

MAINE STATE LEGISLATURE

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PUBLIC DOCUMENTS OF MAINE:

BEING THE

ANNUAL REPORTS

OF VARIOUS

PUBLIC OFFICERS AND INSTITUTIONS

FOR THE YEAR

•
1867-8.



AUGUSTA:

OWEN & NASH, PRINTERS TO THE STATE.

1868.

REPORT

OF THE

COMMISSIONERS OF INVESTIGATION

OF THE

INSANE ASYLUM,

MADE TO THE

GOVERNOR AND COUNCIL

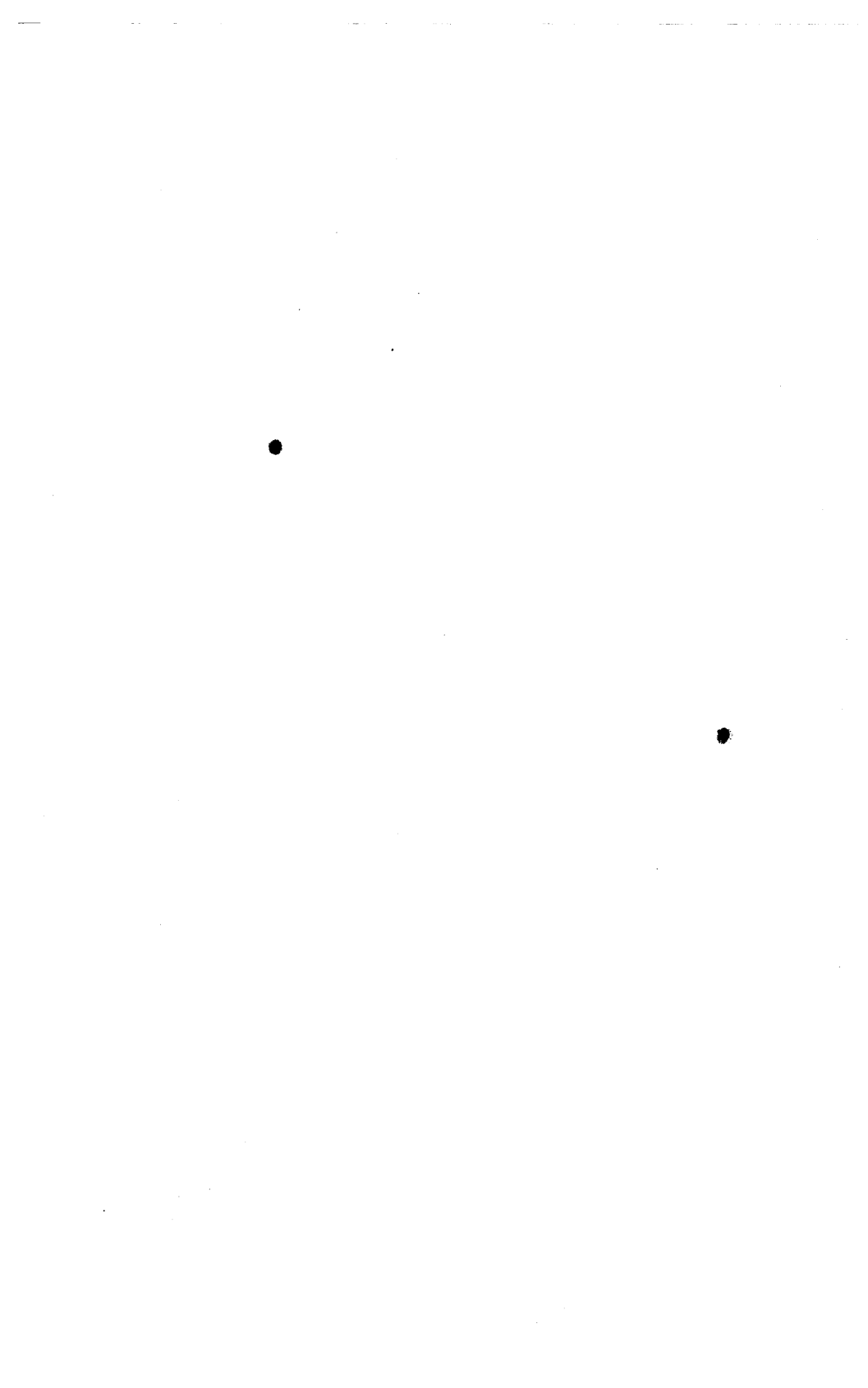
BY ORDER OF THE LEGISLATURE.

JANUARY, 1868.

AUGUSTA:

STEVENS & SAYWARD, PRINTERS TO THE STATE.

1868.



AUGUSTA, January 25th, 1868.

To the Honorable Governor and

Council of the State of Maine :

THE Commissioners appointed under authority of a Resolve of February 21st, 1867, to investigate the affairs and condition of the Insane Hospital, have the honor to lay before your honorable body their Report.

The Commissioners have not thought it expedient or advisable to embody the testimony taken on the investigation in their Report, but to simply present conclusions.

The testimony is all on file, however, in the hands of the Secretary of the Commissioners, James M. Deering, Esq., and can be had at any time when called for. The Commissioners also hold themselves at all times in readiness to respond to any inquiries which the Governor and Council may be pleased to make.

Very respectfully,

JARED FULLER,

For the Commissioners.



REPORT.

To the Governor and Council of the State of Maine:

On the twenty-first day of February, A. D. 1867, the following Resolve was passed by the Legislature, providing for an investigation of the management and condition of the Insane Asylum, and the treatment and condition of the patients therein.

Chapter 114.

Resolve providing for an investigation of the management and condition of the Insane Asylum.

WHEREAS sundry rumors have been circulated and grave charges have been made in reference to the management of the Insane Asylum, both as regards the treatment and condition of the patients therein, and the conduct of its financial affairs; and whereas, the interests, both of the State and the Institution, imperatively demand that such charges should be investigated and the truth or falsehood fully and clearly established; therefore

Resolved, That a commission consisting of three competent and disinterested men who shall be citizens of this State, be appointed by the Legislature, whose duty it shall be to forthwith inquire into and thoroughly investigate the condition, management and affairs of said Insane Asylum, including all official acts of its officers and subordinates, the treatment and condition of the patients therein, the disposition of the appropriations hitherto made by the State in favor of said Institution, and the disbursement of all moneys and funds received from public or private sources, and for the furtherance of the object of this resolve, said commissioners are hereby authorized to send for persons and papers, to summon such witnesses and take such proof as may be necessary, to have free access to the Institution at any and all times, and to all of its books, and to examine any patients therein, when in their judgment it is advisable, and make report in writing of their doings to the Governor and Council at as early a day as is practicable, which report

shall be printed for the public use, and three copies thereof shall be forwarded to each member of the present Legislature by the Secretary of State. Said commission shall be nominated to the Speaker of the House in manner as follows : By a committee of one from each county ; said committee to be selected by the delegates in the Senate and the House from the several counties, and by them reported to the Speaker. The several commissioners shall be allowed such reasonable compensation for their services as the Governor and Council shall determine, which compensation, as well as the other necessary expenses of said commission, shall be paid from the Treasury of the State.

Resolved, That the commissioners appointed shall notify the Governor within sixty days from the passage of this resolve, of their acceptance of the duties imposed upon them, and if from non-acceptance or any other cause a vacancy shall occur in said commission, the Governor and Council are hereby authorized to fill the same.

[Approved February 21, 1867.]

Two of the gentlemen first appointed on the commission having declined to accept the position, and having sixty days in which to decide whether to accept or decline, the commission was not completely made up until nearly the first of June last.

The commissioners held their first meeting at the Augusta House in Augusta, on the fourth day of June aforesaid, and after organizing and a full and free consultation respecting the duties imposed upon them as to the mode of procedure to be adopted hereafter, adjourned to meet again at the Insane Hospital on the thirteenth day of September.

At that meeting after a careful consideration of the subject, we concluded to hold that, and all future meetings at that place, as being most convenient to ourselves and all others interested in the investigation, and as also affording us superior facilities for observation. It will be proper to remark here that we have from time to time given an extended notice through the papers of each of our meetings. We also then decided to hold our sessions publicly and even to permit any one who might feel disposed to do so, to take notes of the testimony. At this meeting the commissioners employed their time in a general view and observation of the Institution, its mode of administration and economy, in a cursory examination of the books and accounts, and in receiving some tes-

timony. Believing from the tenor and spirit of the resolve that a very thorough and extended examination of the financial affairs of the Hospital both present and retrospective was contemplated, we made arrangements to that effect by constituting one of our number (Mr. Deering) a sub-committee for that especial purpose, and with authority to employ such clerks to aid him as might be found necessary.

We then adjourned to meet again on the 11th of November, for the more especial purpose of receiving and examining witnesses. Unfortunately about the time of this meeting, the chairman of the commission, Hon. Mr. Jewett, was prostrated by a severe sickness, thereby devolving the labor and responsibility of this very difficult part of our duties upon the other members of the board. From November 11th to the 28th of December, the commissioners were nearly all the time engaged in hearing testimony and examining depositions. Among the witnesses and deponents, were persons from a great variety of the pursuits of life, such as physicians, lawyers, farmers, mechanics, traders, trustees and ex-trustees, superintendent and subordinate officers of the Institution; attendants, patients and ex-patients of the Hospital, numbering nearly one hundred in all, and involving a vast amount of labor. The two other members of the commission then adjourned to Belfast to meet the chairman (whose state of health is such as still to forbid his leaving home) for the purpose of making a report. The commissioners feel it due to themselves to be thus particular, for the purpose of explaining what perhaps might otherwise seem to be unnecessary delay in these proceedings.

INCEPTION AND ERECTION OF ASYLUM.

From the time Maine became an independent State in A. D. 1820 to 1840, we had no Asylum for the insane or any other provision by the State for that unfortunate class of our fellow citizens for whose especial benefit such institutions are now so generously provided, not only by our own State but by every civilized and christianized community throughout the world. During the period included from eighteen hundred and twenty to eighteen hundred and forty, the condition of the insane of our State so far as physical comfort was concerned (to say nothing of their mental condition) was deplorable. Some were chained, some caged like wild beasts, others were permitted to roam at large the terror of women and children, the scoff and ridicule of boys, often suffering the

pangs of cold and hunger, and presenting a picture too revolting for contemplation.

About the year eighteen hundred and thirty-five the attention of several philanthropic and liberal minded gentlemen in this State began to be directed to the unhappy condition of this unfortunate class, and to devising ways and means for providing them an Asylum. Foremost in this noble enterprise was Hon. Reuel Williams of Augusta, and Hon. Benjamin Brown of Vassalborough. These gentlemen, each pledged themselves to contribute ten thousand dollars on condition that the State should at once proceed to adopt measures to accomplish the project. The State responded to this liberal offer, and measures were adopted and carried forward which resulted in the erection and completion of the main or centre structure and two wings in the fall of eighteen hundred and forty, when it was opened for the reception of patients.

LOCATION.

The Asylum is situated on the eastern side of the Kennebec river, and about half a mile from its banks in the city of Augusta. The land falls off rapidly from the Hospital to the river, thereby affording excellent sewerage, and rendering the location very healthy and pleasant.

BUILDINGS, &c.

The buildings now consist of the main or centre structure forty-four feet by eighty, four stories high, exclusive of basement and attic. Two contiguous parallel wings running north and south, each forty-two by one hundred feet, three stories high; also two additional north wings, the one at right angles, the other return, one of which is forty-two by one hundred and sixty, the other forty-four by one hundred and fifty, and each also three stories high; also one additional south wing situated at right angles with the other south wing, and forty-two by one hundred and sixty, three stories high.

The two south wings are occupied by males, the three north wings by females. Another return wing for males is or will be needed at *some* time to complete the symmetry of the structure, and afford the additional necessary accommodations for that class.

The capacity of the Asylum would then be equal to the proper accommodation of from three hundred and fifty to four hundred patients, which is as large a number as can be properly cared for

in one Institution. The kitchen is now in the basement of the main or centre building, and the steam and odors there necessarily generated penetrate more or less every part of the building, not only very disagreeably affecting the atmosphere but operating to some extent injuriously on the structure itself. The chapel accommodations are very limited and inconvenient also.

And no doubt the time if not already arrived, is rapidly approaching, when some further arrangement should be made to supply these defects.

The exterior of the structure is of granite, and presents a very noble and pleasing aspect to the eye of the beholder, and is an object of just and laudable State pride.

WARMING, VENTILATING, &c.

The whole Institution is warmed by steam, excepting a few rooms in the centre structure. The steam is generated by three large tubular boilers situated in the engine house, a substantial brick building situated about one hundred feet north of the Hospital. From here the steam is conveyed into and through the whole Institution by steam pipes, equal to a capacity of *forty-eight thousand* feet of one inch calibre, not only affording sufficient warmth but sufficient surplus steam to do nearly all the cooking and thereby effecting quite a saving in fuel.

Ventilation is effected by means of a large fan, fourteen feet in diameter, located also in the engine house, and by which a forcible current of cold or warm air is driven through all the wings as often as required, through a subterranean duct about seven feet square.

Near the engine house is located the new laundry, a substantial and convenient brick structure, and furnished with all the most approved modern machinery for washing, drying and ironing, very materially lightening and economizing this important department of labor.

The whole structure is lighted with gas, giving it a very cheerful aspect at night. With the present mode of warming and lighting, and the very efficient night police regulations, the risk of fire originating within the Hospital proper, is merely nominal.

FARM AND OUT BUILDINGS.

The out buildings consist of one barn 42 by 80 feet, one do. 40 by 60, stable 32 by 36, carriage house 30 by 36, also hog house, tool house, engine house, and other small buildings, all finished and fitted up in a substantial and convenient manner. In this connection it may be proper to say that on account of fire risks, and from various other considerations, it would be an improvement to remove the out buildings to some locality more remote from the Hospital.

The farm originally consisting of about seventy-five acres, has been enlarged by additional purchases from time to time, until it now contains about two hundred and thirty-seven acres. It is bounded on the west by the Kennebec river, and extends eastward on nearly parallel lines about one mile. The soil is naturally good and by judicious culture and management, has become one of the best of the very many good farms in the Kennebec valley, which is no small praise.

But like most other farms it is still susceptible of vast improvement, which will no doubt be effected in due time. And inasmuch as *labor* of some kind is now universally recognized as one of the best and most useful means for the cure of insanity, and as tending to promote the best health and happiness of this unfortunate class, whether curable or incurable, and as an abundance of voluntary labor is always at command in all insane institutions, and the present farm is not sufficiently large to profitably employ all such labor, the commissioners most cheerfully concur with the Trustees in recommending the purchase of the "Tobey Farm" adjoining, providing it can be bought for a fair price.

SUPERINTENDENTS.

Dr. Cyrus Knapp was the first Superintendent. He only remained in charge from the time of opening in October, 1840, until the next summer, leaving the Institution in charge of Dr. Booth, then Assistant Physician, until the appointment of Dr. Isaac Ray, in August, 1841. Dr. Ray remained in charge from that time until March, 1845, when he resigned to take charge of "Butler Hospital," Rhode Island. It may not be deemed improper to remark here that Dr. Ray has since attained a world wide reputation as a writer upon insanity and its treatment, and is now regarded as among the standard authorities not only in this country but in Europe. Dr. James Bates was next in charge, being appointed as

Dr. Ray's successor. Dr. Bates resigned in February, 1851, being appointed to visit European Hospitals and procure information as to the best methods of construction, &c., leaving the Asylum in charge of Dr. H. M. Harlow, Assistant Physician, which office he had held since May, 1845. In June, 1852, Dr. Harlow was elected to his present position, which he has uninterruptedly held to this time, making the whole period of his connection with the Hospital nearly twenty-three years.

ASSISTANT PHYSICIANS.

Since its commencement quite a large number of Assistant Physicians have been connected with the Institution, all of whom have acquitted themselves honorably in the discharge of their very responsible duties, so far as the commissioners have any knowledge.

STEWARDS AND TREASURERS.

The duties pertaining to these two offices are performed by one and the same person. As our investigation has extended back no farther than Mr. Allen's administration, we will only notice him and Mr. Parsons, the present incumbent. We will only say of Mr. Allen that we judge him to have been a man of rare administrative and executive ability, and as a long and searching examination of his accounts through a series of years has shown, a man of the strictest integrity, and we deem the Institution and the State very fortunate in securing his services through so long a period.

After the death of Mr. Allen, Mr. Jefferson Parsons, the present incumbent, was appointed in his place. Mr. Parsons has been connected with the Institution in various capacities since 1847, almost its life time. Having grown up with the Institution, he thoroughly understands its various interests and wants. He has been long and thoroughly educated for the performance of the various and responsible duties of his present position, and we think the pecuniary interests of the Hospital cannot well be placed in safer and more efficient custody.

MATRON.

Miss Maria Johnson, the present incumbent, has filled this responsible position for the long period of twenty-four years. Miss Johnson seems to be admirably qualified for her position, and no doubt has performed all its duties in a very acceptable manner.

SUPERVISORS.

Mrs. Betsey Parsons has also been a long time in the Institution in various capacities. She is now supervisor of the female wards, and seems to be admirably adapted to her position.

Mr. Amasa B. Hodgkins, supervisor of the male galleries, has been in the Asylum for the last ten years, and seems to have rendered himself very acceptable in his various positions.

SANITARY.

We find the sanitary condition all as good as the present state of the Asylum will admit. The galleries, dormitories, closets, beds and clothing, are kept in a very cleanly condition. Also all chamber vessels, spittoons, &c. No filthy habits, such as spitting in improper places by the inmates are allowed. The patients are all required to bathe weekly and change under-clothing, and as much oftener as the case may require. Warm or cold pure air is driven through all the galleries as often as is deemed necessary. The temperature is kept very uniform in cold weather, usually about sixty-five degrees; no ice even forms in the galleries, or dormitories, except a very little upon the windows in the coldest weather. If there is any error in that direction it is in keeping the galleries a little too warm.

The food is abundant, well cooked and served up. The food on the table of the superintendent and officers and employees, and that on the patients' tables, is all uniform and cooked together. No food which has once been upon a patient's plate is allowed to be sent upon the table a second time. As evidence that an abundance is put upon the tables, is the fact that from thirty to forty large hogs are annually raised and mostly fattened from the refuse of the kitchen. This statement might at first sight seem to imply waste and extravagance, but when we take into consideration the number and condition of those daily fed there, the objection is at once obviated. Ordinarily there is water enough for all the wants of the Institution, though a larger supply would be an improvement. The location is such as to render the sewerage excellent, although some of the main drains should at once be enlarged. Although sufficiently large when constructed, the increased amount of waste in the present enlarged condition of the Hospital, now calls for a correspondingly enlarged system of drainage.

The patients are taken out to walk and ride for air and exercise, but not as often as would be desirable, especially the females, who

are much less likely to get outdoor exercise and fresh air, than the male patients. For, notwithstanding the good ventilation by the fan, where so many persons more or less diseased, are congregated together, the air is almost necessarily impure and unhealthy. The patients ought to be out every suitable day (Sundays not excepted) in as large numbers as possible.

PROMENADES, &c.

The conveniences and facilities for walking and outdoor amusements, are not what is demanded. The walks are now mostly limited to the public streets, thereby needlessly exposing the patients to the idle gaze and curiosity of the public, which to a sensitive nature, is often very annoying. It also requires a much larger force of attendants to preserve order and prevent escapes. It also takes the inmates away from the immediate observation and oversight of the officers of the Asylum. It is the decided opinion of the commissions that a park of ample size for exercise and amusements, properly fenced and ornamented, and suitably arranged with walks, &c., for the use of the patients, should be immediately provided. This arrangement would enable a large class of patients, and more especially the females, to be very much more in the open air than they now possibly can be, thereby contributing vastly to their health and happiness. Aside from the land necessary, the expense to the State need not be heavy, as very much of the labor necessary to be done could be furnished by the inmates. We most respectfully call the attention of the Governor and Council and the Legislature to this matter.

MEDICAL.

One member of the commission being a physician, has given particular attention to this department, and finds it intelligently and scientifically conducted, and in accordance with the rapid improvements and discoveries of modern science. There are no *specific drugs* existing, as many are apt to imagine, for the cure of insanity. So far as medicine is used at all, each individual case is treated on its own merits in the same manner as any intelligent physician treats his patients in general practice. And taking into consideration the diseased physical condition in which a very large percentage of those admitted are found, it is doubtful if the number of deaths annually in the Asylum, is greater in proportion to the whole, than that in most communities in the State of the same number.

The following are the rules and regulations adopted by the Board of Trustees in 1850, for the government of the Institution, and which are now in use :

RULES AND REGULATIONS.

TRUSTEES.

1. The Trustees shall choose, by ballot, one of their number to be President, and another to be Secretary at their annual meeting; and to fill a vacancy at any meeting of the board.

2. All resident officers shall hold their office during the pleasure of the Trustees. The Superintendent, wishing to leave, shall give three months' notice, and all other officers, one month, of their intention to resign.

3. At the annual meeting a list of the quarterly and monthly visiting committees shall be made and recorded. The Secretary shall furnish a copy to each member of the board; and to any new member appointed within the year.

4. The day of holding the annual meeting shall be designated by the President, and notified by himself, or the Secretary to each member by mail, a reasonable time previous.

The time of the quarterly and monthly visits shall be notified in like manner, by the first on the list for that month.

RESIDENT OFFICERS.

No officer shall be directly or indirectly interested in any contract for the supply of any article to the Hospital for its use, or for any inmate; nor shall receive any profit thereon, nor any present or gratuity from any person dealing with the Hospital, nor from any visitor, patient or friend of any patient.

SUPERINTENDENT.

1. The Superintendent shall be the head of the entire establishment, buildings, grounds and farm, with their furniture, fixtures and stock. He shall have the charge of the patients and direction of all persons acting on the premises, subject to the regulations of the Trustees.

2. He shall, under their direction, determine what attendants and assistants shall be employed; direct them in their duties and order their discharge, if deemed by him proper.

3. He shall keep a register, in which shall be recorded the number, name, occupation, residence, date of admission, sex, civil condition, age, number of admissions, time since the attack, complexion, form of disease, by whom sent, cause, (if known,) time in the Hospital, date of discharge or death, condition when discharged, or if dead, the apparent cause of death, and such remarks as he may deem useful, in every case admitted.

4. All the records and every part of the establishment shall be ready for the inspection of the trustees, whenever they shall visit, without previous notice.

5. He shall cause every person employed on the premises to be furnished with a copy of these "Rules and Regulations," and give them such verbal directions as he may deem proper; and see that the resident officers perform their duties faithfully.

6. He shall be entitled to two furnished parlors and the unfurnished sleeping rooms now in his use—his family to be boarded and furnished, as have been done heretofore.

ASSISTANT PHYSICIAN.

1. The Assistant Physician shall reside in the Hospital and be entitled to board, a furnished room, fire, lights, &c., as heretofore.

2. He shall visit all the patients and rooms every morning and as much oftener as necessary; carefully observe their condition, wants and treatment; see that those in charge are faithful; note the state of order and cleanliness, and give such orders as to everything medical, physical and moral, as he shall consider conducive to comfort or recovery.

3. He shall have charge of the office, library and medicines, make up the prescriptions, prescribe in the absence of the Superintendent, and see that the Supervisors and attendants conform to the directions given them.

4. He shall keep a case book, in which the history of every patient's case shall be recorded, its treatment and the result. Also a daily record of the number of inmates, male and female—and a diary of the weather, noting barometrical and thermometrical changes, state of winds, clouds, amount of rain, &c.

5. He is expected to aid the Superintendent in every way in his power in promoting the best interests of the Institution.

6. He will accompany the patients when riding for air and diversion.

STEWARD AND TREASURER.

1. This officer, under direction of the Superintendent, in addition to the duties specified by law, shall attend to the safe keeping and proper use of every article for the Hospital, have the immediate care of all stock, implements and furniture, attend to the state of the buildings, and procure all repairs which do not require the previous action of the Trustees.

2. He shall keep correct accounts of all receipts and expenditures, examine and file all papers relating to admissions, make and settle all accounts for keeping and furnishing patients, forward accounts when due, submit all his accounts and vouchers to the Trustees at their annual and quarterly visits.

3. He shall see that the buildings are opened and closed at proper hours, that all persons employed rise and retire to rest in due season. It shall be his duty to check and reprove any disorderly conduct which may come to his knowledge in any person employed on the premises.

4. He shall be entitled to a furnished parlor and sleeping rooms, board, &c., for himself and family, as provided in the vote of 1846.

MATRON.

1. The Matron will have the care and direction of all females employed in the Hospital, subject to the control and advice of the Superintendent. She shall have a general supervision of all female patients, see that they are kindly treated, and that every female employed diligently and faithfully perform their prescribed duties; she will superintend the cooking, washing, ironing and mending, and will exert her influence to promote propriety and decorum in every department; she will report to the Superintendent any important delinquency.

2. She shall observe the state of the female patients' clothing, and give her attention to providing what may be comfortable and decent.

3. She is entitled to parlor and bed-room furnished; board, &c.

SPECIAL RULES AND DIRECTIONS.

ARTICLE I.

The whole time and services of the officers and assistants belong to the Institution, and it is expected that all persons employed here, in charge of patients or otherwise, will cheerfully perform the duties required of them by the Superintendent, Assistant Physician, Steward or Matron; and that the attendants will execute the directions of the Supervisors of their respective wards with the same alacrity, as if given by an officer.

All persons employed are expected to co-operate with the officers, by endeavoring to inspire confidence in the patients towards them and in the means in use for their recovery.

ARTICLE II.

SUPERVISORS.

1. The male and female Supervisors will have the supervision of the services of their respective wings, and will be held accountable for their faithful performance.

2. They form the medium of communication between officers and attendants, the centre building and the wards.

3. It will be their duty to guide and assist the attendants in their labors, and see that the directions of the officers are faithfully performed. They will see that the patients are prepared to go to walk, ride, or be out for other purposes, and will endeavor to keep the attendants employed about the galleries, or in occupying the attention of their patients in every way likely to benefit them.

4. They will take the place of any attendant who may be absent on permission, or see it properly supplied.

5. They will report any attendant who shall be absent from duty without leave.

6. They will transmit the medicines and special diet to the galleries, and return the cups to the office.

7. They will mark and register all clothing of the patients, see that it is safely kept, cleansed, repaired and distributed weekly, and as much oftener as special cases may require. They shall account for all clothing to patients when discharged.

8. They shall cause all property, which is injured or destroyed, to be charged to the person doing the mischief.

9. They will be very watchful to see that all patients are carefully and kindly treated.

ARTICLE III.

ATTENDANTS AND ASSISTANTS.

Duty to themselves and each other.

1. Self-respect is enjoined on all.

2. Their dress shall be neat and clean; and they shall avoid all vulgar habits. The men shall not wear hats or caps in the galleries, nor go in shirt sleeves. They must be uniformly affable and courteous to each other and the patients; must never use improper language or indulge in unbecoming mirth; nor play at any games with each other, or the patients, without permission of the Superintendent.

3. They are never to talk with patients about their insane fancies or delusions, nor suffer others to do it.

ARTICLE IV.

Duty to the Institution.

1. All persons employed are expected to conform in every respect to the terms of their engagements, one article of which shall be conformity with these "Rules and Regulations." They are never to leave the service without giving the notice to the Steward agreed on at the time of their engagement.

2. They shall not do any work for others, nor receive any compensation for services except their regular pay. No presents from patients or their friends shall be accepted, but by approval of the Superintendent; nor shall they sell anything to, nor buy anything of a patient.

3. They are never to be absent from the Institution, nor their charge, by day or night, without permission of a supervisor, nor at night after nine o'clock, nor for more than half a day, without leave from the Superintendent.

4. They shall never give up a key, nor admit any person into the halls, not even the persons employed about the premises, without permission of a superior.

5. They shall never permit any cutting instrument in the hands of any patient, except in the guard-room and in their presence. Persons disposed to injure themselves or others, are in no case to be so provided. No weapon, or material for one, shall be allowed in the possession of any patient. If suspected to have them, immediate search shall be made. All beds, flues and convenient hiding places shall be often examined. All table and carving knives and forks shall be counted after every meal, and as soon as cleaned shall be locked up in the closets. They must never be carried out of the dining-rooms to be cleaned.

6. All shaving must be done in the guard-room, and the doors of that room are never to be open when thus in use. No patient, suspected of suicidal intentions, shall be permitted to shave himself, nor to be present where others are undergoing that operation.

7. They are not to permit writing materials in possession of patients, without leave from an officer; all letters are to be sent to the Superintendent, and all remaining paper and ink put into the attendants' room, into which no patient is to be admitted.

8. No lamp shall be left in a sleeping room without orders, nor matches be left where patients can obtain them.

9. At bed time, every patient must be *seen* in bed, their day clothes removed from the room, and every door leading to or from the gallery securely locked and bolted.

10. Every gallery shall have a light, in a lantern, burning during the night.

11. Every person shall be accountable for the safe keeping of every patient, entrusted to their care, whether in the building, or elsewhere, until placed in the custody of another person authorized to receive them.

12. Attendants are not to spend their time in their own rooms, in reading, writing, or private employment, during hours of duty; when not engaged in labor or in amusing the patients, they should be in the gallery or guard-room, that they may *see* everything which takes place.

13. It is not enough that the attendant *supposes* a patient is in his or her place; they must *know* it.

14. No officer or other person shall take a patient from a gallery without giving notice to the attendant. Therefore any person missing, without such notice, is to be supposed eloped, and alarm instantly given.

15. No attendant shall use himself, nor give to any patient tobacco, or any intoxicating drink. Any tobacco or money found with a patient will be taken by the Supervisor; the latter shall be handed to the Steward, to be entered on his book.

16. When out to ride or walk, patients shall not be allowed to separate, either at the door or elsewhere, and must not be considered as returned, until seen within the hall door. If patients escape when out for exercise, it will be considered proof of carelessness in their conductors.

17. Patients are not to be permitted to go into any house, nor have any private conversation with those they meet; nor to converse on any subject connected with the hospital, or those employed in it; they must not deliver letters, nor be allowed to procure tobacco, nor anything improper to be in their possession. Patients, troublesome in these respects, will only go out when a single attendant can devote his time to them.

ARTICLE V.

Cleanliness.

1. Attendants are to secure perfect cleanliness and neatness in the house, furniture and patients, as far as possible; nothing is to be considered *clean* which can be made more so. This rule is to extend to all persons having charge of any portion of the

premises, to the removal of any kind of filth, both in the buildings and around them, in the most speedy and least offensive manner. Water closets, urinals and chamber vessels will require very frequent attention.

2. In the morning the attendants will see that every patient is washed as far as perfect neatness requires; their hair combed, their clothes put on and in perfect order; the rooms and galleries are to be swept, the beds made, and as many doors locked as is necessary to prevent improper use of the beds in the day time. Persons who require indulgence in this respect, will have their beds and rooms put in order whenever they rise. Everything must be in order for a *complete* inspection at eight o'clock in the summer and nine o'clock in the winter season.

3. Attention shall be given to the person and dress of the patients during the day, to preserve neatness and good order.

ARTICLE VI.

Duty of Attendants to Patients.

1. The attendants shall treat patients with uniform attention and respect; greet them with friendly salutations, and exhibit such marks of kindness and good will as evince interest and sympathy. They shall speak in a mild, persuasive tone of voice, and never address a patient coarsely or by a nick-name.

2. Patients are to be soothed and calmed when irritated; encouraged and cheered when melancholy and depressed. They shall never be rudely handled, nor more force used in any case than is necessary to prevent injury. When mild and persuasive means fail to produce compliance, a superior will be called. No provocation can justify violence in word or action. *Striking a patient shall be followed by the immediate discharge of the person who gave the blow.*

3. No restraining apparatus shall be applied or removed, nor shower-bath administered, but by order, and in the presence of, a superior. All patients are to be bathed once a week, unless otherwise ordered; and as much oftener as a medical officer directs; always in presence of the attendant or other trusty person, who will see that they are well rubbed and wiped dry.

4. The attendant will always wait on the table at meals, preserve order and strive to gratify every reasonable wish.

5. The attendant is to call on the supervisor for any clothing needed by patients, for their beds or persons.

6. All sheets and bed sacks wet with urine shall be rinsed in hot water and dried, and clean straw substituted for that which is wet or soiled.

7. Offensive feet are to be washed every day, the socks rinsed in hot water and a 'dry pair put on.

8. Medicines must never be left where patients can get them. The attendant must see the whole swallowed; if the *whole* or *any part* is refused or wasted, immediate notice is to be given to the Supervisor. *This rule admits of no discretionary action.*

9. Patients shall not be permitted to sit or lie on the damp ground, nor out of the shade in very warm weather.

10. No man employed on the premises shall hold conversation with any female at the waiter-closets, nor with female patients at the windows, nor allow strangers to do it. No female employed shall hold any conversation with the men at the waiter-closets, nor with the male patients at the windows; when accosted by the latter they must not answer.

ARTICLE VII.

Watch.

1. When a watchman shall be employed, he shall commence his rounds at nine o'clock in the evening and continue them until the morning bell is rung—he shall, with a lighted lantern, quietly as possible, visit every male gallery at least once an hour, administer to any patient whatever is directed, attend to any call—see that all fires are kept which may be required;—he must not sleep in the hours of duty, and will be required to labor till eleven o'clock A. M., when he will be at liberty until nine o'clock P. M. Should any fire be discovered, out of place, he will notify the officers and attendants, but not give a general alarm.

2. The watchwoman shall perform the same duties as to time and otherwise, except building fires, as are required of the watchman.

ARTICLE VIII.

Cellar Attendant.

It is expected that he will attend strictly to warming the wings, he will manage the furnaces, boilers and steam for all its uses, see that the cisterns are supplied with cold and hot water; that the basement, dust flues and grounds about the wings and centre buildings, are kept clean and in order. All patients assisting him will be carefully watched, that they neither give nor receive injury. In summer he will be expected to assist in any other way his time permits, where he may be needed.

ARTICLE IX.

SABBATH.

1. This day shall be observed as *such* at the Hospital.
2. Visitors are not to be admitted to any part of the premises on that day, except on errands of mercy, to relatives, &c.
3. A service with or without a clergyman will be held in the evening, statedly.
4. As many patients, accompanied by attendants, will go to church as the officers think proper.
5. Attendants will share this duty as equally as possible.

FINANCIAL.

The Board have examined in detail all the books and accounts for the last fourteen years, involving a vast amount of labor. We have had full and free access to all the books and accounts, and find them to have been kept with remarkable correctness and care. In all this long account but one error has been detected, (and that a mere clerical one,) of seventy dollars *in favor* of Mr. Allen, late Treasurer. We have examined all the vouchers, and find all the appropriations and other funds satisfactorily accounted for. And we judge that the financial affairs have been honestly and prudently conducted. But like all our other public institutions, it has labored under constant embarrassment for want of a larger marginal or working capital, thereby precluding the ability to lay in large quantities and at the most favorable times, which every business

man knows is the only true policy. If any system can be established whereby this defect can be obviated, no doubt it might have a tendency to somewhat reduce the price of board, which it is desirable to keep as low as possible at all times.

EXPENDITURES.

The first appropriation was made by the State in 1835. From that time to December 31st, 1867, the appropriations for special purposes, such as erection of buildings, purchase of land, sewerage, supply of water, heating and ventilating, apparatus, laundry, &c., amount in the aggregate to the sum of three hundred and forty thousand, four hundred and twenty-five dollars and twenty-five cents. The above sum includes twenty-six hundred and seventy-three dollars and ninety-six cents, over expended, and yet to be appropriated for the Laundry.

We present below an abstract of the appropriations by the State from 1835 to December 31st, 1867, inclusive, for all purposes :

For special or specific purposes,	\$340,424 25
For general purposes, viz. :	
Insane State paupers,	196,747 85
Trustees' salaries,	13,627 35
Salaries of Superintendent and other officers,	54,361 85
Miscellaneous,	133 00
<hr/>	
Total appropriations by the State from 1835 to December 31st, 1867,	\$605,294 30

In December, 1850, a terrible fire occurred, involving a loss of about sixty-five thousand dollars. Notwithstanding this loss, we now consider the property worth to the State four hundred thousand dollars.

We give also a tabular statement including a period of twelve years, and so arranged as to be readily comprehended, and which undoubtedly will be of general interest to the people of the State :

TABULAR STATEMENT.

YEARS.				Average number of patients yearly.	Yearly consumption barrels of flour.	Cost of flour yearly.	Cost of corn, rye and oats yearly.	Yearly cost of sugar and molasses.	Yearly cost of tea and coffee.	Yearly cost of meats.	Yearly consumption of butter in pounds.	Yearly cost of butter.	Yearly cost of all other eatables not before enumerated.
1856,	.	.	.	167	248	\$2,079 82	\$448 86	\$793 48	\$270 69	\$1,822 26	10,548 4	\$1,923 38	\$1,668 45
1857,	.	.	.	204	281	2,370 92	828 49	2,398 02	700 33	4,342 94	9,966 4	1,766 08	1,657 33
1858,	.	.	.	213	342	2,190 08	1,037 30	1,547 94	582 58	3,582 33	15,033	2,914 83	1,712 13
1859,	.	.	.	222	482	3,251 34	1,198 73	1,567 89	618 43	3,911 85	12,330 1	2,224 69	1,513 62
1860,	.	.	.	236	354	2,406 95	655 01	1,125 80	946 75	2,961 89	16,854 6	3,341 28	1,726 04
1861,	.	.	.	248	369	2,522 78	1,433 41	1,987 35	408 95	3,714 84	16,117 1	3,129 88	2,069 83
1862,	.	.	.	254	442	2,975 39	909 89	1,836 36	1,039 48	2,738 42	14,727 1	2,601 77	1,822 47
1863,	.	.	.	254	397	2,912 10	1,156 67	2,109 40	1,357 00	3,457 35	19,334 1	3,654 54	2,180 14
1864,	.	.	.	263	420	3,041 12	1,324 47	1,674 35	1,469 33	4,993 43	12,164	3,565 17	2,767 13
1865,	.	.	.	272	540	5,693 75	1,557 35	2,816 28	1,528 28	7,374 92	11,902 1	5,110 33	5,665 71
1866,	.	.	.	277	393	4,307 65	1,407 19	2,520 63	1,316 65	7,028 63	14,095 1	5,834 37	5,909 51
1867,	.	.	.	291	459	6,443 88	971 36	3,139 03	2,147 69	7,401 83	14,600 1	5,047 90	4,899 66

Tabular Statement, (Continued.)

YEARS.	Weekly cost of raw materials of food for the support of each patient.	Yearly cost of labor and attendants.	Yearly cost wear and tear of bedding, &c.	Yearly cost of fuel, light, repairs, stationery, postage, furniture, improvements, miscellaneous, &c., &c.	Yearly aggregate of foregoing articles.	Daily cost of board per patient.	Weekly cost of board per patient.	Cost of clothing furnished patients yearly by the hospital, and repaid by the patients or their friends.	Clothing furnished yearly by the hospital to State patients and paid for by the State.	Total clothing furnished yearly.
1856,	\$1,03.7	\$3,753 74	\$230 03	\$4,514 17	\$17,504 88	28.7 9-10	\$2,01.5 7-10	\$35 68	\$75 92	\$111 60
1857,	1,32.4	4,687 31	1,224 43	7,116 65	27,092 50	36.4 8-10	2,55.3 9-10	864 51	401 03	1,265 54
1858,	1,22.5	7,195 30	3,138 42	5,961 46	29,862 37	38.5 1-10	2,69.6 1-10	1,566 41	514 55	2,080 96
1859,	1,40.5	6,852 34	495 81	7,556 23	31,132 03	36.1 3-10	2,52.9 6-10	1,499 09	442 01	1,941 10
1860,	1,07.2	6,798 72	839 95	10,593 11	31,395 50	36.4 3-10	2,55.0 1-10	1,484 84	468 53	1,953 34
1861,	1,18.3	6,262 06	765 92	7,225 10	29,520 36	32.7	2,28.9 1-10	1,185 97	454 02	1,639 99
1862,	1,05.4	7,379 85	130 74	10,336 77	31,770 14	36.5 2-10	2,55.6 8-10	1,450 72	362 84	1,813 56
1863,	1,27.3	8,057 23	665 35	10,992 93	36,542 71	39.5 2-10	2,76.6	1,568 45	444 61	2,013 06
1864,	1,31.1	5,216 94	243 14	9,542 05	33,837 13	35.3 3-10	2,47.4	2,185 37	637 93	2,823 30
1865,	2,10.3	8,582 74	500 10	8,986 73	47,816 19	48.2 9-10	3,38.0 6-10	2,177 18	771 89	2,949 07
1866,	2,03.6	9,399 27	901 50	14,600 00	53,225 40	52.7 8-10	3,69.5 1-10	2,509 43	769 05	3,278 48
1867,	1.99	10,354 88	701 85	13,942 63	55,050 71*	51.9 7-10*	3,63.8 2-10	2,027 30	579 66	2,606 96

* N. B.—In the daily and weekly cost of board of patients as shown in the above table, we include the board of officers and attendants, which in our judgment is equivalent to one-seventh, and is exclusive of the net income of the farm.

Names of Persons employed at the Maine Insane Hospital for the year 1867, the position of each, and amount of pay to each for the past year.

Amasa B. Hodgkins, Supervisor,	\$324 00	
William D. Dixon, Attendant,	231 00	
Daniel Noyes, "	204 00	
George F. Gannett, "	240 00	
William H. Lamson, "	222 00	
Alphonso Dudley, "	204 00	
Charles H. Davis, "	240 00	
Charles H. Dudley, "	222 00	
Llewellyn Haskell, "	204 00	
						\$2,091 00
Amos Church, Farmer,	300 00	
Hovey C. Austin, Assistant Farmer,	240 00	
Wentworth Sampson, "	252 00	
Melville Merrill, "	240 00	
George Crosby, Cook,	315 00	
Stephen Howe, Baker,	322 00	
Elmer O. Percival, Choreman,	204 00	
Welcome N. Wilson, Engineer,	360 00	
Horace E. Cross, Fireman,	213 00	
John H. Yeaton, Carpenter,	500 00	
Jefferson Merrill, Night Watchman,	360 00	
						3,306 00
Betsey K. Parsons, Supervisor,	186 00	
Helen Gray, Attendant,	143 00	
Martha White, "	143 00	
Annie Pinkham, "	143 00	
Dollie Hilt, "	143 00	
Mary E. Dudley, "	143 00	
Hortense B. Smith, "	143 00	
Emma D. Wall, "	143 00	
Kate Chadwick, "	143 00	
Viola B. Worthing, "	156 00	
Lucinda Wood, "	156 00	
Delia Bradeen, "	156 00	
Fanny Rockwood, "	146 25	
Josephine Farnham, Night Watch,	156 00	
						2,100 25
Sarah P. Hunt, Seamstress,	149 50	
Susan Stewart, "	148 70	
Jane Smith, Kitchen Girl,	161 00	
Lydia Harding, " "	161 00	
Cynthia Gardner, " "	143 00	
S. Frances Greely, Table Girl,	143 00	
Carrie Winter, " "	143 00	
Eliza Warren, Chamber Girl,	143 00	
Margaret Martin, Laundry Girl,	169 00	
Carrie Sidelinger, " "	143 00	
Adelaide Bonney, " "	143 00	
					300 00	
Clerk hire,	910 43	
Extra labor on repairs and improvements,		2,857 63
					10,354 88	10,354 88

ALLEGED ABUSES OF PATIENTS, &c.

When we commenced this investigation, no specific charges having been preferred before us against the Institution, and having no personal knowledge of any witness who proposed to appear before us and give testimony, and the State having provided no special means or agency to procure evidence, the commissioners were somewhat embarrassed in reference to the proper course to be pursued in order to reach such testimony as would enable them to form a correct opinion.

After due deliberation it was decided to cause a notice to be published in each county in the State, of the time of our several meetings, and in a later notice we respectfully invited any and every person who had or who supposed they had any important testimony to offer, to communicate the substance of such testimony in writing, and if such testimony was thought by the Board to be of any practical value, assuring such persons of being summoned in, and that their legal fees would be paid. No person voluntarily responded to this call.

And here we will remark that not one of the signers of the original petition upon which the appointment of this commission was based, ever appeared to offer any testimony. It is but justice, however, to Mr. Grant, who headed the petition, to say that he sent in a deposition which was received and used as testimony.

Therefore so far as procuring testimony on the part of the State is concerned, the commissioners are largely indebted to the suggestions of Mr. Tobias Lord, for the names and residence of persons of which we were happy to avail ourselves. Some of the witnesses were summoned legally, others came on invitation by letter.

The witnesses all testified under oath. The commissioners took full notes of the testimony, which was very voluminous. Mr. Lord, by our free permission, did the same. Further than administering the oath we did not adhere very closely to the rules of court, deeming it necessary in order to elicit the facts to allow the examination to assume a wide range, we permitted Mr. Lord, and also Dr. Harlow, in the absence of legal counsel on either side, to cross-examine the witnesses to the extent of their pleasure. From the very nature of the inquiry, and the way and manner in which it was found to be necessary to conduct it, very much of the testimony is entirely irrelevant and of no particular value.

After a long and careful analysis, and summing up of the testimony, your commissioners have come to the following conclusions :

First.

We find no evidence of personal ill-treatment of patients by Dr. Harlow, Superintendent, or by any of his subordinate officers, nor of any misconduct or ill-treatment of patients by attendants *authorized* by the Superintendent or unpunished by him when *made known* to him.

Second.

We do find beyond a reasonable doubt, that in reviewing and including a period of ten years past, there have been instances in which patients have been abused and ill-treated, by that class of employees called attendants. To the honor of womanhood, we will, however, record the fact that few, and those comparatively unimportant, charges have been preferred against the female attendants.

And while we are compelled to admit the general fact that some flagrant abuses have been committed, we are also of the opinion that the instances of such abuse, have been *occasional* rather than *general*, and that such occurrences have been much less frequent within the last two years, and that with the adoption of more stringent rules on the part of the Trustees, and a more decided manifestation on their part to sustain the Superintendent in suppressing this evil, the public may rest very well assured that such cases of ill-treatment or abuse will not be apt to occur in the future.

And while we freely admit the fact that attendants do sometimes improperly treat patients, and that we have reached this conclusion mostly from the testimony of persons who have once been insane, we still believe, as a general rule, that such testimony should be received with some degree of caution. But as there is no rule fully applicable to all that class of persons, each case must rest on its own individual merit, and the weight and value of such testimony must be estimated in the same manner as that of any other class of witnesses.

We would not attempt to shield attendants from just censure, or abate anything from the strict responsibility to which they should be holden. We even go further, and say that any one who shall be guilty of the gross impropriety of ill treating, or in any way

abusing one of this class, should be held to answer in a court of law.

And we further believe it is the duty of the Trustees and Superintendent to especially let the patients understand that no attendant will be allowed to ill treat them with impunity. We will say further, that while some charges have been preferred against a few of the attendants still in the Asylum, none have been established of a grave character. Those against whom the gravest charges have been made have all left, either by being discharged or voluntarily.

And here, perhaps, we might with propriety close this report. But some few closing remarks and suggestions may not be inappropriate, and may even be expected.

There is no plan in existence of the extensive subterranean net work of sewer and water pipes connected with the Asylum. There are only three persons now living who have any correct knowledge of these works. Should they in any way become disconnected with the Hospital, this state of things may result in very great embarrassment and inconvenience, to say nothing of expense, in case of failure or defect in any part of these works; we would therefore recommend that a civil engineer be at once employed to make a correct survey and plan of said works.

We respectfully recommend the following amendments to the laws relating to the Insane Hospital:

First.

That chapter 143 be amended as follows:

Any person now in the Insane Hospital, committed by order of any court, for observation, and awaiting trial, shall be discharged by the Superintendent if not sent for by the court committing him or her during the next term of said court. And every person hereafter so committed by any court shall be discharged by the Superintendent if not sent for by the court during the then next term of said court *after* the term at which he was committed. But every such person shall be liable to be recommitted by the municipal officers of the town where such person belongs, if found to be insane, to be supported in the same manner as other persons so committed by said municipal officers.

Second.

That the Board of Trustees be reorganized as follows: To consist of nine members instead of six, three of whom shall be physicians. One member of said Board shall visit the Asylum every month, three shall visit quarterly, and the whole Board annually.

Third.

The Trustees, at each of their quarterly and annual meetings, shall examine carefully each patient touching his sanity or insanity, and the character and degree of the same, and the effect of their hospital residence and treatment upon said disease, and if it appears that he has not received, and cannot expect to receive, any essential benefit from a further residence in the Hospital, and can go at large with safety to himself and the community, he shall be discharged; and the Superintendent is authorized and required to discharge inmates, between the several meetings of the Trustees, for the same cause that the Trustees are authorized to discharge them at any of their several meetings.

Insane Hospitals are comparatively modern institutions, and are the outgrowth of the rapidly advancing civilization and enlightened Christian principles of the nineteenth century. And the better and more rational treatment of this unfortunate class of our fellow creatures is one of the most striking proofs of the higher civilization of the age, and the great advancement of modern science. This class were formerly looked upon as being possessed of the devil, and given over to his control. They were viewed as objects of terror and disgust, not only by the public, but by their own friends and relatives, and treated accordingly. They were subjected to various modes of torture and punishment, not only by their friends and relatives, but even physicians were accustomed to prescribe such treatment, as remedial and curative. But happily for the insane, and for the honor of humanity also, this is now changed for the better. Punishment (as such) is not now known in our own or in any other properly regulated Asylum in this country, or in any other part of the world. Restraints are necessarily used as matters of safety not only to the patients but of others, and for the preservation of property, in all well regulated institutions.

In our own Institution there are what are technically termed lodges or strong rooms, well lighted and warmed, and guarded,

into which the unmanageable are put and remain until the paroxysm of frenzy subsides. With males, what are called "waist straps," and "wristers," are sometimes used; with females is used what is termed a "camisole," which is nothing more nor less than a canvass jacket. Both of these are easily worn, and while they completely control the patient and prevent his injuring himself or others, he suffers no inconvenience from their use. But, strange as it may seem, even these simple appliances are seldom called into use. And here we will remark, that the general good order and quietude of so many persons of this class congregated under one roof would be a matter of astonishment to any one not familiar with an institution of this kind. The popular notion is that of Bedlam, a Babel of noise and confusion, which is far from being the uniform fact.

By a fair estimation there are now within this State from six to eight hundred insane. In the absence of any reliable statistics it is impossible to any more than proximate the truth; but judging from the number in Massachusetts and other States where careful statistics have been prepared, our estimate is probably too low.

It is undoubtedly the case in all communities, that as wealth and luxury and refinement increase, the number of insane to the whole population is in an increased ratio. The reasons are obvious to all who have reflected much upon this matter, therefore we will not stop here to enlarge further upon this interesting topic.

While in Massachusetts there are four large hospitals, and more are still called for, the State of Maine has but one. This is now nearly full, and indeed more than full on the male side. The number of incurables in any given institution of this kind is constantly accumulating, and consequently bearing a greater proportion to those supposed to be curable. This state of things inevitably leads to the necessity of providing from time to time increased accommodations.

That the State of Maine will provide for the care and comfort of *all* her insane we have no reasonable doubt. Superintendents of insane hospitals, both in this country and in Europe, differ somewhat as to the particular *mode* of making such provision. The Commissioners do not propose to express any opinion of that matter in this Report.

It may be proper to remark here that the number of *supposed* incurables in this Asylum is now estimated to be from one-half to two-thirds of the whole number.

In closing we may be permitted to remark that in making provision for the insane, we should view the matter not only from the pecuniary but from the humanitarian stand-point. And while we would not by any means ignore the former, we would give due weight and consideration to the latter.

Finally, we will add that the Trustees were notified and were present by a committee at our several meetings during the investigation. We have been civilly and kindly treated by the Trustees, Superintendent, and all other officers of the Institution, and every facility required cheerfully rendered us.

ALBERT G. JEWETT, }
JARED FULLER, }
JAMES M. DEERING, } *Commissioners.*

BELFAST, January 21, 1868.