

# MAINE STATE LEGISLATURE

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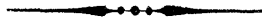
ANNUAL REPORTS

OF VARIOUS

PUBLIC OFFICERS AND INSTITUTIONS

FOR THE YEAR

•  
1867-8.



AUGUSTA:

OWEN & NASH, PRINTERS TO THE STATE.

1868.

# REPORTS

OF THE

## TRUSTEES AND SUPERINTENDENT

OF THE

## MAINE INSANE HOSPITAL.

DECEMBER, 1867.

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PUBLISHED AGREEABLY TO A RESOLVE APPROVED FEBRUARY 23, 1865.

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AUGUSTA:

STEVENS & SAYWARD, PRINTERS TO THE STATE.

1867.

## OFFICERS OF THE INSTITUTION.

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### BOARD OF TRUSTEES.

REV. RICHARD WOODHULL, Bangor.  
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GEORGE COMSTOCK, Esq., Lubec.  
JOHN T. GILMAN, M. D., Portland.  
HON. M. R. LUDWIG, M. D., Thomaston.  
WILLIAM B. LAPHAM, M. D., Woodstock.

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HENRY M. HARLOW, M. D., *Superintendent and Physician.*  
BIGELOW T. SANBORN, M. D., *Assistant Physician.*

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

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MARIA JOHNSON, *Matron.*

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REV. CHARLES F. PENNEY, *Chaplain.*

## TRUSTEES' REPORT.

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

The Trustees of the Maine Insane Hospital, in presenting this their Annual Report for the year ending November 30th, 1867, are happy to state that in the good providence of God the condition of the Hospital throughout the year has been remarkably favorable to the comfort and welfare of its inmates. No epidemic diseases have prevailed, and but few of the patients have been prostrated by sickness. A large proportion have enjoyed a comfortable measure of bodily health, and a goodly number have been restored to their friends, freed from the mental maladies which had oppressed them.

The Hospital has been visited monthly by Committees of the Trustees, as the law requires. At each of these visits the Committee see every patient, examine into the condition of their halls and dormitories, notice the quantity and quality of their food, and are careful to ascertain how things are managed generally in relation to their comfort and welfare. Once in each quarter the Visiting Committee minutely examine the Treasurer's accounts with their vouchers, and satisfy themselves as to the judiciousness and faithfulness with which the financial affairs of the Hospital are conducted. Each of the monthly and quarterly Committees makes a written record of its visit, stating in what condition things are found. From these sources we gather, that the affairs of the Hospital have been well conducted, that the officers and their various helpers have been faithful and kind in the discharge of their several duties, and that the patients have been rendered as comfortable as their several cases would admit.

The number of patients at the beginning of the year was 276. In the course of the year 150 have been admitted, and 123 have been discharged. The number remaining at the end of the year, November 30th, was 303, consisting of 144 men, and 159 women. Of this number, 46 are entirely supported, as to board and clothing, at the expense of the State; and 221, being in indigent circumstances, are aided by the State at the rate of \$1 a week each,

which the State pays towards their board. The whole may be classified as follows, namely :

Ordered from State Prison, . . . . .	2
Sent by order of Court, . . . . .	9
Foreigners, having no residence in the State, . . . . .	35
Indigent, aided by the State, . . . . .	221
Entirely supported by themselves or friends, . . . . .	36
<b>Total, . . . . .</b>	<b>303</b>

The Hospital Farm, under the judicious management of the Steward, is already quite productive, and is an important aid in keeping the price of board at so low a rate. Quite a number of the patients lend a hand at the work when they feel so disposed, and are encouraged to do so from a regard to their health and individual comfort. The pasturage on the farm is however too limited in its extent to furnish the feed required ; and, for some years past, it has been found necessary to hire pasture land on an adjacent farm. For this reason, and also with a view to extending the front of the Hospital grounds, it seems advisable to purchase the farm which joins the Hospital land on the south, known as the Tobey farm. It is understood that that farm can now be bought on reasonable terms. And as it would greatly add to the convenience of the Hospital, furnishing a far better location and arrangement for the barns and other outbuildings than they can otherwise have, and widening the space towards the south connected with the site of the Hospital, where it is now very narrow, as well as furnishing a fair proportion of good tillage land, the Trustees earnestly recommend the purchasing of this farm for the Hospital by the State.

At the last session of the Legislature, the sum of four thousand dollars was appropriated for building a new laundry. A good building for this purpose has been erected, and furnished with its appropriate apparatus. Its location is near the steam boiler building, on the side of a ravine. Its dimensions are sixty feet in length by forty feet in breadth, it being two stories high on the one side and one story on the other. The basement, or lower story, furnishes ample and convenient rooms for storing the root crops of the farm and garden (hitherto a great desideratum), and the second story is occupied entirely for the purposes of the laundry. The space is divided into four principal rooms, one for washing, one for drying, a third for ironing, and the fourth for airing the clothes after being ironed. The washing apparatus consists of three machines, called the Hydraulic Power Clothes Washer,

which are moved by a shaft connected with the steam works in the contiguous building. These machines are constructed on an entirely new and correct principle as applied to the washing of clothes, and are pronounced by competent judges to be the best anywhere known. They perform their work without rubbing or pounding, and with scarcely the least friction or wear of clothing. With the aid of two persons only, they are capable of washing at least two thousand pieces a day. They slop no water on the floor. They wash, with equal thoroughness and ease, the coarsest fabrics and the finest, either apart or together, without the slightest injury. And as the machinery is very simple, it seems but very little liable to get out of order for years. This apparatus has been in use, with us, only a few weeks, but its washing meets our highest expectations.

The cost of this new building and apparatus considerably exceeds the amount appropriated for the purpose, partly because of the increased cost of materials and labor, and partly because of the great improvements recently made in washing machines, which we felt it peculiarly advisable to adopt. The entire cost amounts to \$6,673.96, which exceeds the appropriation by \$2,673.96. We trust that the Legislature will provide for this balance at its approaching session.

The importance of adding another wing to the Hospital for the accommodation of male patients remains, in the judgment of the Trustees, undiminished. The crowded condition of the halls and dormitories in the male department calls loudly for more room; the sanitary wants of the patients urge the measure; and the proper symmetry and finish of the edifice seem to render the additional wing an object of great desire. We earnestly hope that the Legislature will take the necessary measures forthwith to begin the work early in the spring.

These several facts and circumstances relating to the best interests of the Hospital (which are identical with the best interests of the whole community), render it plainly incumbent on the Trustees to ask of the Legislature, at their approaching session, the following appropriations, namely:

For meeting balance due on laundry,	\$2,673.96
For the purchase of the Tobey Farm,	6,000.00
For building exterior of additional wing,	30,000.00
	<hr/>
	\$38,673.96

We propose, therefore, to make application to that honorable body accordingly, and we cannot but hope for a favorable issue.

The libraries of the Hospital, now containing about 2600 volumes, together with current periodicals and newspapers, a large supply of which is received week by week, are attentively read by many of the patients, and are a source of much pleasant entertainment and mental profit. The Library Funds, amounting to three thousand dollars, remain invested in State of Maine Bonds, yielding an income of six per cent. per annum.

Our excellent Chaplain, Rev. John Young, since the beginning of the year has gone to his heavenly reward. Mr. Young was highly esteemed by all. He was a good preacher, and was faithful in his work. His heart seemed ever warm with sympathy and tenderness towards the afflicted and suffering, and his addresses, both in public and in private, breathed much of christian kindness. The chief consolation to survivors in such a bereavement is, that what earth has lost heaven has gained.

Since the decease of Mr. Young, the Chaplaincy has been filled by the appointment of Rev. C. F. Penney, one of the pastors in Augusta.

For further particulars of information pertaining to this Institution, especially in what relates to the number, the care, and the cure of patients, we respectfully refer to the report of our highly valued Superintendent.

Recognizing with gratitude the favors of God, whose blessing has evidently rested on this Institution hitherto, and humbly supplicating continued benefits from his hand, we pass on in our trust into another year, hoping to witness continued and increasing success in this benevolent work for which the Hospital was founded.

Appended hereunto are the Reports of the Steward and Treasurer, Inventory of Personal Property, Report of Committee on Laundry, Report of Committee on Libraries, and Report of Chaplain.

All which is respectfully submitted.

RICHARD WOODHULL,  
 GEORGE A. FROST,  
 GEORGE COMSTOCK,  
 JOHN T. GILMAN,  
 M. R. LUDWIG,  
 WILLIAM B. LAPHAM.

AUGUSTA, December 5, 1867.



## SUPERINTENDENT'S REPORT.

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

GENTLEMEN: In the good providence of God, we have passed in safety the vicissitudes of another year of hospital life, when in obedience to the requirements of statute, we pause to review the workings of the Maine Insane Hospital.

No period in its history is better marked with good results—none in which we see less to regret or more to admire—none more pregnant with incidents and events which call for humility of heart and abasement of spirit, mingled with devout gratitude to the all-wise Disposer of man's lot, than the one just closed.

We have come along the weary way from our last official report to the present, cheered and encouraged by the hope and consciousness that something has been done to lessen the sorrow and increase the joys of stricken souls around us.

On the first of December, 1866, there were in the Hospital two hundred and seventy-six patients—one hundred and thirty-three males, and one hundred and forty-three females. One hundred and fifty have been admitted since—eighty-nine males and sixty-one females, making a total of four hundred and twenty-six patients under treatment during the year—two hundred and twenty-two males and two hundred and four females.

There have been discharged and died one hundred and twenty-three—seventy-eight males and forty-five females, leaving in the Hospital at the close of the fiscal year three hundred and three.

The following was the apparent condition of those discharged: recovered, fifty-four—thirty-six males and eighteen females; improved, twenty-seven—fifteen males and twelve females; unimproved, eleven—eight males and three females; died, thirty-one—nineteen males and twelve females.

A good degree of physical health has prevailed in all the household. No unusual or severe sickness has visited the inmates. The deaths, which are about the usual per cent., have occurred mainly among the chronic insane. Some had spent a third part of their lives in the Institution when their release came.

The causes of death were as follows: *exhaustive mania*, seven; *general paralysis*, four; *consumption*, four; *epilepsy*, three; *diarrhœa*, three; *old age*, two; *marasmus*, two; *chronic mania*, one; *pneumonia*, one; *serus apoplexy*, one; *disease of heart*, one; and two died by their own hands.

By the record of cases we find that eleven of those deceased in the year were resident in the Hospital as follows: twenty years and upward, one; between nine and ten years, one; eight years and upward, three; from one to two and a half years, six.

The following is the civil condition of those admitted during the year: forty-four men and twenty-six women were married; thirty-nine males and twenty-five females were single; five were widowers and eleven were widows.

The assigned causes of insanity in those admitted within the year are: ill health, thirty-nine; intemperance, twenty-one; domestic affliction, ten; over exertion, eight; epilepsy, eight; puerperal, six; old age, five; injury of head, four; disappointed affection, three; sun stroke, three; masturbation, three; critical period of life, three; apoplexy, two; pecuniary trouble, two; diseased spine, two; spiritualism, one; religious excitement, one; suppression of ulcer, one; change of residence, one; unknown, twenty-seven.

Three thousand one hundred and ninety-four patients have been received into the Hospital since it was first opened in October, 1840. Two thousand eight hundred and ninety-one have been discharged, of whom one thousand three hundred and ten recovered; five hundred and sixty-six improved; five hundred and six unimproved; and five hundred and nine have died.

The deaths during the year occurred as follows: three in December, four in January, one in February, four in April, one in May, three in June, five in July, three in August, one in September, four in October, two in November.

Many are the ills to which flesh is heir, but among them all, none comes to us with more peculiar force and alarm than that which involves the brain—the organ of mind where, in its countless chambers, lie hidden all our secret thoughts.

That such provision has been made by the all-wise Being for the protection and safety of this delicate, mysterious, and most important organ from all ordinary external violence, by enveloping it with a strong, tough, bony case, is suggestive of the care and treatment it demands at our hands; and yet how little thought is

SUPERINTENDENT'S REPORT.

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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	161	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	125	53	17	20	10	125	98	124	108
1847-8	128	125	152	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
1866-7	150	123	426	54	27	11	31	303	276	303	291

bestowed upon this vital structure with the view of promoting its healthy action.

The brain is nourished by pabulum from the blood, and the blood is elaborated from what is put into the stomach, and by what it receives through the lungs. Hence the vast importance of guarding well what we eat, what we drink, and what we breathe. No tissue or structure of the body is more sensitive to an imperfect or false nutrition than the brain and nervous system. To this may be traced no small amount of insanity. Functional or organic disease of any one of the large organs of the body, as the lungs, heart, stomach, liver, &c., affect the nutrition of the brain, so as often to give rise to this fearful malady. It is obvious that anything which obstructs the respiration or disturbs the normal action of the heart must necessarily operate deleteriously upon the brain. When the lungs fail to supply the blood with a due amount of oxygen, or the heart fails to send the needed supply of vitalizing fluid to the head, the brain feels the injury and sounds the

Table showing the number of Monthly Admissions

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.			
	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	5	8	3	2	3	3
November, . .	9	4	2	1	1	2	5	4	4	4	2	1	2	8	3	5	5	11	2	9	2	4	6	2	2	
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	3	
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	3	
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	0	
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	2	
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	1	
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	0	
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	3	
July, . . . . .	4	1	5	3	2	2	2	3	4	4	7	7	6	8	5	5	7	6	6	2	3	0	0	0	0	
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	0	
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	1	

alarm. So also if the digestive organs are disturbed or perverted in their function by over work, or if the skin or the kidneys—organs which play no unimportant part in the animal economy—become deranged, the brain at once begins to suffer.

The skillful physician knows full well the effect of an obstructed kidney, and trembles as he sees the uric poison doing its fatal work through the circulatory system upon the nervous centres.

But of all the organs of the body with which the brain seems to be in the closest sympathy, those set apart for the reproduction of the species are the most prominent. When these are disturbed in their legitimate functions, they act with great power upon this important organ. More physical health, I apprehend, is primarily damaged, and more mental suffering is caused by a perversion of these organs than can be traced to any other one source.

In every case of onanism, and in every case of libertinism, the brain is sure to suffer more or less; and in very many cases the mind feels most alarmingly the work of disintegration—reason, with fearful rapidity, is hurled from its throne, and the unfortunate one too soon finds himself in the vortex of irrecoverable insanity,

since the opening of the Hospital.

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.			1866-7.			Total.
M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		M.	F.		
1	2	6	7	3	1	6	11	8	8	5	3	5	2	8	9	5	6	6	6	7	5	9	6	4	8	5	6	4	8	5	8	5	8	5	8	5	8	5	283						
4	1	2	6	3	2	7	7	6	4	9	4	3	4	6	3	10	3	9	5	4	5	4	5	4	4	10	3	4	5	4	5	4	5	4	5	245									
11	3	4	4	6	5	4	2	10	3	7	4	3	2	6	3	5	1	10	3	5	5	2	4	11	5	5	2	10	3	2	2	10	3	2	24	224									
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	5	5	8	3	6	3	217												
6	3	3	5	7	4	7	3	5	6	3	4	4	4	4	3	7	4	5	1	6	4	6	3	7	2	5	4	10	3	2	5	4	10	3	208										
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	4	6	263															
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	7	5	264															
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	8	10	301																
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	5	4	300															
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	14	5	181															
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	6	6	287															
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	4	4	293															

from which there is no release save by the hand of remorseless death. It is well known with what peculiar force the puerperal condition acts upon the nervous system in some constitutions,—how it serves to develop the terrible malady which we all may fear and dread.

Nor is the influence less in those females, married or unmarried, who for any pretext whatever resort to that unnatural and wicked practice of procured abortion, to escape maternal responsibilities. The effect of this practice so frightfully prevalent at the present day upon the moral and physical health of the female portion of the community, especially, is far more destructive than is generally supposed, and it is gratifying to know that the subject is beginning to receive the serious consideration of the wise and good among us. Alluding to this subject as a cause of insanity and a crime most reprehensible, Dr. Gray, Superintendent of the State Lunatic Asylum, Utica, N. Y., says, "I have for many years received and treated patients whose insanity was directly traceable to this crime through its moral and physical effects. Some have, after recovery, given a sad chapter of perverted life, and disclosed

the revolting fact that the suggesters, aiders and abettors of this heinous offence against God and nature—this rude violation of the best instincts of woman, were persons of their own sex.

One woman told me, and the statement was verified by her husband, that seven successful abortions were procured on her by one of her female friends, and both of these women were highly respectable persons and members of the church. When, in broken health, and after failure in the *eighth* attempt she applied to a physician, he informed her of the criminality of the act, its dire consequences to health, and advised her against the continuance of such a practice. She subsequently, however, obtained the services of a charlatan who succeeded in inducing abortion, and some months later this woman was admitted to the Asylum in wretched health, and suffering from *melancholia* which her pastor, ignorant of her true history, attributed to religious excitement. A minister recently informed me that in his congregation in a country village, one of the prominent women approached his wife with a proposition that she should destroy her prospective offspring, declaring that she thought it right to do so, and mentioned others who resorted to the practice rather than be troubled with children. It cannot be possible that such women are ignorant of the crime of infanticide. The only plea that can be made for them is that they do not comprehend the turpitude and criminality of the act, and do not recognize the solemnity of marriage and the true dignity of maternity. One could almost wish that such women might not be mothers. It is, however, true that criminal thoughts engender crime itself, and where the human heart has once yielded to carry out and conceal any iniquity, the moral tone as well as the moral strength is lowered, and it is afterward doubly easy to do wrong and especially to commit again the same sin. This is a fundamental law in nature. If then, the familiar contemplation of crime weakens the power of resistance, and its commission dulls or obliterates the moral perceptions, we have the key to the mystery of this prevalent crime. Hence, we may know and trace the guilty steps which lead modest, quiet, loving women gradually but surely down, until finally all the instincts of maternity are crushed out and the thought of becoming a mother instead of bringing a blush and a host of tender fears and hopes and misgivings, and tears half grief, half joy, arouses the bitter, angry, defiant spirit of crime. Maternity becomes a hated thing, and what ought to be a little

guest of love, is coldly and treacherously murdered. One cannot look at his mother and sisters and think of all this, and yet it is true.

This demon once admitted into a household or into a small or large circle of acquaintances, is rarely expelled until he has poisoned the spring of domestic bliss and left his impress in moral debasement and a sad train of physical ills."

It is stated with considerable assurance by Dr. Nathan Allen of Lowell, in a paper on the population of Massachusetts, which he read at a late annual meeting of the "American Social Science Association," that never and nowhere in the history of the world was the practice of abortion so common as in this country at the present day, and it is his opinion that in New England alone, many thousand abortions are procured annually.

If this be true, it is no marvel that the general health of our females is far below that of our grandmothers, and that the peculiar disease—insanity, has an abundant supply of material upon which to feed and grow.

The operations on the farm have been kept up with the usual interest. A large number of patients have engaged in its pursuits, and the fruits of their labor have been abundant, as will be seen by reference to the report of the Steward and Treasurer.

Employment still continues to be our watchword in the treatment of those under our care; healthful labor and exercise in the open air is the grand desideratum in the successful management of the insane. We have not relaxed our efforts to persuade and induce patients to spend as much time as possible out of doors, and to engage in something useful in and about the house.

All the work of whatever nature performed by patients on the farm, in the garden or elsewhere is voluntary, and not compulsory, as some have supposed.

While the males go out more than the females, as is their nature, to work, to walk, or for amusement, the latter go considerably to drive or stroll about the grounds or in the fields; and while they are in doors it is our endeavor to engage their attention in something profitable to themselves and others.

As the result in part of what has been done by the females during the year, aided and directed by seamstresses, we give the following number of articles made: 190 dresses 86 skirts, 40 pairs drawers, 102 chemises, 7 night dresses, 9 aprons, 8 bonnets

trimmed, 117 pairs pants, 27 coats, 12 vests, 123 shirts, 23 frocks, 37 jackets, 70 handkerchiefs, 152 pairs stockings, 45 bed spreads, 266 sheets, 310 pillow slips, 133 bed sacks, 15 pillow ticks, 6 blankets, 10 mattress ticks, 11 table-cloths, 218 towels, 34 curtains, 4 carpets, and 7535 garments repaired.

Of the beneficial effects of manual labor judiciously used, in promoting the mental and physical health of our inmates, we have so often spoken in former reports, that we need not stop here to discuss the subject at length.

We often regret, as we pass in our morning round from one to another sitting or lounging listlessly and idly about, that we have not greater facilities at our command for engaging their attention in some useful or amusing employment.

While we are not a whit behind similar institutions of other States in the means for procuring profitable exercise in the open air for our patients, we have to confess that in facilities for recreation and amusement and extra attendants we cannot cope with some of our New England asylums, especially those which have been so very fortunate in receiving large bequests of money from private individuals, the annual income of which is appropriated for these purposes. The recent bequest of the late Moody Kent of Concord, to the N. H. Asylum, of a hundred and fifty thousand dollars, is an example worthy of imitation. Where is the object more noble, more deserving? Where can we better bestow our charity? Let us do all we can to bring to light man's benighted reason.

We would by no means overlook the liberal gifts of benevolent individuals of our own State towards this Institution. The donation of ten thousand dollars each in the founding of the Hospital, by the late Hon. Reuel Williams and Benjamin Brown, and later the bequest of five hundred dollars by the late Brice McLellan, and still later that of three thousand dollars by the late Col. Black of Ellsworth, are verily examples eminently worthy of note. They will stand as monuments to their memories in all coming time, and be recognized perhaps as friend meets friend beyond the confines of earth. "Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me."

In our last annual report we alluded briefly to the want of an additional wing for further accommodation of male patients. This necessity was then very urgent, as it had been for several years



prior ; and instead of there being any diminution of the need since, it has increased quite considerably, so that it seems absolutely necessary now that the earliest action possible should be had looking to the erection of a wing similar to the one recently built for females.

During the year past the number of male patients has frequently exceeded the number of rooms by some twenty or twenty-five, and before another wing can be built and be ready for occupation, the demand will be much greater, as it will require at least two years to put up and finish such a structure.

It is hoped that the Legislature will take the subject into serious consideration and act with that prompt liberality which has heretofore characterized its course towards this Institution.

Since the growth of the Hospital has become what it is, we have felt quite sensibly the need of a larger place in which to hold our religious services. The small room now occupied as a chapel is quite inadequate to the necessities of the case. Not much more than one-half of the inmates who could attend chapel service can now be seated. We believe it of the utmost importance not only that this service should be kept up, but that all who are able and willing should have the privilege of attending the same ; and it is hoped that the friends of the Hospital will not let this important auxiliary in the moral treatment of the patients be in any respect inoperative for the want of suitable appliances with which to bring the mind diseased within its scope.

Under the same roof with the chapel we would have rooms fitted up for the accommodation of very sick patients, where their friends who desire could be with them during the critical hours of life. Such rooms are much needed, and ought to be provided away from the common halls.

We congratulate ourselves in having a new laundry, which has for a long time been very much needed. The timely appropriation made by the last Legislature for this object has been expended, and we have a good, substantial brick building, forty by sixty feet, erected contiguous to the boiler and engine house, and fitted up with the most modern and approved apparatus for washing, drying and ironing clothes. Three Hydraulic Power Wash Machines of the largest size were procured from the New York Laundry Manufacturing Co., and they are proving in all respects highly satisfactory ; indeed, we doubt if there is a better machine of the kind

yet invented. The work of this very necessary part of the Institution is now being done by a saving of much more labor and expense than ever before, and with far more ease and comfort.

A most desirable and valuable change in the cooking apparatus of our kitchen has also been made during the year. The old boilers, stove and range, which had become much worse for the wear, were removed, and an entire new apparatus introduced for using steam in all culinary purposes except baking and broiling. This enables us to do away with all wood fires in the kitchen except that for the brick oven, and renders the labor in that department much easier, and diminishes so much the danger from fire.

In addition to the improvements, considerably more than usual has been done in the way of repairs, the outlay for which has augmented our current expenses, so that the cost for supporting each patient for the year, will seem greater than ever before. The heaviest item of this kind is for repairs on steam boilers. It was found that the boiler tubes were becoming quite thin, and unsafe for longer use, and it was absolutely necessary to have them immediately removed, and new ones put in their place.

The annual repairs, replacing of furniture, bedding, &c., in a house like this must necessarily be considerable.

We would not be unmindful of the continued generosity of those editors and proprietors who have sent us gratuitously every week their printed sheets during the year for the benefit of the patients. These with our large library which is annually receiving new books from the income of the Black and McLellan funds, afford an amount of reading sufficient for the varied wants of all the household.

The following are the names of the papers received: Kennebec Journal, Maine Farmer, Gospel Baner, Maine Standard, Augusta; Hallowell Gazette, Hallowell; Gardiner Home Journal, Kennebec Reporter, Gardiner; American Sentinel, Bath; Christian Mirror, State of Maine Press, Portland Transcript, Eastern Argus, Portland; Maine Democrat, Saco; Democrat and Free Press, Rockland; Ellsworth American, Ellsworth; Machias Union, Machias Republican, Machias; The Sunrise, Aroostook Pioneer, Presque Isle; Eastport Sentinel, Eastport; Whig and Courier, Bangor; Republican Clarion, Skowhegan; Eastern Mail, Waterville; Morning Star, Dover, N. H.

We are most happy to tender to the Board of Trustees our best

thanks for their unwavering support and kind counsel in the management and direction of all that pertains to the Institution.

To Ex-Gov. Williams we are indebted for a life-like bust of his late father, the Hon. Ruel Williams, by the artistic hand of the late Paul Akers of Portland.

To Hon. Nathan Clifford for valuable garden and flower seeds from the Patent Office at Washington.

To Hon. Joseph Farwell of Rockland for a kit of superior mackerel.

To Rev. Mr. Hughes and his band of "Little Wanderers," from the "Home for Little Wanderers" in Boston, for a pleasing musical entertainment to our household.

To the members of "Father Kemp's Old Folks Troupe" for a generous invitation and gratuitous entertainment at one of their chaste, unique concerts.

It is a pleasure to speak in this connection of the valuable services of the Assistant Physician, Dr. Sanborn, who has labored attentively and most faithfully in his position for the good of the patients and the welfare of the Institution. And it is equally gratifying to express my renewed appreciation of the very important labors performed by the Steward and Treasurer, Mr. Parsons. The Matron, Miss Johnson, and the Supervisors, Mr. Hodgkins and Mrs. Parsons, together with the various nurses, attendants, and other helpers in and out of the house, without whom little could be done in carrying forward this great work, deserve my warmest thanks for their cheerful support and hearty co-operation in bearing the heat and burden of the day.

Once more our corps of officers has been invaded by death, and we are again called to record the decease of our Chaplain. The Rev. John Young, an earnest and devoted minister of the gospel of Christ, who has served as Chaplain to this Institution since the death of the good Mr. Ingraham, died in February last. He was a most excellent and worthy chaplain, faithful among the faithless found, always abounding in the work of the Lord. Although in feeble health for several months prior to his death, he performed well the duties of his office till the very last Sabbath of his life, on which he went home to the reward of his labor. He was a man of industry, and worked while the day lasted. Since his decease the duties of the office have been ably performed by Rev. Mr. Penney of Augusta.

And now, passing to the duties of another year, we crave the Divine blessing upon the Hospital and all its interests, with the full assurance that it will receive from the friends of humanity that liberal support and fostering care which it so much deserves.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }  
Augusta, November 30, 1867. }

# 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 30th, 1866, to November 30th, 1867, is respectfully submitted, viz :

PAYMENTS.	
Paid for 500 barrels flour, . . . . .	\$6,876 88
“ for corn, rye and oats, . . . . .	879 36
“ for 67,844 pounds meat, . . . . .	7,767 83
“ for 14,600 pounds butter, . . . . .	4,747 90
“ for sugar and molasses, . . . . .	2,754 03
“ for tea and coffee, . . . . .	1,997 69
“ for sundry other articles of provisions, . . . . .	4,840 55
“ for boots and shoes, . . . . .	536 84
“ for dry goods and clothing, . . . . .	3,193 68
“ for coffins and fixtures, . . . . .	520 50
“ for stationery and postage, . . . . .	249 39
“ for labor, . . . . .	10,354 88
“ for miscellaneous, . . . . .	2,066 85
“ for soap, . . . . .	301 84
“ for fuel, . . . . .	5,422 38
“ for lights, . . . . .	807 86
“ for furniture, . . . . .	402 43
“ for medicines, . . . . .	583 11
“ for straw, . . . . .	349 06
“ for repairs, . . . . .	3,038 71
“ Treasurer’s balance on last years’ account, . . . . .	448 70
Balance in Treasury, Nov. 30, 1867, . . . . .	2,289 48
	\$60,529 95
RECEIPTS.	
From patients for board, clothing, &c., . . . . .	59,590 14
“ produce sold, . . . . .	939 81
	\$60,529 95

*Financial Affairs, etc., (Continued.)*

RESOURCES.	
Debts due the Hospital, . . . . .	\$14,355 52
Liabilities, . . . . .	9,637 21
Balance in favor of the Hospital, . . . . .	\$4,718 31
The products of the farm are as follows :	
7 tons of straw at \$8 per ton, . . . . .	56 00
200 tons of hay at \$16 per ton, . . . . .	3,200 00
3000 heads of cabbage at 6c each, . . . . .	180 00
240 bushels of barley at \$1.10 per bushel, . . . . .	264 00
778 bushels of beets at 60c per bushel, . . . . .	466 80
117 bushels of turnips at 45c per bushel, . . . . .	52 65
125 bushels of corn at \$1.50 per bushel, . . . . .	187 50
200 bushels of apples at \$1 per bushel, . . . . .	200 00
75 bushels of beans at \$3 per bushel, . . . . .	225 00
648 bushels of potatoes at 80c per bushel, . . . . .	518 40
4000 pounds of squashes at 2c per pound, . . . . .	80 00
15,000 pounds of pork at 10c per pound, . . . . .	1,500 00
100 pigs at \$2 each, . . . . .	200 00
Milk, from pasture, . . . . .	1,210 30
Produce sold, . . . . .	939 81
	\$9,280 46

JEFFERSON PARSONS, *Steward and Treasurer.*

AUGUSTA, December 5, 1867.

*Schedule of Stock and Personal Property belonging to the Maine  
Insane Hospital, Dec. 1, 1867.*

STOCK.		
5 horses,		\$1,000 00
3 yokes oxen,		750 00
27 cows at \$50 each,		1,350 00
2 yearlings,		50 00
1 calf,		25 00
2 sheep,		5 00
50 hogs, 15,000 lbs., at 9c,		1,350 00
100 pigs at \$2,		200 00
		\$4,730 00
SLEIGHS, FARMING TOOLS, CARRIAGES, &c.		
1 pair hay scales,		125 00
3 ox carts,		150 00
2 ox wagons,		200 00
1 horse wagon,		75 00
1 omnibus,		150 00
1 carryall,		100 00
1 chaise,		20 00
1 express wagon,		75 00
2 buggy wagons,		340 00
3 sleds,		100 00
4 sleighs,		260 00
Plows, harrows, yokes, chains, &c..		445 60
		\$2,040 60
FEED FOR STOCK.		
175 tons hay at \$16,		2,800 00
5 tons straw at \$8,		40 00
100 bushels corn at \$1.50,		150 00
180 bushels barley at \$1.10,		198 00
		\$3,188 00
PROVISIONS, GROCERIES, &c.		
700 pounds fish at 7c,		49 00
10,318 pounds beef, mutton and pork,		1,080 00
3,000 pounds butter at 30c,		900 00
100 pounds granulated sugar at 16c,		16 00
2,400 pounds brown sugar at 13c,		312 00
600 gallons molasses at 60c,		360 00
250 pounds tea at \$1,		250 00
200 pounds cheese at 15c,		30 00
200 pounds rice at 10c,		20 00
25 bushels beans at \$3.25,		81 25
500 bushels potatoes at 80c,		400 00
35 bushels onions at \$1.10,		38 50
700 bushels beets at 60c,		420 00
100 bushels turnips at 45c,		45 00

*Schedule of Personal Property, (Continued.)*

1,000 pounds squash at 2c, . . . . .	\$20 00
2,000 pounds cabbages at 5c, . . . . .	100 00
34 barrels apples at \$4, . . . . .	136 00
4 bushels cranberries at \$4, . . . . .	16 00
1 barrel vinegar, . . . . .	16 00
Soaps, starch and spices, . . . . .	217 48
141 barrels flour, . . . . .	1,833 00
	<hr/>
	\$6,340 23
FUEL.	
40 cords wood, at \$7, . . . . .	280 00
550 tons coal at \$8, . . . . .	4,400 00
100 bushels charcoal, . . . . .	18 00
	<hr/>
	\$4,695 00
Furniture in use, . . . . .	10,000 00
Fire engine apparatus, . . . . .	1,000 00
Framed engravings, . . . . .	300 00
	<hr/>
	\$11,300 00
Crockery and glass ware, . . . . .	300 00
Medicines, . . . . .	325 00
	<hr/>
	\$625 00
Vaughan library, . . . . .	500 00
McLellan library, . . . . .	400 00
Col. Black library, . . . . .	1,150 00
McLellan library fund, . . . . .	500 00
Col. Black library fund, . . . . .	2,500 00
	<hr/>
	\$5,050 00
	<hr/>
Total, . . . . .	\$37,971 83

GEORGE COMSTOCK, } *Committee*  
R. WOODHULL, } *on*  
WILLIAM B. LAPHAM, } *Inventory.*



## REPORT OF COMMITTEE ON LAUNDRY.

*To the Trustees of the Maine Insane Hospital:*

The undersigned Committee, appointed to build a new laundry, have caused the work to be performed, and the proper machinery, with other apparatus, to be put in and completed.

The building is sixty feet in length and forty feet in width. Being on the side of the ravine on the north of the steam house, it has two stories on its north side and but one story on the opposite side. The foundation and the bank wall is formed of granite; the rest of the walls are of brick. It is a firmly-built structure, and is in all respects suited to the purpose for which it was designed. The apparatus for washing, drying, and ironing, is of the most approved kind, and is a very great improvement on that of the old laundry, doing its work with far less of manual labor and with next to nothing of wear to clothing. The laundry works occupy only the second floor of the building; the lower, or basement story, supplies a long desired want in furnishing store room for the vegetable productions of the farm.

The entire cost of the laundry, including the building, with the machinery and other furniture, is \$6,673 96

We have paid towards these bills the amount appropriated by the State for the purpose, 4,000 00

Leaving a balance still to be provided for of \$2,673 96

R. WOODHULL, H. M. HARLOW, JEFFERSON PARSONS, )	} <i>Committee for building Laundry.</i>
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AUGUSTA, December 4, 1867.

## REPORT OF LIBRARY COMMITTEE.

MAINE INSANE HOSPITAL, Dec. 4, 1867.

*To the Trustees :*

The Committee on Hospital Libraries respectfully report, that in the course of the year ending Nov. 30, 1867, they have expended :

For books, periodicals and newspapers the sum of	\$163 75
Incidental expenses, . . . . .	2 00
Total expended, . . . . .	<u>\$165 75</u>
The balance of unexpended income now on hand	
is, . . . . .	\$69 48

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

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

## CHAPLAIN'S REPORT.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—Soon after the decease of the former Chaplain of the Hospital, Rev. John Young, I was invited to fill the place made vacant by his death, and assumed the duties of the Chaplaincy in the month of February.

Burdened with the cares and responsibility of a pastor, I entered upon the duties of this office with much hesitation, but by the blessing of God I have been enabled to meet all my appointments, and religious services have been held in the chapel every Sabbath evening. I have also performed the funeral services of all who have been interred on the Hospital grounds.

The number who have usually attended the religious exercise has been large, and one of the happiest features of the service has been the uniform stillness, and decorum of the patients; the quietness manifested comparing favorably with any congregation, assembled for a like purpose. That religious exercise have a beneficial effect upon the minds of the insane, I think will not admit of a doubt. Even those, who at other times are much excited or depressed, are commendably quiet, and show a marked interest in the services of the chapel. It is comparatively easy to secure their attention, and they seem to listen with pleasure and without impatience. Considering the importance of this service, I cannot forbear to urge upon your attention, the necessity of a large and more convenient chapel, the room now used for this purpose, being poorly ventilated, and much too small for the accommodation of those who are usually present. No more worthy object could command the benevolence of the public, or an appropriation from the State.

I am glad of the opportunity here, to bear record of my entire confidence in those, in whose hands, you have placed the management of this Institution. Their kindness to, interest in, and efforts for those placed under their care, have been marked and uniform during the year. And I can but express my high satisfaction of

the order and regularity, existing in every department of the Hospital. I have received the most courteous attention, from the Superintendent, Steward, and indeed, all connected with the Institution, with whom I have had any intercourse.

All of which is respectfully submitted.

Yours with respect,

C. F. PENNEY.

AUGUSTA, November, 1867.

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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; brush and comb; and one pair of boots and shoes.

Females should have at least the same quantity of under clothes, including shoes and stockings, brush and comb, 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.

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FORM OF CERTIFICATE AND ORDER FOR ADMISSION.

STATE OF MAINE.

*To the Superintendent of the Maine Insane Hospital:*

WHEREAS, the undersigned, Selectmen (or Mayor and Aldermen) of —, in the county of —, this day, on complaint to us made in writing, of —, of —, in said county, — of —, of said —, who therein says that said — is insane, and is a proper subject for said Hospital, made due inquiry into the condition of said —, and called before us such testimony as was necessary

to a full understanding of the case ; whereupon it appeared to us that said — was insane, and were of opinion that the safety and comfort of said —, and others interested, would be promoted by a residence in said Hospital, and accordingly determine that said — be sent forthwith to said Institution.

We therefore certify that said — is insane, and that — was residing, commorant and found in the town of — aforesaid, at the time of arrest and examination aforesaid ; and you, the said Superintendent, are hereby ordered and required to receive said — into said Hospital, and detain — in your care until — shall become of sound mind, or be otherwise discharged by order of law, or by the Superintendent or Trustees.

---

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.

*Scaled 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 ?

# NAMES

OF

PERSONS EMPLOYED IN THE MAINE INSANE HOSPITAL.

---

A. B. Hodgkins, *Supervisor*.  
W. D. Dixon, *Attendant*.  
Daniel Noyes, “  
Fred. Gannett, “  
Wm. H. Lamson, “  
Alphonso Dudley, “  
Charles H. Davis, “  
Charles H. Dudley, “  
Llewellyn Haskell, “  
Amos Church, *Farmer*.  
Hovey C. Austen, *Assistant Farmer*.  
Wentworth Lampson, “  
Melville Merrill, “  
George Crosby, *Cook*.  
Stephen Howe, *Baker*.  
Elmer O. Percival, *Choreman*.  
W. N. Wilson, *Engineer*.  
Horace E. Cross, *Fireman*.  
John H. Yeaton, *Carpenter*.  
Jefferson Merrill, *Watchman*.

Betsey K. Parsons, *Supervisor*.  
Helen Gray, *Attendant*.  
Martha White, “  
Annie Pinkham, “  
Dollie Hilt, “  
Mary E. Dudley, “  
Hortense B. Smith, “  
Emma D. Wall, “  
Kate Chadwick, “

*Persons employed in Hospital, (Continued.)*

Viola B. Worthing, *Attendant.*  
Lucinda Wood,        “  
Delia Bradeen,        “  
Fanny Rockwood,     “  
Sarah P. Hunt, *Seamstress.*  
Susan Steward,        “  
Jane Smith,        *Kitchen.*  
Lydia Harding,        “  
Cynthia Gardner,     “  
S. Frances Greely, *Table Girl.*  
Carrie Winter,        “  
Eliza Warren, *Chamber Girl.*  
Josephine Farnham, *Night Watch.*  
Margaret Martin, *Laundry.*  
Carrie Sidelinger,    “  
Adalaide Bonney,     “  
S. B. Carruthers, *Clerk.*