

MAINE STATE LEGISLATURE

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PUBLISHED BY ORDER OF

THE LEGISLATURE

OF THE

STATE OF MAINE.

1867.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1867.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL.

DECEMBER, 1866.

PUBLISHED AGREEABLY TO A RESOLVE APPROVED FEBRUARY 23, 1865.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1866.

OFFICERS OF THE INSTITUTION.

BOARD OF TRUSTEES.

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

MARIA JOHNSON, *Matron.*

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 November 30, 1866.

By the favor of God this Institution has continued through another year to perform its beneficent work of ministering health and comfort, with a good degree of success. Many who were suffering from disordered nerves have been healed, many others have been partially restored to soundness, and all have been rendered as comfortable as the nature of their several maladies would allow.

In conformity with the requisitions of law, the Hospital has been visited monthly by Committees of the Trustees, and carefully examined in all its departments. At each visit every patient is seen in person by the Committee, and his condition and wants carefully noticed. The several apartments of the building occupied by patients are also inspected, and inquiries made into the management of assistants and nurses intrusted with their immediate care. The kitchen also, bake room, provision rooms, cellars, laundry, the barns and stables, farm, garden and orchard, the steam house with its apparatus, and other outbuildings, all come under the particular attention of these visiting committees ; so that no department of the institution is at any time neglected or overlooked. At each visit the Committee in charge makes a record in a book kept at the Hospital for that purpose, stating the condition in which they find things, and the number of patients at that time in the hospital, with the numbers admitted and discharged, respectively, subsequent to the last previous visit.

According to these records the affairs of the Hospital are managed, as in previous years, with remarkable care, ability, and good judgment, on the part of the Superintendent, and with like faithfulness on the part of the other officers and their assistants. Every part of the building is uniformly kept in a neat condition,

well warmed in cool weather, and admirably well ventilated at all seasons; the food is always of excellent quality, wholesome, well prepared, and abundant; and each patient is kindly cared for, and treated with all the gentleness that his condition will admit. When the ravings of a disordered mind demand physical restraint, as is not unfrequently the case, that restraint is of course applied, but as tenderly as is consistent with the firm purpose of preventing harm. Even in the most trying cases, it seems not to be forgotten that the great law of the house is the "law of kindness," and that no patient is to be restrained any further than his own good and the good of his fellow sufferers requires.

The number of deaths that have occurred during the year has been somewhat larger than usual. But most of them have been cases of incurable consumption, or of other forms of chronic disease equally beyond the reach of human remedies. As a general fact, the sanitary condition of the Hospital has been such as to furnish occasion for devout gratitude to God. Amongst so large a collection of invalids, who have a prevailing predisposition to physical derangement, it would hardly be surprising, at any time, if some fatal epidemic should widely prevail; and we cannot fail to acknowledge the good hand of the Great Preserver of life, in the freedom from diseases of that nature hitherto enjoyed.

The farm, under the skilful management of our excellent Steward and Treasurer, Jefferson Parsons, Esq., continues to increase in productiveness, and adds much in various ways in promoting the welfare of the inmates of the Hospital. Many of the patients assist in the work of farming during the summer months, as a matter of choice; and they are encouraged to do so from considerations relating to their own comfort and health.

The new wing of the Hospital, which, as to its exterior, was erected last year, has this year been completed as to the finishing and furnishing of the interior. This extension of the Hospital edifice is a very substantial piece of work, excellent in design, convenient in arrangement, and symmetrical in its proportions; well built, and finished in good taste; reflecting credit both upon the architect and upon the workmen. In our last year's Report we inserted the Report of our Building Committee, showing the progress of the work as it then stood. In like manner we here insert their final report, presented to the Trustees at this time, to show how the work has been carried forward to its completion.

To the Trustees of the Maine Insane Hospital:

The Committee appointed to complete the Northeast Wing of the Hospital, respectfully present their Report.

The work of finishing the interior of the structure erected during the year 1865, was entered upon in March last, and is now completed.

In making the necessary changes in the east end of the north wing, your Committee made an important modification in the original plan, which they regard as a valuable improvement. Instead of taking down the brick partitions and building new ones, as had been designed, it was judged better to let the old partitions chiefly remain, and to arrange the halls and rooms in that part of the building accordingly. This modification in the plan secures to the halls in each of the three stories a wide recess on each side, with a window to each recess, giving the whole space a much more pleasant aspect than it would otherwise have had, and still leaving as large accommodations as to dormitories as the original plan allowed; and at the same time effecting a saving of several hundred dollars in the expense of the work.

In the New Wing, the departure from the original plan consists in so changing the arrangement for bathing rooms as to give three more dormitories than were contemplated; that is, one to each story.

Both the mason work and the joiner work have been executed by skilful workmen; and the whole compares well, we think, with any other part of the Hospital edifice.

Through the attention and agency of the Treasurer of the Hospital, Jefferson Parsons, Esq., the Committee were favored early in the season in procuring a large quantity of southern pine lumber of very excellent quality and well seasoned, which has been mostly used for floors and casings;—and all the other materials have been selected with care, chiefly through the same agency, and are admirably suited for the purposes to which they have been applied.

In the department of plumbing, there have been constructed in the attic two cisterns for water, having together a capacity of 4400 gallons; each cistern furnishing an abundant supply of water for a tier of bathing rooms connected with the galleries below, and for any other purposes required in that part of the building. The ventilation from the bathing rooms is so connected with their drainage, by means of ventilating tubes communicating with the

chimney of the steam works, as to preserve the air as pure in those apartments as in the rest of the rooms; and should this arrangement be found, after proper trial, to leave sufficient draft to the chimney, it may be advisable to ventilate the bathing rooms of the other wings in the same way.

In the total amount of expenditure your Committee have the satisfaction to state that they have come within the amount of the appropriations made by the Legislature for this object. The total cost of the building, including materials and labor, together with piping for gas and plumbing, and including also the entire apparatus for warming and ventilating, amounts in all to

the sum of	\$48,498.00
And the entire outlay for furniture for the halls, dormitories and dining-rooms, with table fur- niture, &c., amounts to	2,982.46

Making the whole amount expended	\$51,480.46
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as shown in more particular detail in the following abstract of disbursements, drawn from the two Annual Reports of the Financial Agent, presented to the Trustees, namely:

Excavating for foundation and basement,	\$175.00
Foundation wall,	1,940.14
Bricks,	5,594.39
Granite,	6,849.49
Lumber, including its freight,	5,934.11
Slate and slating, including lead, &c.,	1,450.00
Doors and windows, including frames,	2,047.48
Apparatus for warming, ventilating and lighting,	2,731.53
Plumbing, materials and labor,	1,616.05
Hard ware, nails and screws,	1,244.84
Blacksmith's work, iron and labor,	365.86
Lime, cement, sand and hair,	1,679.61
Labor in mason work,	5,948.50
Labor in joiner work,	5,950.01
Painting, (labor and materials,)	1,896.98
Team work, hauling bricks, lumber, lime, &c.,	914.25
Frieght, bridge tolls, derricks and incidentals,	94.91
Architect's bill in 1865,	725.00
Building Committee's expenses,	839.85
Commissions, including compensation for purchasing materials, overseeing work, and settling all bills,	500.00
Total cost of building,	\$48,498.00
Furniture purchased, including all moveables,	2,982.46
Total disbursements,	\$51,480.46

The appropriations made by the Legislature for the building and furnishing this wing of the Hospital were

In the year 1865,	\$20,000.00
“ “ 1866,	31,500.00

Total,	\$51,500.00
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Deduct disbursements, shown above,	51,480.46
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And there remains the balance of to be returned to the treasury of the State.	\$19.54
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All of which is respectfully submitted.

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

Augusta, December 6, 1866.

We regard the building and fitting up of this wing as a most valuable enlargement of our Hospital accommodations, and as an honor to the State, and to the Legislature that adopted the requisite measures for its erection. And we beg leave now to suggest that in order to complete the entire edifice, a similar wing is needed at the other extremity of the range. The wing now finished enlarges accommodations for female patients only. There is equal need of enlargement for male patients. The room, as now provided, is for one hundred and seventy-five women, and one hundred and twenty-five men. But the male department is usually as full as that of the women; and we deem it equally desirable that the one sex should be adequately provided for as the other. And as the existing space is already crowded with twenty-five more patients than can be suitably accommodated so as to receive the full benefit of the curative means which this Institution would afford when ample room is provided, we would respectfully urge the carrying forward of the work without delay. We trust that our Legislature will not stop in their generous plans relating to this noble charity, until the whole edifice is completed.

It is our purpose to lay the subject before them at their approaching session, and we cannot but hope they will take measures to put forward the work early the next season.

The Trustees are reluctant to refer to any other department requiring an outlay at this time, but feel obliged to state that a necessity exists for a new laundry. The old brick lodge, which

has been in use for laundry purposes several years, is getting badly out of repair, and at best is much too small for the purpose. Its location also is very objectionable, especially since the building of the last wing of the Hospital. A part of this brick building was necessarily taken down to make room for that addition; and what remains stands too near the main edifice, and must also soon cease to be of any use. We see no alternative but to take away this fragment of a building, and build a new laundry somewhere in the vicinity of the steam house. The cost of the building needed for this purpose, with its necessary fixtures, is estimated at \$4,000, for which we must also ask the Legislature to provide by an appropriation.

These suggestions for further appropriations from the State are here submitted, only from the conviction that they are needed. The Trustees would not ask for the least expenditure for the sake of show, (although they are willing to confess to some feeling of State pride, in common with their fellow citizens, in contemplating the noble structure now entrusted to their care), but their only argument is that, in their view, the public good calls for this additional outlay.

Humbly relying on the favor of the Most High, we pass on in our trust into another year, in the hope that by the divine blessing this Institution will continue to be the means of inestimable good to all such as may need its benefits.

For what more distinctly relates to the sanitary affairs of the Hospital, with the number and condition of its inmates, we have the happiness to refer to the Report of our highly esteemed and valued Superintendent.

Appended hereunto are the Report of the Treasurer and Steward of the Hospital, a Schedule of the personal property belonging to the Institution at this date, the Report of the Committee on Libraries, and the Report of the Chaplain.

All which is respectfully submitted.

RICHARD WOODHULL,
GEO. COMSTOCK,
M. R. LUDWIG,
A. BURBANK,
JOHN T. GILMAN,
GEO. A. FROST.

AUGUSTA, December 7, 1866.

SUPERINTENDENT'S REPORT.

To the Governor of Maine and to the Honorable Council:

GENTLEMEN: In the providence of God, we have reached the close of another fiscal year in the progressive course of the Maine Insane Hospital, when in obedience to the statute, the duty again devolves upon the officer in chief to lay before you his annual report of this Institution.

We acknowledge the Divine hand which has safely led us through the vicissitudes of another period of professional duty, and crowned our labors with so good a degree of success. We can review the way over which we have passed, and feel that while there is much we might have done, yet some good has been accomplished—that the work for the year has not all been in vain.

Many who came to us under circumstances dark and foreboding have found the light of reason, and returned to their homes and friends rejoicing in the full vigor of physical and mental health. Some have come and gone who received only a partial restoration; some have left us with little or no improvement; some who have come, and some who were with us at the beginning, still remain under treatment, while others have passed the "covered way which opens into light," where reason is undimmed, and the dark, portentous clouds which for years hung black as the noon of night over their bewildered souls now shine forth in silver brightness.

There were in the Hospital at the commencement of the year, 1st Dec., 1865, two hundred seventy-seven patients—one hundred forty-three males and one hundred thirty-four females. There have been admitted since, one hundred and thirty-five—seventy-five males and sixty females, making a total of four hundred and twelve patients under treatment during the year—two hundred and eighteen males and one hundred and ninety-four females.

One hundred and thirty-six have been discharged—eighty-five males and fifty-one females, leaving in the Hospital at the end of

the year two hundred and seventy-six—one hundred and thirty-three males and one hundred and forty-three females.

The condition of those discharged was as follows: Recovered, sixty-one—thirty-nine males and twenty-two females; improved, twenty-nine—nineteen males and ten females; unimproved, thirteen—eight males and five females; died, thirty-three—eighteen males and fifteen females.

No unusual or epidemic disease has prevailed among the inmates during the year, but quite an increase of aged persons has obtained in the number admitted, who deceased in a few weeks after admission, which swells a little the number of deaths over those of last year. Six of those who died had passed their three score years and ten, four were over the octogenarian, and one was well nigh the centennial line when release from bondage came.

The causes which operated to produce death were: *consumption*, ten; *diarrhœa*, five; *old age*, four; *congestion of the brain*, three; *general paresis*, three; *epilepsy*, four; *exhaustive mania*, one; *dropsy*, one: and one man and one woman died of suicide, the former by drowning, the latter by hanging. On this form of insanity we propose to offer a few remarks before closing this report.

By the record of cases we find that of those admitted during the year thirty-seven men and thirty-two women were married; thirty-three males and twenty-five females were single; five were widowers, three were widows.

The assigned causes of insanity in those admitted within the year are: ill health, forty-two; intemperance, fourteen; puerperal, ten; over exertion, seven; domestic trouble, seven; domestic affliction, six; decay of old age, six; critical period of life, five; epilepsy, four; disappointment, four; masturbation, four; religious excitement, three; general paresis, three; physical injury, one; embarrassment in business, one; sun-stroke, one; unknown, seventeen.

There have been received into the Hospital since it was first opened, in October, 1840, three thousand forty-four patients. Two thousand seven hundred and sixty-eight have been discharged, of whom one thousand two hundred and fifty-six recovered, five hundred and thirty-nine improved, four hundred and ninety-five were unimproved, and four hundred and seventy-eight have died.

The deaths which took place within the year just closed occurred as follows: Three in December, four in January, three in

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

Year.	Admitted.	Discharged.	Whole No. under treatment.	Recovered.	Improved.	Unimproved.	Died.	Greatest No. in Hospital on any day.	Least No. in Hospital on any day.	Remaining at end of year.	Daily average No. for the year.
1840-1	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
1865-6	135	136	412	61	29	13	33	287	267	276	277

February, one in May, three in June, two in July, four in August, three in September, eight in October, two in November.

Glancing briefly at the causes enumerated as operating most apparently upon those who have come to us for treatment within the year, you will find *ill health* by far the most prominent. Every year we spend with those of "minds diseased" leads us more fully to the conviction that greater care and watchfulness over the physical part of our nature would lessen surprisingly the number who annually fall victims to this worst of human ills. The rules of hygiene are so woefully neglected and disregarded by all classes and in all conditions of men, that it is no marvel to see the vast number of wrecks afloat on all sides.

The conventionalities of society are but stepping-stones over which the young scramble to find themselves too soon in some institution for the insane or at the brink of an early grave.

The various excesses of life in which the great majority indulge prey most surely upon the vital forces, and implant within the clayey tenements of the soul seeds which "grow with the growth

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.		1865-6.		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.	M.	F.					
Oct.,	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	8	5	270
Nov.,	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	9	5	4	5	4	10	3	4	5	236	
Dec.,	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	11	3	5	5	2	4	11	5	5	2	211	
Jan.,	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	5	206	
Feb.,	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	5	4	195
Mar.,	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	8	7	253
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	7	3	252
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	8	2	283	
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	5	4	291
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	7	8	162
Aug.,	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	7	7	275
Sept.,	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	6	8	285

and strengthen with the strength," until they ripen into cruel disease and merciless death.

The effect of the intemperate use of stimulants upon the brain is too well known to require any extended discussion. It is only necessary to look about and see the willing disciples of Bacchus crowding the avenues leading to asylums for the insane. Alcohol, Opium, Tobacco, and Canabus Indicus are each but file leaders of the serried ranks as they press to the goal. As the rocket, so the votaries of these pernicious substances by their brilliant coruscations along the upward track are but the prelude of the perpendicular descent of what remains when the glowing flame expires.

Special attention is paid by us to the moral treatment of those placed under our care, in conjunction with their medication. Our first and paramount object is to induce them to engage in some useful employment indoors, about the house, on the farm, in the garden, or choring about the barns. Those who cannot be persuaded in this direction are required, when in sufficient health and strength, to take exercise in the open air, either by riding or walking. It is not unfrequent to have over a hundred out at the same time engaged in the various modes of health-recovering influences. Some enjoy bowling in the ten pin alley, some are fond of the popular game of croquet, while others prefer the game of quoits or ball.

During the long winter evenings several entertainments were gotten up by the attendants and nurses for the amusement of the patients, consisting of dialogues, declamations and music, which proved creditable to the performers and satisfactory to the patients.

A singing-school was established, and a session was holden two evenings in a week, under the direction of J. W. Bangs, Esq., of Augusta, for the cultivation of sacred music, and at the close a concert was given in the chapel, which with the school proved a fine pastime and highly entertaining to the inmates

In addition to our large increasing library, we have between thirty and forty daily and weekly newspapers, and some half a dozen of the best magazines of the day. Then we have for other in-door amusement the parlor croquet, parlor ten pin alley, draughts, backgammon, &c.

The chapel service of the Hospital has been held every Sunday evening, with one exception, during the year, and conducted by our worthy and faithful chaplain, Rev. John Young. He has frequently visited the patients, especially the sick and dying, admin-

istering the consolations of the gospel to all who felt the need of its sustaining influence. He has also attended and conducted the funeral services of those who have died when the remains were not removed home by friends for interment. Religion as taught by the Master while on earth, if judiciously presented, is most potent in allaying the surges of the mind arising from diseased action, and it is through the reasonable teachings of a kind, benevolent chaplain we derive an amount of aid in the moral treatment of the insane of which we should be unwilling to be denied. Would that we were able to bring to bear upon the distracted mind more of the life of Christ, who "lived our example and died our sacrifice;" then might our daily walk among the bruised reeds prove more effectual in binding up their wounds and fanning to a flame the smoking flax. In no sphere of life, we apprehend, are the genuine principles of the Christian religion more needed than in the treatment of those devoid of reason. Those divine words of Him who spake as never man spake—"As ye would that men should do unto you do ye even so to them," come to every benevolent heart with peculiar emphasis.

Before proceeding further, we now offer a few remarks on suicidal insanity, as was contemplated in the early part of the Report. Among the many forms of insanity found in an institution for the insane, there are none which give rise to so much anxiety and apprehension to those in charge, as do those cases in which the symptom of self-destruction is the most prominent feature. Almost any other variety is more acceptable than this. Suicidal insanity is no uncommon form of mental disturbance. It is of almost every day occurrence; it springs and grows luxuriantly in those afflicted with hypochondriasis or melancholia, and is seldom, if ever, found in any other variety of insanity. It is, however, not necessarily found in all melancholics, though it is always to be apprehended. It presents itself in at least two different phases. One person affected with melancholia will use every exertion to terminate his existence; if he cannot accomplish it by one method he will try another, and so on till he has exhausted all resources of the kind; while another, so far from contemplating or desiring to commit such a deed, will recoil with horror from the act. In the former the conservative principle, the natural instinct of self-preservation so deeply implanted in the recesses of the soul, may be weak in force and yields more readily to morbid action, while in the latter the natural desire to retain life is strong and resisting, often sup-

ported, no doubt, by religious faith, antagonistic to committing the suicidal act, which in the other may never have existed, or if so, had become paralyzed by disease.

We see cases in which there seems to be some special disease or derangement of the great conservative principle of our nature, reversing entirely in its operation the law of instinct which has for its function the preservation of life. In such, we find all the nobler powers of the mind usurped by a "blind, unreasoning, irresistible impulse" to sever the thread which holds them to earth. We have known several in our experience, seized with such an impulse to commit suicide, who have placed themselves under our care, not only as a means of cure, but for personal safety, that they might be preserved from so horrible an end.

A case is recorded of an individual whose circumstances and position in life were everything that could be desired, opulent, surrounded with kind, influential friends, who stated that he was perfectly happy and had no source of trouble, save one, which haunted him like a demon. This was a thought, a strong desire to commit suicide whenever he shaved himself, and he was frequently obliged to throw away his razor lest he should cut his own throat. He felt that he should experience indescribable pleasure in the performance of such an act. There are other cases in which suicide seems to be the result purely of melancholia. The act is generally preceded by an intense degree of depression of feeling, a condition of profound misery, from which the individual seeks to escape, without pausing to reflect upon the moral bearings of the question. He emerges from beneath the deep roll of one of the mighty billows, and grasps as the only alternative the means, the instrument by which he plunges into the mystic stream swiftly gliding to "that bourne from which no traveller returns."

There is still another class composed of those who commit suicide by reason of some delusion or hallucination. One believes that he shall go down to endless perdition and that self-immolation will alone gain him admittance to heaven. Another hears a voice of divine origin commanding him to sacrifice his own life for the salvation of others; while a third is led by some phantom which he distinctly sees before him to a river or the brink of a precipice.

It is interesting to observe and study the ingenuity practiced by the suicide to destroy that immortal principle which the mass of mankind cling to so tenaciously, and are so anxious to preserve and so zealous in contriving plans to prolong.

Of the three thousand five hundred and ninety-eight persons who committed suicide in France in the year 1851, one thousand one hundred seventy-four selected *drowning* as their mode of death, one thousand two hundred forty-seven that of *strangulation*, four hundred eighty-seven that of *fire-arms*, three hundred and seven that of *asphyxia by burning charcoal*, one hundred twenty-six, that of *cutting instruments*, sixty-three that of *poison*, one hundred sixty-two that of *precipitation*, and thirty-four resorted to other modes not mentioned.

It is not generally understood that children are victims of insanity, especially of this form; but such is nevertheless the fact. There are some remarkable cases on record. It is stated that fifteen children under sixteen years of age committed suicide in France in one year. Six were fifteen, one was fourteen, four were thirteen, three were twelve, and one was only nine. The motive is often the most meagre and trifling. One boy of nine killed himself because he had lost a petted bird; another of twelve because he was unsuccessful at school, being only of the twelfth grade in his class; and another because he was chastised by his parents for breaking a watch. Some who were foiled in the attempt of self-destruction during childhood, were more successful in after life. A woman who threw herself into the river at the age of nine, did the same thing at forty-five, and was drowned.

Of the three thousand and twenty suicides which occurred in France in the year 1843, fifteen were under sixteen years of age, one hundred and forty-seven were between sixteen and twenty-one, four hundred and eighty-one were between twenty-one and thirty, five hundred and forty were between thirty and forty, six hundred and forty-seven between forty and fifty, five hundred between fifty and sixty, three hundred and eighty-four between sixty and seventy, one hundred and seventy between seventy and eighty, twenty were eighty and upwards, and the ages of one hundred and ten were not ascertained.

Statistics show that more men commit suicide than women, and that more unmarried women kill themselves than married, and that a greater proportion of married men and women take their own lives than the reverse.

It is very common to find suicidal insanity transmitted from one generation to another. We have known a family of some half a dozen children, whose mother was subject to melancholy, who were at different periods of life afflicted with suicidal mania.

Some of them were successful in their attempts, others were unsuccessful.

The season of the year is thought to have not a little influence in developing this peculiar form of disease. Contrary to what we should expect, the brightest and most beautiful season, so well calculated to inspire joy and hope in every heart, is the one in which the most suicides occur. One would naturally suppose that the season of the sere and yellow leaf, and the cold blasts of winter, would be most conducive to the development of so strange and unnatural mental manifestations. But observation teaches us that suicidal insanity prevails most during the spring and summer months, that the disease increases from January to June and diminishes from June to December.

The first and most important step to be taken in the treatment of suicides, is to prevent them from committing the act; this done, then such medical and moral appliances as are employed in other forms of insanity will serve to restore functional harmony, and bring them up to a healthy action of body and mind.

Since this Institution was opened for the reception of patients, a period of twenty-six years, there have been under treatment three hundred and thirty-nine persons afflicted with suicidal mania. Of all these only six were successful in their attempts to take their own lives.

Could a post mortem examination be had of the bodies of all who commit suicide, there undoubtedly would be found a variety of physical changes in each individual. Although these changes might not be uniform and constant in all, yet sufficient phenomena would be discovered to indicate their connection with the symptoms manifested. Should we examine the head, a point to which we should first naturally be directed for changes of physical structure in cases of mental derangement, we should find an unnatural thickness and density of the bones which envelope and protect the brain. The diploe, or space between the two plates of the skull, would be nearly or quite obliterated; the membranes lining and covering the brain, the *dura mater*, the *pia mater*, and the *arachnoid* would present a marked change of appearance; they would be found more or less injected, thickened and adherent at different points, and if the minute anatomical structure of the brain itself should be examined, it would present phenomena most interesting. The substance of the great organ would show an atrophied or shrivelled appearance, indicative of insufficient or improper nour-

ishment of the part. Imperfect nutrition of the organ of mind I apprehend to be the immediate cause of all insanity. Whatever may interfere with the cell growth of the minute structure of the brain may give rise to some form or other of mental alienation.

The agricultural interests of the Institution have been kept up to the highest point; the facilities for carrying on this department have been increased to a considerable degree. The use of the State grounds, granted by the Governor and Council, together with the use of the Toby farm in connection with the hospital farm of two hundred and thirty acres, afford an ample estate upon which we find plenty of healthful exercise for our patients. Nearly surplus produce enough has been sold during the past season to pay for all of the hired labor required to carry on this department. It is gratifying to see the benefit which those patients derive who go out to work. Many of them feel a possessive interest in all that pertains to the farm work, and are as zealous in forwarding the various branches of labor as if it were all their own.

We congratulate ourselves upon the successful completion of the new wing, which was so auspiciously commenced last year, for the further accommodation of female patients. It is a thoroughly built structure, and well adapted to the purpose for which it has been erected. The apartments are spacious and airy, plainly but substantially finished. The accommodations for females are now ample. One hundred and seventy-five females can be accommodated comfortably without crowding, and they can be divided into fifteen distinct classes, thus affording every facility for their most judicious treatment.

While the new wing relieves the crowded state of the female department of the Hospital, it does not relieve the condition of the wings for males. The accommodations for this class are inadequate to our wants. Every dormitory in the male wards is occupied, and has been for the last four or five years, so that we have been obliged to refuse for a time more or less applicants every year. The number of rooms for male patients is one hundred and twenty-five, and we have one hundred and forty patients to occupy them; consequently each ward is more or less crowded, which is not as it should be. Each patient needs all the room originally designed, especially those occupying the first wings erected. We actually need another wing for males more than ever before, not only to relieve the crowded wards, but in an architectural point of view.

It is hoped that the Legislature, which has ever pursued the most liberal policy towards this Institution, will faithfully consider the subject, and make early provision for the erection of another wing for male patients, corresponding with the one just completed for females. When that shall have been done, the Maine Insane Hospital will be symmetrical, in full proportion, and will then accommodate as many patients as ever ought to be in one institution, under the charge of one Superintendent.

In order to make room for the erection of the new wing, it became necessary to remove a portion of the wash-house or laundry. This has diminished the capacity of the building to such a degree as to render it inadequate to the wants of the Institution. It is therefore thought advisable to take down the remaining portion of the building and erect a new one better adapted for these purposes near the engine-house, where steam could be employed with more economy, and where many other conveniences could be had which are denied in the present location. It is hoped active measures will be taken to make the necessary change at an early day, as it is impossible to do justice to the inmates in this very important department of the house without some such improvement.

To the Board of Trustees our acknowledgments are due for their continued confidence reposed in us, and for the fidelity and interest which they have ever manifested towards the welfare of the Institution and all connected with it.

The number of weekly papers regularly received during the year for the benefit of the patients, has not diminished, but on the contrary has rather increased, and we are under special obligations to the editors and publishers for their unflagging generosity. We doubt not, to them the Scripture promise is fulfilled, "Give and it shall be given," &c.

The following are the papers regularly received, and distributed in the wards every week, to eager, thankful patrons: Kennebec Journal, Maine Farmer, Gospel Banner, Augusta; Hallowell Gazette, Hallowell; Gardiner Home Journal, Kennebec Reporter, 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, Aroostook Pioneer, Presque Isle; Eastport Sentinel, Eastport; Whig and Courier, Bangor; Republican Clarion, Skowhe-

gan; Eastern Mail, Waterville; and the Morning Star, Dover, N. H.

We are indebted to Hon. Lot M. Morrill and Hon. James G. Blaine, for their kindness in sending us valuable public documents, also rare varieties of garden and other seeds for the farm.

We are also indebted to J. W. Bangs, Esq., of Augusta, and members of his choir, for a musical entertainment in our Chapel, at the close of an interesting singing-school, which he so kindly and ably conducted during the long winter evenings.

Mrs. John T. Gilman of Portland, has kindly remembered our household and sent a couple of valuable oil paintings for the convalescent hall of the new wing, for which she has our sincere thanks.

Joseph F. Paul, Esq., of Boston, a son of Maine, has our grateful thanks for the gift of a beautiful parlor ten-pin alley, which proves quite an acquisition to our means of amusement.

We are under many obligations to A. Cummings, Esq., of Reading, Mass., also a son of Maine, for a large box of rare and beautiful house-plants, from his greenhouse.

To the Steward and Matron, the Assistant Physician, Supervisors and Attendants, Nurses, and all the Assistants employed in and about the Institution, I am under many obligations for their uniform urbanity and kindness in their active coöperation in carrying forward the life-work of this great charity.

On account of ill-health, Dr. James D. Nutting felt obliged to resign his position as Assistant Physician on the 15th of June last, the duties of which he faithfully and conscientiously performed to the entire satisfaction of all. Since then the office has been filled by Dr. B. T. Sanborn, a young man of excellent attainments and future promise, who has already gained the high respect of all connected with the Institution.

And now entering again the sphere of hospital duty, we commend anew the Institution to the fostering care of the people, invoking the blessing of heaven upon our labors, confident that He who sees the end from the beginning will lift the cloud from many darkened souls, and lead them to the crystal stream forever flowing from the throne of God and the Lamb, where all griefs are forgotten and all sorrows are healed.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, Nov. 30, 1866.

APPENDIX.

REPORT OF TREASURER AND STEWARD.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—The following report of the financial affairs of the Hospital, from November 30, 1865, to November 30, 1866, is respectfully submitted, viz:

PAYMENTS.		
Paid on bills payable,	\$1,596 50
“ for provisions,	29,339 55
“ for labor,	9,399 27
“ for fuel and lights,	8,713 73
“ for clothing,	3,214 07
“ for medicine,	885 55
“ for furniture,	3,628 99
“ for coffins and fixtures,	106 00
“ for repairs and improvements,	2,898 78
“ for stationery, postage and printing,	322 98
“ for soap,	341 63
“ for horse and wagon,	465 00
“ for miscellaneous,	514 92
		\$61,426 97
RECEIPTS.		
Balance in the hands of the Treasurer at last acct.,		211 47
From patients for board, clothing, &c.,	58,361 19
“ produce sold,	1,405 61
“ team work done for New Wing,	1,000 00
Balance due the Treasurer,	448 70
		\$61,426 97
RESOURCES.		
Debts due the Hospital,	13,667 23
Liabilities against the Hospital,	9,415 01
Balance in favor of the Hospital,	\$4,252 22

Financial Affairs, etc., (Continued.)

The products of the farm are as follows :	
150 tons of hay at \$18 per ton,	\$2,700 00
11 tons of straw at \$8 per ton, 88 00
193 bushels of barley at \$1 per bushel,	193 00
687 bushels of beets at 45c per bushel,	309 15
125 bushels of corn at \$1.40 per bushel,	175 00
200 bushels of apples at \$1 per bushel,	200 00
50 bushels of beans at \$3 per bushel,	150 00
2,698 bushels of potatoes at 45c per bushel,	1,214 10
4,000 pounds of squashes at 2c per pound,	80 00
16,450 pounds of pork at 13c per pound,	2,138 50
Milk (from pasturing) at 4c per quart,	1,000 00
Produce sold,	1,405 61
	\$9,653 36

JEFFERSON PARSONS, *Treasurer and Steward.*

INSANE HOSPITAL, November 30, 1866.

*Schedule of Stock and Personal Property belonging to the Maine
Insane Hospital, December 6, 1866.*

5 horses,	\$700 00
5 yokes oxen,	1,375 00
25 cows at \$50 each,	1,250 00
5 young cattle,	150 00
43 swine,	2,138 50
78 pigs at \$5 each,	390 00
80 cords wood at \$6.70,	536 00
600 tons coal at cost \$11,	6,600 00
160 bushels charcoal at 16 $\frac{2}{3}$ c,	26 66
1 barrel clear pork,	30 00
4,900 pounds beef at 12c,	588 00
3,000 pounds butter at 40c,	1,200 00
5,000 pounds sugar at 14c,	700 00
400 pounds tea at \$1,	400 00
600 gallons molasses at 50c,	300 00
83 gallons syrup at \$1,	83 00
20 bushels onions at \$1,	20 00
50 bushels beans at \$3.25,	162 50
1,500 bushels potatoes at 45c,	675 00
400 bushels beets at 40c,	160 00
238 bushels turnips at 40c,	95 20
4 bushels cranberries at \$4,	16 00
100 barrels flour at \$14,	1,400 00

Schedule of Personal Property, (Continued.)

400 bushels corn at \$1,10,	\$440 00
1,000 pounds squashes at 2c,	20 00
1,200 pounds mutton at 8c,	96 00
4 barrels apples at \$4.25,	17 00
16 pairs thick boots at \$4,	64 00
8 pairs shoes at \$2,	16 00
50 pairs woollen hose at 75c,	37 50
Crockery and glass ware now on hand,	300 00
Medicines,	300 00
500 pounds fish at 7c,	35 00
Soap, starch and spices,	200 00
300 pounds cheese at 18c,	54 00
Cabbages,	20 00
100 tons hay at \$20,	2,000 00
3 tons straw at \$8,	24 00
	<hr/>
	\$22,541 36
Hay scales,	125 00
Furniture in use,	10,600 00
Carriages and farming tools,	1,500 00
Fire engine and apparatus,	1,000 00
Vaughan library,	500 00
McLellan library,	400 00
McLellan library fund,	500 00
Col. Black library,	1,150 00
Col. Black library fund,	2,500 00
Framed engravings,	300 00
	<hr/>
	\$18,575 00
	<hr/>
Total,	\$41,116 36

R. WOODHULL, } *Committee*
M. R. LUDWIG, } *on*
JOHN T. GILMAN, } *Inventory.*

INSANE HOSPITAL, December 6, 1866.

LIBRARY COMMITTEE'S REPORT.

MAINE INSANE HOSPITAL, Dec. 6, 1866.

To the Trustees:

The Committee of Trustees on Hospital Libraries respectfully report that they have expended in the course of the year ending November 30, 1866:

For 104 volumes of bound books,	\$168 92
And for newspapers and periodicals,	70 05
Total expended,	\$238 97

The balance of unexpended income now on hand
is, \$55 23

The Library Funds, consisting of the sum of three thousand dollars, are still invested in bonds of the State of Maine.

R. WOODHULL, } *Committee*
GEO. COMSTOCK, } *on Libraries.*

REPORT OF THE CHAPLAIN.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—In presenting my third Annual Report of my services as Chaplain, I have the satisfaction to say that I have, with *one single exception*, been enabled to perform the services at the Hospital on each Sabbath during the year, either myself or by a satisfactory supply. I have performed the funeral services of all that have been interred upon the Hospital grounds, which have numbered some thirteen.

On all occasions of public worship the attendance has been usually good, and with a very few exceptions, the congregations have been as quiet and attentive as most assemblies of sane persons. And it has not been without a good degree of interest and satisfaction to myself that the "Word of the Lord" has been proclaimed to them from time to time.

What real or permanent effect has been produced on minds variously disordered, it is difficult to know; but the adaptation of the consolations of the Gospel of Christ to the sorrowful and afflicted is so apparent that it is reasonable to suppose that good results may be realized. For God has said in his written word, "As the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth; it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper *in the thing* whereto I sent it."

In my visits to the various halls of the patients, it has been my usual practice to present them religious tracts, and speak a few words of encouragement and consolation as opportunity presented. And it has afforded me much gratification to witness the numerous kind salutations with which I have been met from time to time in every department of the Institution.

On the part of the officers and attendants of the Hospital, it gives me pleasure to say, that there has been no diminution of faithfulness in the performance of duty so far as I have been able to know, and no want of courtesy and kind attention to all to whom they were due.

All which is respectfully submitted.

Yours with respect,

JOHN YOUNG.

AUGUSTA, November, 1866.

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 woollen cloth; two pairs 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 \$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.

[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?