork raised is, as usual, more than is needed for a year's supply for our household.

Our great endeavor always has been to occupy the patients in some healthful exercise in the open air, and we think we have succeeded better in this respect the past year, than ever before. During the summer months we have been able to induce about forty male patients to engage in some useful employment daily on the farm, in the garden, or in doing chores about the premises. Those who are unable or disinclined to work take exercise by walking in the open air. It is not unfrequent for two hundred of this class, including both sexes, to be out in a day.

Religious worship has been regularly held in the chapel by our worthy chaplain, Rev. John Young. In addition to the Sabbath

evening services he has attended the funeral obsequies of all those who have died during the year, whose remains have not been called for by friends. He has also made frequent visits, passing from ward to ward where all seemed glad to receive his friendly hand, his words of sympathy and encouragement, often accompanied with religious tracts. He has often visited the sick and dying, offering them the consolations of the gospel.

Our large increasing library of over three thousand volumes, together with the newspapers and popular periodicals of the day which are regularly received, afford an abundance of reading matter and supply a want in the moral treatment of the insane which would otherwise be sensibly felt. But for the kind remembrance of the late Col. Black of Ellsworth, the late Brice McLellan of Bloomfield, the heirs of the late Dr. Vaughan of Hallowell, and the benevolent editors and proprietors of the various weekly newspapers of the State many weary hours would pass uncheered and unbeguild.

Patients who have no taste for reading have games and other amusements while indoors. Some spend an hour or two a day in the bowling alley; others like to assist in the kitchen or bake-room; all who can be persuaded engage in some useful employment. The females do considerable sewing and knitting for the house. Some are fond of cultivating plants in their apartments; others engage in some kind of fancy work.

We have received as usual regular weekly contributions of newspapers from the editors and proprietors of many of the most important journals in the State, and we take pleasure in thanking those gentlemen who have remembered us, for their unremitting kindness. The following papers have been duly placed on our table every week, and carefully distributed among the inmates:

Kennebec Journal, Maine Farmer, Gospel Banner, Augusta; Hallowell Gazette, Hallowell; Gardiner Home Journal, Gardiner; American Sentinel, Bath; Christian Mirror, State of Maine Press, Portland Transcript, Portland; Maine Democrat, Saco; Democrat and Free Press, Rockland; Ellsworth American, Ellsworth; Machias Union, Machias Republican, Machias; Loyal Sunrise, Presque Isle; Eastport Sentinel, Eastport; Whig and Courier, Bangor; Republican Clarion, Skowhegan; Eastern Mail, Waterville; and the Morning Star, Dover, N. H.

We cannot omit an expression of our high appreciation of the

board of Trustees, and to offer each individual member our thanks for his uniform courtesy and friendly counsel, in promoting the best interests of the Hospital. We are under obligations to Hon. Lot M. Morrill, and Hon. J. G. Blaine for valuable contributions to our library, and for garden seeds from the Patent Office at Washington. To Hon. S. L. Goodale of Saco, we are indebted for a complete set of his most interesting Agricultural Reports, also for some fine specimens of his "concentrated essence of beef." We have been kindly remembered in the presentation of some interesting pictures by Mrs. Dr. Gilman of Portland.

My associates in office, and all nurses, attendants and assistants employed about the house have my sincere gratitude for their never varying kindness in coöperating with me in the management of the Hospital with its ever increasing cares and duties.

On the 15th of August last, Dr. Samuel S. Emery, who has performed the duties of Assistant Physician to this Institution in a highly creditable and satisfactory manner for more than two years past, resigned his office to accept a similar appointment in the State Hospital for the insane at Jacksonville, Ill. As a young man of good attainments, good judgment, and keen discretion, blended with sympathy and kindness of heart, he is admirably fitted for the duties of such a position. We feel sorry that he was called upon to break his pleasant relation to this Institution in order to secure better pecuniary encouragement. He carries with him to his new field of labor our best wishes for his future success and prosperity. The vacancy occasioned by his resignation, has been filled by Dr. James D. Nutting, a young man of promise in the profession, who has faithfully attended to the duties of the office.

Invoking the divine blessing upon the Institution, we begin another year with renewed determination to do what we can for the amelioration and restoration of those who may need our care, and as we daily walk among the broken harps, our prayer to God is that we may find among the discordant and withered strings, many an oasis by the willows where we may tune the mind to its original key.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, Nov. 30, 1865.

APPENDIX.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—The following report of the financial affairs of the Hospital from November 30, 1864, to November 30, 1865, is respectfully submitted, viz :

PAYMENTS.	
Balance due the Treasurer in last account,	\$248 18
Paid on bills payable,	2,000 00
“ balance due the estate of T. C. Allan,	1,601 92
“ for provisions,	28,195 60
“ for labor,	8,582 74
“ for fuel and lights,	6,819 39
“ for clothing,	3,449 17
“ for medicine,	618 05
“ for furniture,	588 75
“ for coffins and fixtures,	417 68
“ for repairs and improvements,	1,328 29
“ for stationery and postage,	238 09
“ for horses,	565 00
“ for soap,	217 67
“ for miscellaneous,	511 31
Balance in the hands of the Treasurer,	211 47
	\$55,593 31
RECEIPTS.	
From patients for board, clothing, &c.,	52,617 45
“ loan on bills payable,	1,601 92
“ produce sold,	1,058 94
Refunded for cash advanced on exchange of land,	315 00
	55,593 31
RESOURCES.	
Debts due the Hospital,	15,007 49
Liabilities against the Hospital,	12,386 76
	\$2,620 73

Financial Affairs, etc., (Continued.)

The products of the farm are as follows :	
200 tons of hay at \$12 per ton,	\$2,400 00
11 tons of straw at \$6 per ton,	66 00
198 bushels of barley at \$1 per bushel,	198 00
700 bushels of beets at 45c. per bushel,	315 00
125 bushels of corn at \$1 per bushel,	125 00
100 bushels of apples at \$1 per bushel,	100 00
84 bushels of beans at \$2.50 per bushel,	210 00
1,060 bushels of potatoes at 50c. per bushel,	530 00
4,000 pounds of squashes at 2c. per pound,	80 00
16,450 pounds of pork at 20c. per pound,	3,290 00
Milk (from pasturing) at 4c. per quart,	800 00
Produce sold,	1,058 94
	\$9,172 94

JEFFERSON PARSONS, *Treasurer and Steward.*

INSANE HOSPITAL, November 30, 1865.

*Schedule of Stock and Personal Property belonging to the Maine
Insane Hospital, December 1, 1865.*

5 horses,	\$700 00
7 yokes oxen,	1,700 00
23 cows at \$50 each,	1,150 00
8 young cattle, \$30 each,	240 00
43 swine, equal to 16,450 per lb.,	3,290 00
54 pigs, \$5 each,	270 00
75 cords wood at \$6.70,	487 50
400 tons coal at \$11.50 per ton,	4,600 00
1 bbl. clear pork,	50 00
25 cwt. beef at 12c. per lb.,	300 00
14 cwt. butter at 45c. per lb.,	630 00
4,000 lbs. sugar at 17c.,	680 00
300 lbs. tea at \$1,	300 00
500 gallons molasses, 55c.,	275 00
80 gallons syrup, \$1.20 per gallon,	96 00
15 bushels onions, \$1,	15 00
25 bushels beans, \$3,	75 00
700 bushels potatoes, 60c.,	420 00
700 bushels beets, 40c.,	280 00
4 bushels cranberries, \$4,	16 00
150 bbls. flour, \$12,	1,800 00
600 bushels corn, \$1.03,	618 00
1,000 lbs. squash, 2c.,	20 00

Schedule of Personal Property, (Continued.)

14 pairs thick boots,	\$70 00
8 pairs shoes, \$2,	16 00
50 pairs wool stockings, 75c.,	37 50
500 lbs. fish, 8c. per lb.,	40 00
Soap, starch and spices,	200 00
150 lbs. cheese, 20c.,	30 00
Crockery and glass ware in store room,	300 00
Medicines on hand,	300 00
150 tons hay at \$12 per ton,	1,800 00
	\$20,305 00
Hay scales,	125 00
Furniture in use,	5,600 00
Carriages and farming tools,	1,350 00
Fire engine and apparatus,	1,000 00
Vaughan library,	500 00
McLellan library,	400 00
McLellan library fund,	500 00
Col. Black library,	1,050 00
Col. Black library fund,	2,500 00
Framed engravings,	300 00
	\$11,125 00
Total,	\$31,430 00

R. WOODHULL, } *Committee on*
M. R. LUDWIG, } *Inventory.*

INSANE HOSPITAL, December 1, 1865.

INSANE HOSPITAL, December 1, 1865.

To the Trustees:

The undersigned, Committee on Libraries, have expended for books the past year the sum of one hundred and twelve dollars and fifty-six cents, (112.56) and have procured an extensive assortment of newspapers and periodicals for the use of patients, for which we have paid sixty-one dollars fifty cents, (61.50) making a total disbursement of \$174.06, leaving an unexpended balance in the hands of your Committee of \$114.20.

The Libraries now contain about two thousand and four hundred volumes.

The Library funds, amounting to \$300, remain invested in State of Maine bonds at six per cent.

R. WOODHULL, } *Library*
GEO. COMSTOCK, } *Committee.*

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—Agreeably to usual custom, it becomes my duty to present a report of my services as Chaplain of the Maine Insane Hospital, for the current year, ending November 30, 1865.

By Divine assistance, the usual religious services have been performed in the Chapel on every Sunday evening during the year thus far, without a single exception. *How well*, and with *what success* those services have been conducted, does not become me to attempt to say.

The general health of the patients has been much better the present than during the past year; consequently not so many deaths have occurred.

Funeral services have been performed for those who had no relatives to convey them away to other graves; and on those occasions, all proper respect was manifested to the departed poor, which is the invariable practice in this Institution; their bodies were robed decently, and consigned to the bosom of earth, where they rest as safely, and quietly, as in the garnished sepulchre.

The attendance on all occasions of public worship has been usually good; and the deportment of the patients has been quiet and orderly, when we take into the account the want of a larger and better ventilated place for worship; which inconvenience we hope, at no distant day, will be obviated by the friends of the Institution.

I have made frequent visits to the patients in their several apartments, and have endeavored to administer words of comfort to the sick, and commend them to Him who "can be touched with the feeling of our infirmities," and knows how to succor and relieve. And it has been no small gratification to me, to witness the general respect and kind feelings manifested by the patients generally towards me, as a *servant* of Christ, at the close of religious services, and when I meet them at their rooms, or by the wayside in their promenades.

I cannot close this report without expressing my high satisfaction with the order and regularity which exist in every department of the Institution; and the kindness manifested *by all, to all*, under their supervision and care, so far as I can judge. And also with the courteous attention I have received from the worthy Superintendent and his Assistants, from the Steward and Matron, and without discrimination, from *all* connected with the government and management of the affairs of the Institution.

All which is respectfully submitted.

Yours with respect,

JOHN YOUNG.

AUGUSTA, November, 1865.

EXTRACT FROM THE REGULATIONS OF THE HOSPITAL.

Male patients admitted into the Institution, should come provided with at least two good cotton shirts, coat, vest and pantaloons of strong woolen cloth; two pairs woolen socks or stockings; one neck cravat or stock; one hat or cap; and one pair of boots or shoes.

Females should have at least the same quantity of under clothes, including shoes and stockings, decent bonnet and two substantial dresses. 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 \$3.50 per week. Payments made quarterly, or when the patient is removed.

No person over twenty-one years of age can be received without the certificate required by the act regulating the Hospital in the Revised Statutes.

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, we bind ourselves, our heirs, 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 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? disappointment 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?