

# MAINE STATE LEGISLATURE

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# Public Documents of Maine:

BEING THE

## ANNUAL REPORTS

OF VARIOUS

## PUBLIC OFFICERS AND INSTITUTIONS

FOR THE YEAR

1869-70.

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AUGUSTA :

SPRAGUE, OWEN & NASH, PRINTERS TO THE STATE.

1870

# REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

# MAINE INSANE HOSPITAL.

DECEMBER 1, 1869.

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PUBLISHED AGREEABLY TO A RESOLVE APPROVED FEBRUARY 23, 1865.

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AUGUSTA:

SRAGUE, OWEN & NASH, PRINTERS TO THE STATE.

1869.

# Officers of the Institution for 1870.

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## TRUSTEES.

DR. W. B. LAPHAM, WOODSTOCK, *President*.  
DR. JOHN T. GILMAN, PORTLAND, *Secretary*.  
HON. GEORGE A. FROST, SPRINGVALE.  
DR. MOSES R. LUDWIG, THOMASTON.  
HON. A. G. WAKEFIELD, BANGOR.

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DR. H. M. HARLOW, *Superintendent and Physician*.  
DR. B. T. SANBORN, *Assistant Physician*.  
JEFFERSON PARSONS, *Steward and Treasurer*.  
MISS S. B. CARUTHERS, *Clerk*.  
MRS. BETSEY K. PARSONS, *Matron*.  
REV. C. F. PENNEY, *Chaplain*.  
MR. A. B. HODGKINS, *Supervisor Male Wards*.  
MISS EMMA MORTON, *Supervisor Female Wards*.

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## COMMITTEES FOR 1870.

*On New Wing*—Lapham, Frost, Wakefield.

*To represent the interests of the Institution before the Legislative Committee*—Frost, Lapham.

*On Hospital Libraries*—Lapham, Gilman.

*Visiting Committees.* January—Lapham, Frost.  
February—Frost, Lapham.  
March—Gilman, Frost, Lapham.  
April—Wakefield, ———.  
May—Gilman, Wakefield.  
June—Ludwig, Wakefield.  
July—Frost, Lapham.  
August—Ludwig, ———.  
September—Wakefield, Ludwig, Gilman.  
October— ———, Frost.  
November—Lapham, Gilman.  
December—The full Board.

## TRUSTEES' REPORT.

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

In compliance with the requirements of the statutes of the State, relating to the government of the Maine Insane Hospital, the Trustees of that institution respectfully present the following as their Report for the Hospital year, which ended Nov. 30th, 1869.

As required by law, a committee, consisting of two members of the Board, has made an inspection of the Hospital for every month in the year. The Hospital has also been inspected, and the accounts examined and settled, quarterly, by a committee of the Trustees consisting of three members.

The reports of these several committees which are on file in the office at the Hospital, uniformly show that the officers of the institution and attendants, have been faithful in the discharge of their respective duties, and that the wants of the patients have at all times been carefully attended to. As a whole, by the favor of Providence, we believe the success of the institution for the past year in its humane work, will compare favorably with any previous year of its history.

The Trustees deeply regret the necessity of the resignation on account of failing health, of Miss Maria Johnson, for so many years the faithful matron of the Hospital. She possessed rare qualifications for the difficult position which she ably filled for nearly a quarter of a century, and she carries with her to her retirement the respect and esteem of all those connected with the institution.

Mrs. Betsey K. Parsons who succeeds Miss Johnson as matron, has for several years, filled with eminent ability, the office of Supervisor, and carries to her new position that amount of experience which cannot fail of success.

At the close of the last Hospital year, Dr. H. M. Harlow, the efficient Superintendent of the Hospital, placed his resignation in the hands of the Trustees, to take effect in one year. By a vote of the Board, it was laid upon the table and no further action was had in the matter until the meeting of the full Board in August,

when it was called up and the Trustees voted not to accept the same.

The sum appropriated by the last Legislature for the purchase of the Tobey farm, has been applied to that purpose, and the Hospital domain has thus been increased by the addition of sixty-five acres on the south. This addition gives symmetry and proportion to the farm, and is very valuable for cultivation and for grazing purposes. The Hospital farm now contains four hundred acres, the most of which is arable land.

The sum, twenty-five thousand dollars, appropriated toward the erection of a new wing to the Hospital, was placed in the hands of a building committee of the Trustees, whose report will be found in the Appendix, to which reference is respectfully made for information on this subject.

It will be seen by that report that the committee, in expenditures, has exceeded the appropriation by a small amount, reasons for which are given by the committee, and which we trust will be found satisfactory. We trust the Legislature will provide for this deficiency at an early day in the session. We have also, respectfully to ask the Legislature to appropriate an additional sum of twenty-five thousand dollars (\$25,000) to finish the new wing and furnish it ready for occupancy.

When this wing is completed, the Hospital building will be finished according to the original design, and will be as large as is profitable under one management. But it will be seen by the report of the Superintendent that when this Hospital is finished it will not be of sufficient capacity for the present wants of the State; so, if the present system of treating the insane is continued, and we believe there is none better, the Legislature will early be called upon to consider the expediency of erecting another Hospital, probably in some other section of the State.

In the Appendix may be found the Report of the Steward and Treasurer; Report of Building Committee on New Wing; Report of Committee on Hospital Libraries; Report of Committees on Treasurer's Account, and on schedule of personal property belonging to the Hospital; Report of Chaplain; Report of Committee of Maine Medical Association, and a very interesting communication from Robert Morris Copeland of Boston, descriptive of his proposed improvement of the Hospital grounds.

In the location of the Maine Insane Hospital at Augusta, nature has provided a landscape, which for beauty and attractiveness is

unequalled by any within our knowledge, but as yet, it has been but little embellished by art. The Hospital, founded as a charitable institution, and never having received any gift or donation to be expended in rural improvements, has had funds, barely sufficient to pay its running expenses from year to year. The little done in the way of improving the grounds, has been, for the most part, the work of the patients, but it has been done in accordance with no correct system or plan, so that no satisfactory results have followed.

In order to render available to the end of systemetic improvement, the labor which the patients perform as a part of the sanitary treatment of the institution, the Trustees deemed it of the first importance to have executed a working plan, which should exhibit, in detail, the location and grading of walks and drive-ways, the planting of trees and shrubbery, the location of playgrounds and flower-beds—in short—which should exhibit all the improvements to be made.

In pursuance of this object, the Trustees secured the services of that eminent landscape gardener, Robert Morris Copeland of Boston, who came to Augusta, and having studied the topography of the situation, and been furnished with plans of the preliminary surveys, executed for them, at a moderate cost, a working plan in all its minute details, also a colored plan showing the effect of the proposed improvements, the excellency of whose execution met our highest approbation.

This plan covers nearly or quite one hundred acres of land, embracing the width of the farm, including the Tobey purchase, and extending from the Kennebec river to the river road which runs along east of the Hospital, and nearly parallel with the river.

The contemplated improvements rendered necessary the removal of the barns and out-buildings belonging to the Hospital, which are placed along in the rear, and so near the Hospital buildings, since the erection of the new wing, as greatly to jeopardize them in case the former, which are of wood, should take fire. The removal of these opens a fine rear view of the Hospital buildings from the river road.

The purchase of the Tobey farm provides us with a good location for the barns, stables and other out-buildings, conveniently near, and yet removed at a safe distance from the Hospital in case of fire. The work of removing has already been commenced, and will be completed early in the spring.

The removal of these buildings to a place of safety and the erection of a piggery and other out-buildings, to take the place of those which are so dilapidated as to be incapable of removal, necessarily involves a large outlay of money, which the Hospital, in its present straightened financial condition is unable to advance. The report of the Treasurer shows a large amount due the Hospital from towns and individuals, but this comes in so slowly that nothing can be relied upon from this source beyond the daily expenses of the institution. We therefore respectfully ask the Legislature to appropriate the sum of ten thousand dollars (\$10,000) to be expended as above indicated.

The appropriations herein asked are briefly summed up as follows :

To meet existing deficiencies,	-	-	-	\$4,000
To complete and furnish new wing,	-	-	-	25,000
To defray the expenses of removing out-buildings, and other needed improvements,	-	-	-	10,000
Total,	-	-	-	<u>\$39,000</u>

The labor of improving the Hospital grounds, as contemplated by Mr. Copeland's plans, is a labor of many years, unless other means shall be furnished us for prosecuting the work, than those now within our reach ; but if the progress of the work is slow and shall never be carried to a successful issue during our own lives, we have the satisfaction of knowing that when it is completed, it will render the institution one of which the State may well be proud ; an Asylum indeed, and not a prison-house—a place, where, surrounded by the outward forms of beauty, and with proper medical and sanitary treatment, the unfortunate inmate cannot fail of improvement.

Which is respectfully submitted.

WM. B. LAPHAM,	} Trustees.
GEORGE A. FROST,	
JOHN T. GILMAN,	
M. R. LUDWIG,	
A. G. WAKEFIELD,	



## SUPERINTENDENT'S REPORT.

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

GENTLEMEN:—Once again in obedience to the organic law of this Institution, it devolves to our lot to report to you the condition and prospects of the Maine Insane Hospital—a duty to which in its annual recurrence we come with ever increasing interest.

In looking over the brief span so quickly passed, and summing up the results of labor for the year, we find that all our efforts have not been fruitless—that through the blessing of God something has been done to ameliorate the condition and restore the health of those committed to our charge.

The usual amenities of life have been vouchsafed, no unusual sickness or serious accidents have befallen the members of this large, increasing family. Peace, harmony and good-will have prevailed, blessings for which we have reason to be devoutly thankful to the All-wise ruler who has so prosperously and safely directed our steps.

There were remaining in the Hospital at the close of the last fiscal year, 30th November, 1868, three hundred and thirty-nine patients, one hundred fifty-six males, and one hundred eighty-three females. Since then, there have been one hundred and fifty admitted—seventy-eight males, and seventy-two females, making the whole number under treatment four hundred and eighty-nine—two hundred and thirty-four males and two hundred and fifty-five females.

One hundred fifty-two have been discharged, seventy-five males and seventy-seven females, leaving in the Hospital on the 30th November, 1869, three hundred and thirty-seven—one hundred and fifty-eight males and one hundred and seventy-nine females.

The following appeared to be the condition of those discharged: recovered, sixty-eight—thirty-two males and thirty-six females; improved, twenty-eight—fourteen males and fourteen females; unimproved, fourteen—seven males and seven females; twenty-

three males and nineteen females have died. The average time those were under treatment who recovered was twenty-nine weeks.

With one or two exceptions the number discharged improved is larger than any previous year, which is partly owing to our desire in the crowded state of the wards to make room for other urgent and pressing applicants who could scarcely wait for vacancies to occur; and for the same reason we have favored and acquiesced in the removal of quite a number of those discharged unimproved, especially when they were passive and apparently harmless.

The necrological list is larger than that of some years, though the per cent. of deaths is below the general average. A large proportion of those who have died within the year were chronic cases, in which there existed but little hope of recovery. Many lived to a good old age—thirty-six had passed the meridian of life when their release came, one had passed four score years, five had reached their three score and ten, sixteen their three score, twenty-six their two score and a half, thirty-one their two score years, and four were between twenty and thirty. Some had carried the weight of their disease for many years. One quite remarkable case, a female, whose earthly life was more than seventy years, went under the dark cloud in early womanhood. She struggled with the monster disease more than fifty years, nearly a score of which she was confined in an out-building, chained by her ankle to the floor, with little or no covering but straw upon which she rested, and without the comfort of fire in the coldest weather. For eighteen mortal years she wore the clanking chain which bound her to the floor, and was only removed when in 1857 she was committed to this Institution. Here, by the benevolence and kindness of the municipal officers of the town, she was permitted to spend the evening of her life in comparative comfort and happiness, having at all times the free use of her limbs, frequently going out and in, with warm apartments, a good bed to rest upon at night and during the day when worn by disease and the infirmities of age, and a plenty of wholesome food for subsistence. Thus drifted her weary bark along the shore of time, till tired nature weary of the struggle let loose the imprisoned soul.

The causes of death were as follows: tubercular phthisis, eleven; general paralysis, nine; chronic insanity and old age, six; apoplexy, three; diarrhea, three; paralysis of heart, two; maniacal exhaustion, three; dropsy, one; inflammatory sore throat, one; epilepsy, one; and two died by their own hands.

SUPERINTENDENT'S REPORT.

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

YEAR.	Admitted.	Discharged.	Whole No. under treatment.	Recovered.	Improved.	Unimproved.	Died	Greatest No. in Hospital on any day.	Least No. in Hospital on any day.	Remaining at end of year.	Daily average No. for the year.
1840-1.....	120	80	129	36	14	24	5	70	1	52	48
1841-2.....	89	72	141	32	16	19	5	73	50	65	59
1842-3.....	86	84	151	32	16	31	5	72	58	68	65
1843-4.....	83	75	151	30	16	23	3	79	55	76	70
1844-5.....	99	90	175	39	21	26	7	89	71	85	80
1845-6.....	102	87	187	46	22	14	5	107	80	101	93
1846-7.....	124	100	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	150	65	22	19	14	139	121	139	126
1849-50.....	110	120	149	66	25	21	14	165	123	124	127
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.....	123	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	60	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
1867-8.....	165	129	468	63	23	16	27	341	302	339	319
1868-9.....	150	153	489	68	28	14	42	351	332	337	342

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

The following is the civil condition of those admitted during the year: thirty-four males and thirty-seven females are married; thirty-three males and twenty-four females are single; eleven are widowers and eleven are widows.

We set down the assigned causes of insanity of those admitted during the year as follows: ill-health, twenty-four; intemperance, fifteen; epilepsy, ten; domestic affliction, eleven; over exertion, eight; disappointed affection, six; injury of head, five; critical period of life, five; puerperal, five; decay of old age, four; religious excitement, four; masturbation, three; pecuniary embarrassment, three; paralysis, three; fright, one; sun-stroke, one; suppressed eruption, one; unknown, thirty-seven.

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.		1852-3.		1853-4.	
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.
October,	5	3	7	4	5	3	5	2	3	5	5	6	3	1	10	10	5	3	5	5	8	3	2	3	1	2	6	7
November	9	4	2	1	1	2	5	4	4	4	2	1	2	8	3	5	5	11	2	9	2	4	6	2	4	1	2	6
December	8	1	3	3	4	0	4	3	3	6	5	2	3	4	5	2	2	2	7	4	0	2	2	3	11	3	4	4
January,	5	2	5	1	1	1	2	4	3	1	6	1	4	5	4	2	5	6	5	1	6	3	2	3	6	1	6	9
February,	7	4	4	0	5	2	2	5	2	0	1	2	2	4	7	4	4	3	2	2	4	3	2	0	6	3	3	5
March,	7	8	1	2	4	4	2	3	3	4	5	6	3	3	6	3	3	5	5	2	4	3	2	9	4	7	7	
April,	10	4	6	6	3	1	3	3	1	4	4	6	4	1	5	6	5	7	7	3	6	1	2	1	6	2	6	4
May,	4	5	8	7	4	3	6	3	6	7	4	4	9	5	2	7	5	4	6	9	7	2	4	6	4	4	2	8
June,	8	6	6	6	12	3	6	1	11	5	3	5	8	7	5	4	9	7	6	7	3	4	6	3	4	2	5	4
July,	4	1	5	3	3	2	2	2	3	4	4	7	7	6	8	5	5	7	6	6	2	3	0	0	4	7	7	3
August,	2	3	1	3	3	7	3	2	7	4	5	5	9	2	9	6	5	7	4	6	4	4	1	0	6	6	6	4
September	3	2	2	5	6	2	6	5	4	7	4	10	9	2	7	7	8	5	5	2	2	1	5	1	2	4	5	8

Of the number of patients now in the Hospital, forty-three being either foreigners or committed by order of Court or by the Governor and Council, are supported entirely by the State.

Two hundred and thirty-seven being in indigent circumstances receive State aid of one dollar and fifty cents per week towards their support while they remain in the Institution; and fifty-seven are supported entirely by themselves or by their friends.

The Hospital has now been in operation a little over twenty-nine years, during which time three thousand five hundred and nine patients have been admitted. Three thousand one hundred and seventy-two have been discharged; of whom one thousand four hundred and forty-one recovered, six hundred and seventeen improved, five hundred and thirty-six unimproved and five hundred and seventy-eight died.

Since our last report the Hospital has been uncomfortably full, as for several years past. The daily average number of patients has exceeded that of any previous year by twenty-three. Every ward in both male and female departments has been full and those for males have been crowded so that many applicants have been obliged to wait till vacancies occurred, and in several instances

since the opening of the Hospital.

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.		1867-8.		1868-9.		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.	
3	1	6	11	8	8	5	3	5	2	8	9	5	6	6	7	5	9	6	4	8	5	8	5	8	5	8	7	9	9	316
3	2	7	7	6	4	9	4	3	4	6	3	10	3	9	5	4	5	4	4	10	3	4	5	4	5	5	5	8	6	269
6	5	4	2	10	3	7	4	3	2	6	3	5	1	10	3	5	2	4	11	5	5	2	10	3	9	4	10	4	251	
2	5	6	5	7	4	3	3	6	2	9	4	4	6	2	3	2	2	9	4	6	5	5	5	8	3	7	2	7	5	238
7	4	7	2	3	5	6	3	4	4	4	3	7	4	5	1	6	4	6	3	7	2	5	4	10	3	5	4	3	9	229
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	4	2	10	1	270
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	6	4	5	5	284
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	8	11	3	4	327	
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	9	10	5	12	336
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	11	7	7	7	213
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	5	1	9	7	309
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	8	14	4	8	327

those who came without previous application were obliged to return home and wait till we could notify them of a vacancy, incurring in some cases quite an expense, all of which was a source of regret to us as it was a disappointment of the friends of the patients concerned.

We are now gratified to say that the necessary means have been provided in part to extend the building. The Legislature of last year made an appropriation to erect a new wing for the accommodation of male patients similar to the one recently built for females. This work was begun early in the spring and has been vigorously prosecuted. The walls are up, the roof put on, and the whole structure closed in and well secured from the cold and frosts of winter. Another appropriation will be needed to complete and furnish the wing next year, which we hope will be made with the same promptness and liberality that has characterized former Legislatures towards this Institution. When this wing is completed, we shall have accommodations for 350 patients. As the number in the Hospital is to-day and the daily average for the year has been about 340, it will appear obvious that all the present accommodations, including those to be supplied by the new

wing when completed, will very soon be taken up, and the necessity for further provision for the insane in the State will still exist. Should it be deemed advisable not to extend the present Hospital beyond the limits of the new wing now being built, the time has already arrived for some preliminary action to be had with reference to establishing another Hospital elsewhere, and as it will require two or three years to inaugurate and build such an Institution, it is important that the subject should come before the Legislature of the ensuing winter. There are in the State to-day from twelve to fifteen hundred insane persons who need the care and comfort of an Asylum, and scarcely one-third of this number for whom there is any provision. We need not enlarge upon this point—a word to the wise is sufficient.

It may be deemed advisable whenever another Hospital for the insane shall be established in the State, to have it designed for the accommodation of one sex of patients alone. There are some advantages in having the two sexes provided for in separate institutions, and there are as I am aware no objections to it. Such an arrangement is now in practical operation at the Pennsylvania Hospital for the Insane, in Philadelphia, under the charge of Dr. Kirkbride. The two hospitals, one for males and one for females, are located within three-fourths of a mile of each other, surrounded by ample and spacious grounds.

A similar arrangement has recently been inaugurated at the State Hospital for the Insane at Trenton, New Jersey.

It is a source of congratulation that we have been able, through the liberality of the Legislature to purchase the "Tobey farm," an acquisition that has long been desired and very much needed. The area of the hospital farm now embraces about four hundred acres, nearly all of which is good productive land, and is under a good state of cultivation. All the land upon which are situated the springs that supply the institution with water, and over which pass the aqueducts leading to it, is now owned by the Hospital. This gives an advantage not heretofore possessed, which will obviate all future expense and perhaps difficulty that might arise from non-ownership in case of repairs.

The purchase also gives quite an advantage by extending the grounds south and in front of the buildings, which is of considerable importance in view of their contemplated ornamentation, and in affording a more eligible location for the barns and other out-buildings which have in part been removed since the purchase.

This change of locality of the out-buildings is quite desirable, not only because they obstruct the eastern view from the Hospital, but because, from their near proximity to it they would increase the risk from fire, in case they should by accident or otherwise be burned.

A capacious and convenient piggery has been erected next to the new stable which has been formed out of one of the barns recently removed. A new slaughter house has also been erected and attached to the stable. Making these improvements has been attended with considerable expense, which the Treasurer has been called to meet outside the ordinary current expenses of the Institution, and not contemplated by the Trustees in fixing the price of board of patients. It may therefore, be proper for this extra outlay to be provided for by the Legislature.

In our last report we alluded to the fact that the Trustees had taken preliminary steps towards having the hospital grounds laid out in a scientific and artistic style—that an engineer had been employed to make the necessary topographical survey in order that a landscape gardener could make a working plan to be carried out at some future time as means and opportunity might present. We are now happy to say that such a plan has been made. The services of Robert Morris Copeland, Esq., of Boston, were secured for the purpose, and he has given us a very fine colored drawing of what the grounds will present when it is carried into effect, and a working plan of great merit.

As it will require many years to perfect the plan of ornamentation, it seems important that the work should be commenced at an early day. Could the plan be carried out as contemplated, which we hope and believe will one day be done, great advantage would arise to the inmates of the Hospital in a hygienic point of view. It would afford one of the most pleasant and picturesque spots in all the land, where they could resort for amusement and recreation away from the gaze and stare of the idle and curious.

The grounds are ample and spacious for the purpose designed. Extending from the Arsenal on the north to the boundary line on the south, and lying between the river and the road, they embrace a territory of a hundred acres or more which with its undulating surface, its hills and hillocks, its dales and slopes, its ravines and water courses, charmingly fit it for winding drive-ways, serpentine paths and plantation of ornamental trees and shrubs. What is now needed to make it all that could be desired, is the necessary

funds to carry out Mr. Copeland's plans so artistically prepared in all its appointments. The thought has been suggested that the enterprise might be viewed by some of our wealthy citizens as a fitting one upon which to bestow their liberality, and thus advance the means of blessing those who come to the Institution for its benefits—rearing in the hearts of posterity a monument more enduring than all earthly mausoleums.

Certainly from our stand point there is not a more noble or worthy object on which to bestow one's benevolence, than that of doing for the comfort and happiness of those deprived of reason; and to establish a permanent fund the income of which would be sufficient to lay out and beautify these grounds and keep them in good order, where this unfortunate class are to dwell for generations to come, would do as much towards enhancing the happiness and elevating the shivered reason and leading it back to its wonted throne as any one thing we are capable of conceiving.

Our appeal is in behalf of a large class of our fellow citizens who like ourselves once enjoyed the boon of reason, and we know not who of us may next need the comfort and protection of the Asylum. Then, whatever we have to do, let us do it quickly.

As will be seen by the report of the Steward and Treasurer, Mr. Parsons, the products of the farm and garden for the year, will compare favorably with those of previous years. The hay and grain crops were quite abundant, the potatoes, and garden vegetables though somewhat lessened in quantity by the summer drouth, were of most excellent quality. The milk from the dairy, and the pork from the piggery, with the fresh vegetables from the farm and garden are substantial which contribute not a little to the comfort of the household, and when we take into consideration the double blessing that returns to the inmates from the labor and exercise bestowed in producing these articles, we can hardly estimate the value of a farm as connected with such an Institution. Considerable improvement has been made upon the farm the past season, but not so much as would otherwise have been done, had not the working forces been called to perform labor necessary to the erection of the new wing.

The excavation for the basement story was mainly done by workers of the household; there was not only a large amount of earth to be removed, but it was necessary to make a deep cut for several rods outside of the building in order to prevent storms and frost from damaging the foundation during the ensuing winter.



Considerable has been done by way of repairs in the house, such as painting and replacing of dilapidated and broken furniture. In a place like this, there seems to be no diminution in the amount of labor required to keep the building in repair, and up to a standard of what such an establishment ought to be.

The practice of employing the patients in something useful is still continued. We find no moral treatment more conducive to mental and physical improvement than that of manual labor. While the men go upon the farm a few hours each day, the women are invited to take part in the seamstress' room and in other departments of household work. Some who prefer and have a taste for it, are encouraged to do fancy work. No one is ever compelled to labor—whatever work the patients do, is voluntary.

The following articles have been made during the year by the female patients in charge of competent seamstresses: 384 dresses, 196 skirts, 244 chemises, 116 pairs of drawers, 16 night dresses, 25 waists, 45 aprons, 15 camisoles, 103 handkerchiefs, 27 sun-bonnets, 63 coats, 7 vests, 75 pairs pants, 110 shirts, 93 frocks, 85 over-alls, 125 pairs of stockings, 75 mattresses, 177 blankets, 135 bed-spreads, 339 sheets, 332 pillow-cases, 44 pillows, 8 valances, 9 table-cloths, 4 stand-cloths, 377 towels, 133 bed sacks, 22 rubber sheets, 40 shrouds, 36 curtains, 16 dress-sacks, 1 carpet, and 9586 garments repaired.

Religious services under the charge of our excellent Chaplain, have as usual been regularly held in our Chapel on every Sabbath evening. Much credit is due Rev. Mr. Penney for his promptness and fidelity in the discharge of the duties connected with his office, especially when taken in connection with his many parochial cares and labors.

We can after many years of experience and observation bear unqualified testimony in favor of religious services in a Hospital for the insane—of the good effect they have upon those who attend. The pure undefiled religion of the Master when judiciously presented to "mind diseased," is as oil upon the troubled water. It calms the surging waves, soothes the angry passions, and lifts the disconsolate to the mount of hope where reason lights up the glimmering way.

In the moral treatment of our patients we should feel, that without this aid, one of the substantials—one of the most important levers in the appliances was wanting, for which we know of no substitute. In this connection we cannot refrain from urging the

importance of having a more suitable and convenient place of worship. The present accommodations are inadequate to the wants of the Institution as it now is, and when the new wing is completed the want will be still greater. We sincerely hope that some provision will be made for the erection of a chapel large enough to accommodate all who may desire to attend the service. We have long felt the need of a place where we could gather the household for concerts, lectures, and other entertainments on week-day evenings, and a chapel such as the Institution requires, would likewise supply that want.

The Black and McLellan libraries which are kept in good order continue to impart their blessings to the inmates. Books are drawn weekly, which with the periodicals, daily and weekly newspapers regularly received, serve to beguile many of their weary hours.

Through the continued generosity and kindness of their editors, we have received through the year the following newspapers: Kennebec Journal, Maine Farmer, Maine Standard, Gospel Banner, People's Literary Companion, Augusta; Hallowell Gazette, Hallowell; Gardiner Home Journal, Kennebec Reporter, Gardiner; American Sentinel, Bath; Maine State Press, Eastern Argus, Portland Transcript, Christian Mirror, Zion's Advocate, Riverside Echo, Portland; Oxford Democrat, Paris; Maine Democrat, Biddeford; York County Independent, Saco; Rockland Free Press, Rockland; Ellsworth American, Ellsworth; Machias Union, Machias; Republican, Machias; The Sunrise, Presque Isle; Aroostook Pioneer, Aroostook Times, Houlton; Sentinel, Eastport; Whig and Courier, Bangor; Somerset Reporter, Skowhegan; Waterville Mail, Waterville; Farmington Chronicle, Farmington; Morning Star, Dover, N. H.; New England Farmer, Zion's Herald, Boston, Mass.

It is a source of deep regret that the matron of the Hospital who has stood firmly at her post for the last quarter of a century, should find it necessary by reason of declining health to resign her position, which she did in the month of June last, and thus seek to recuperate her wasted strength by a release from care and responsibility among kindred and friends in another State. Few persons have performed the duties of the station better or with more fidelity than she has done. Few can look back over so many years of peculiar labor as that of administering to the wants of the insane, with a clearer consciousness of having done their work

well. Always honest in purpose, kind in heart, and always ready to do for others without hope of reward save that which comes of doing right. Miss Johnson worked on indefatigably till disease fastened itself upon her system, and required her to lay off the harness, and retire from all further active duties. In the spirit of christian meekness and submission, she obeyed the will of her Master, and yielded her life-work which she had loved and cherished so much.

In her retirement she carries with her the sympathy, respect and esteem of many friends. The duties of the office have been faithfully and acceptably performed since the first of July by Mrs. Betsey K. Parsons, who has been for many years connected with the Hospital as nurse and supervisor.

I am under renewed obligations to each of the Trustees for their kind counsel and hearty support in carrying forward this benevolent enterprise, and I would in this connection most sincerely thank the Board for their confidence still reposed in me as evinced by a unanimous vote passed at a full Board meeting on the 4th of August last, not to accept of my letter of resignation tendered at the last annual meeting in December, 1868.

I also take pleasure in an honorable mention of those more intimately associated with me in the cares and responsibilities of the institution, for the prompt and timely aid they have always rendered. The Steward and Matron, the Assistant Physician, the Supervisors, the attendants, and all the helpers in and about the institution deserve my hearty thanks for their uniform kindness and urbanity, and for their fidelity in the discharge of the varied duties incident to their several positions.

Our thanks are due to Hon. Nathan Clifford for valuable garden seeds sent us from the Patent Office at Washington. To Hon. Lot M. Morrill for interesting Public Documents.

To Miss D. L. Dix, for a package of Dime Music, well calculated to amuse the patients.

To Mrs. Dr. Gilman, for a copy of the memoir of John W. Foster, and a copy of Humboldt's Religious Thoughts and Opinions.

To Miss Annie Williams, for nice lithographs of distinguished men, handsomely framed.

To Dr. M. R. Ludwig, through the politeness of Capt. Samuel Watts, for a copy of The History of Thomaston.

To Hon. J. W. Bradbury, President of the Maine branch of the American Bible Society, for fourteen volumes of Testaments and Psalms, and two Bibles.

To Messrs. Morse and Means, for the use of one of their velocipedes, which afforded not a little amusement to the inmates.

To Mr. Barnabee of Melrose, Mass., for an hour's entertainment of song and recitation, which delighted all who heard him.

Looking to God, the source of all blessings, the spring of all true joy, for divine approval, we begin another fiscal year with renewed energy and zeal, determined to do what we can for the unfortunate who may need the care and gentle restraint of the Hospital.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }  
Augusta, November 30, 1869. }

# APPENDIX.

## REPORT OF STEWARD AND TREASURER.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN :—The following report of the financial affairs of the Hospital, from November 30th, 1868, to November 30th, 1869, is respectfully submitted :

PAYMENTS.		
Paid balance due Treasurer for 1868,	- - -	\$2,505 29
Paid for flour,	- - -	7,149 47
“ corn, rye and meal,	- - -	1,620 27
“ beans and peas,	- - -	509 44
“ rice,	- - -	279 22
“ sugar,	- - -	2,637 65
“ molasses and syrup,	- - -	2,051 94
“ tea and coffee,	- - -	1,619 18
“ butter,	- - -	9,599 60
“ meat,	- - -	7,961 47
“ fish and clams,	- - -	1,714 90
“ small groceries,	- - -	526 25
“ all other eatables,	- - -	2,007 13
“ fruit, green and dried,	- - -	629 67
“ soap,	- - -	266 93
“ furniture,	- - -	1,072 96
“ crockery, glass and hardware,	- - -	1,446 99
“ domestic goods, blankets, hats and caps,	- - -	6,070 88
“ medicines,	- - -	928 56
“ coffins and fixtures,	- - -	650 50
“ straw for beds,	- - -	170 32
“ stationery, postage and revenue stamps,	- - -	264 21
“ repairs and improvements,	- - -	2,288 50
“ labor in hospital,	- - -	9,368 17
“ labor on farm,	- - -	1,726 71
“ fuel,	- - -	6,460 15
“ lights,	- - -	956 73
“ horses, carriages and harnesses,	- - -	127 67
“ miscellaneous,	- - -	721 53

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

Paid for freight, trucking and express bills, -	\$206 84
“ tobacco and snuff, - - - - -	259 87
“ cheese, - - - - -	304 23
“ freight and express bills for patients, -	239 13
“ oxen, cows and pig, - - - - -	2,231 00
“ building piggery, plan of grounds, and moving buildings, - - - - -	2,822 05
	<hr/>
	\$79,395 41
RECEIPTS.	
From patients for board and clothing, - - -	73,835 73
“ goods and produce sold, - - - - -	561 55
Balance due Treasurer, - - - - -	4,998 13
	<hr/>
	\$79,395 41
RESOURCES.	
Debts due the Hospital, - - - - -	20,110 84
Liabilities, - - - - -	18,000 00
	<hr/>
Balance in favor of Hospital, - - - - -	\$2,110 84
The products of the farm are as follows :	
200 tons of hay at \$16 per ton, - - -	3,200 00
2,500 cabbages at 6c each, - - - - -	150 00
322 bushels of barley at \$1 per bushel, - -	322 00
800 bushels of beets at 60c per bushel, - -	480 00
228 bushels turnips at 45c per bushel, - -	102 60
100 bushels corn at \$1.30 per bushel, - -	130 00
150 bushels of apples at \$1 per bushel, - -	150 00
100 bushels of beans at \$3 per bushel, - -	300 00
750 bushels potatoes at 50c per bushel, - -	375 00
6,000 pounds of squashes at 2c per pound, - -	120 00
50 bushels of tomatoes at 50c per bushel, - -	25 00
18,000 pounds of pork at 15c per pound, - -	2,700 00
200 pigs at \$5 each, - - - - -	1,000 00
Milk from pasturing at 4c per quart, - - -	1,380 00
15 tons straw at \$7 per ton.	105 00
	<hr/>
	\$10,539 60

*Schedule of Stock and Personal Property of the Hospital, 1869.*

STOCK.		
4 horses,	- - - - -	\$900 00
6 oxen,	- - - - -	750 00
34 cows,	- - - - -	1,700 00
1 calf,	- - - - -	20 00
42 hogs,	- - - - -	1,470 00
110 pigs,	- - - - -	550 00
		\$5,390 00
SLEIGHS, FARMING TOOLS AND CARRIAGES.		
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,	- - - - -	300 00
1 chaise,	- - - - -	46 00
1 express wagon,	- - - - -	75 00
2 buggies,	- - - - -	340 00
3 sleds,	- - - - -	100 00
4 sleighs,	- - - - -	260 00
Plows, harrows, yokes and chains,	- - - - -	447 30
		\$2,268 30
FEED FOR STOCK.		
180 tons hay at \$16,	- - - - -	2,880 00
10 tons straw at \$7,	- - - - -	70 00
700 bushels corn at \$1.30,	- - - - -	910 00
293 bushels barley,	- - - - -	293 00
		\$4,153 00
PROVISIONS AND GROCERIES.		
2,500 pounds fish at 7c,	- - - - -	175 00
6,300 pounds beef at 11c,	- - - - -	693 00
800 pounds pork at 15c,	- - - - -	120 00
4,000 pounds butter at 40c,	- - - - -	1,600 00
1,060 pounds granulated sugar at 16c,	- - - - -	169 60
2,000 pounds brown sugar at 12½c,	- - - - -	250 00
980 gallons molasses at 62½c,	- - - - -	612 50
1,000 pounds tea at 85c,	- - - - -	850 00
600 pounds cheese at 18½c,	- - - - -	111 00
100 pounds rice at 11c,	- - - - -	11 00
56 bushels beans at \$3,	- - - - -	168 00
400 bushels potatoes at 50c,	- - - - -	200 00
600 bushels beets at 60c,	- - - - -	360 00
175 bushels turnips at 45c,	- - - - -	78 75
2,000 pounds squash at 2c,	- - - - -	40 00
1,200 pounds cabbages at 5c,	- - - - -	60 00
18 barrels apples,	- - - - -	90 00

*Schedule of Personal Property, (Continued.)*

8 bushels cranberries, - - - - -	\$32 00
80 gallons of vinegar at 42c, - - - - -	33 60
208 barrels flour at \$8.50 - - - - -	1,768 00
Soap, starch and spices, - - - - -	300 00
	<b>\$7,722 45</b>
FUEL AND LIGHTS.	
60 cords wood at \$7, - - - - -	420 00
600 tons coal at \$10, - - - - -	6,000 00
1 barrel oil, - - - - -	60 00
	<b>\$6,480 00</b>
Furniture in use, - - - - -	12,000 00
Fire engine and apparatus, - - - - -	1,000 00
Framed engravings, - - - - -	300 00
Crockery and glass ware, - - - - -	450 00
Medicines, - - - - -	800 00
	<b>\$14,550 00</b>
DRY GOODS AND CLOTHING.	
50 pieces print, 1500 yards, at 12½c, - - -	187 50
5 pieces tweed, 159 yards, at 70c, - - -	111 30
4 pieces cottonade, 150 yards, at 33¼ - - -	50 00
100 yards carpeting at \$2, - - - - -	200 00
28 pairs men's boots at \$4.75, - - - - -	133 00
25 pairs ladies' shoes at \$1.20 - - - - -	30 00
7 pairs boots at \$2.25, - - - - -	15 75
20 coats at \$4.50, - - - - -	90 00
6 pairs pants at \$3.25, - - - - -	19 50
3 vests at \$2.25, - - - - -	6 75
212 pairs socks and mittens at 62½c, - - -	132 50
	<b>\$976 30</b>
Total, - - - - -	<b>\$41,540 05</b>

JEFFERSON PARSONS, *Steward and Treasurer.*

INSANE HOSPITAL, November 30, 1869.



INSANE HOSPITAL, Dec. 7, 1869.

*To the Trustees of the Maine Insane Hospital:*

The Committee to which was referred the financial parts of the Treasurer's report, have examined the same and find it correct.

WM. B. LAPHAM, }  
 GEO. A. FROST, } *Committee.*  
 A. G. WAKEFIELD, }

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INSANE HOSPITAL, Dec. 7, 1869.

*To the Trustees of the Maine Insane Hospital:*

The Committee to which was referred that portion of the Treasurer's report, relating to a schedule of stock and other personal property belonging to the Hospital, have attended to the duty assigned them, and report the same correct, and that the property therein specified is now on hand.

A. G. WAKEFIELD, }  
 JOHN T. GILMAN, } *Committee.*  
 GEO. A. FROST, }

## CHAPLAIN'S REPORT.

*To the Trustees of the Maine Insane Hospital :*

GENTLEMEN:—It becomes my duty to present to you my third annual report, as Chaplain of the Maine Insane Hospital, for the year ending Nov. 30, 1869. In conducting the Sabbath evening service, I was assisted till the first of June by the same clergyman, and in the same way, as mentioned in my last report. Receiving notice the last of May, through your Chairman, that such an arrangement was not entirely satisfactory, since that time I have attended personally to all the duties of the office, with the exception of two evenings, when the services were conducted by Rev. Dr. Carruthers of Portland, and the Rev. Mr. Moor of this city.

I have attended the funeral services of all, who, during the year, have been buried in the Cemetery connected with the Hospital.

The attendance on all occasions of public worship has been invariably large, and the deportment of the patients, with few exceptions, quiet and orderly. Indeed, with the over-crowded, ill-ventilated room now occupied as Chapel, the wonder is, that the patients who attend the service, deport themselves with so much quietness and decorum.

The necessity of a larger and more commodious Chapel cannot but be felt when the facts are presented, even by those who have never seen the room now occupied for this purpose. This room, while badly located and poorly ventilated, is not large enough to accommodate one half of those who would attend the public service on Sabbath evening, if accommodations more cheerful and sufficiently ample, were provided. The daily average of patients in the Hospital during the year, the Superintendent informs me is *three hundred and forty-two*. If you add to this the members of the household, made up of attendants and those employed on the farm &c., some *fifty* in number, we have then about *four hundred* persons connected with the Hospital. The room, now used as a Chapel, can accommodate at the most but *one hundred*. Hence the necessity of a larger chapel (a new building), to accommodate

those who desire to attend religious service. When the new wing is completed, the number of patients and attendants will be increased, and the necessity for more ample accommodations will be still more imperative.

I trust you will consider this subject worthy of special notice in your report, and that you will recommend an appropriation from the State for this object.

I am happy again in closing this report, to testify to the uniform kind and respectful attention I have received, in all my intercourse with those, in whose care, you have placed the management of the Institution. And I retire from this office, grateful for the opportunity which you have afforded me, for the last three years, of ministering the consolations of the gospel, as best I could, to this class of persons, demanding more than any other, our kindest sympathies and patient attention.

All of which is respectfully submitted.

Yours with respect,

C. F. PENNEY.

AUGUSTA, November 30, 1869.

## REPORT OF BUILDING COMMITTEE.

*To the Trustees of the Maine Insane Hospital :*

The undersigned, a committee of said Trustees to expend the appropriation made by the last Legislature toward the erection of a new wing to the Hospital, ask leave to submit the following Report :

The unusual quantity of rain which fell during the spring months, very much retarded the labor of excavation for the new wing. In order to reach the ledge which serves as a foundation for the entire Hospital building, the excavations at some points were deep, and in consequence of the constant presence of water in large quantity were made with extreme difficulty.

The work of laying the foundation wall was commenced about the 10th of June, and was completed about the 10th of July. It is a substantial piece of rough masonry, and reflects great credit upon Mr. Pierce who had charge of laying it.

About the 14th of July the work of laying the ashler for the first story was commenced, and the last stone to complete the building was laid on 10th of November. In the erection of this wing something more than six thousand bricks were made use of, which sum includes about fifty thousand of old bricks which were on hand.

The bricks were furnished by Messrs. Soule and Norcross, from their yard in Augusta, and were of superior quality, and were promptly delivered according to contract. Your committee is also under obligations to Messrs. Lancy and Smith who furnished the lumber ; to Messrs. J. P. Wyman & Sons who furnished the windows, and to Mr. James Tibbetts who had the contract for furnishing the sand, for the promptness and fidelity with which they severally performed their contracts. By the terms of their contract, Messrs. Savage & Young were to furnish the granite for the entire building, and to finish their job in the month of August, but, though constantly pressed by your committee, the last stone was not furnished till the 10th of November. The delinquency on their part delayed us at least a month in the completion of the

duty assigned us, and was the source of no little care and solicitude. Had not the owners of the Augusta quarries been unusually full of work the past summer, we should never have endured this vexatious delay.

We are happy to report that the building is now completed so far as was contemplated this season, and in point of durability and strength we believe it will compare favorably with other portions of the Hospital building. Of this, however, and the fidelity with which the work has been done, you and the public must judge for yourselves.

Mr. Wm. M. Clark who has had charge of the masonry, and Mr. Alvan Fogg the master carpenter, have each performed their duties to the satisfaction of your committee. The same may be said of all the workmen under them.

Much of the labor of excavating and of carrying bricks and mortar has been performed by the patients, many of whom entered into the work with all the zeal of real owners; and while it offered healthful recreation and exercise to them, it has been a source of profit to the State in helping out the appropriation.

Our acknowledgments are due to Mr. Parsons, Steward and Treasurer of the Hospital, for the valuable services he has from time to time cheerfully rendered. It was only a small portion of the time that one of us could be present at the Hospital, and in our absence much work has devolved upon him which he has always faithfully attended to.

To Miss S. B. Caruthers, his efficient clerk, we are indebted for much clerical assistance.

Mr. Durgin of Bangor, is also entitled to favorable notice for the faithful manner in which he performed the labor of slating the roof during a very cold and inclement season.

Annexed is a schedule of our expenditures, by which it will be seen that we have exceeded the appropriation by about four thousand dollars.

This excess is in part accounted for from the fact that it has not been customary in the erection of the Hospital buildings to purchase the Southern pine floor boards the first year, but as they will be wanted early in the spring, your committee thought it best to procure them and have them planed and matched, in order to have them thoroughly seasoned by the time they would be wanted.

Our contracts have been satisfactorily made, and our supplies purchased at the lowest market rates. The expense of building is

somewhat less than when the last wing was built, with the exception of labor, which, in all grades, has increased rather than diminished in price.

By making use of the plans and specifications used in the erection of the last wing of which this is a counterpart, we saved the cost of employing an architect.

SCHEDULE OF EXPENDITURES.

Foundation wall,	-	-	-	-	\$1,249 95
Bricks,	-	-	-	-	4,762 90
Sand,	-	-	-	-	506 80
Yellow pine,	-	-	-	-	1,662 16
Slate,	-	-	-	-	889 75
Granite and hammered stone,	-	-	-	-	6,725 00
Lumber,	-	-	-	-	2,200 00
Nails and iron,	-	-	-	-	417 95
Lime and cement,	-	-	-	-	869 49
Slating,	-	-	-	-	122 60
Windows,	-	-	-	-	809 91
Planing,	-	-	-	-	207 50
Blacksmithing,	-	-	-	-	168 62
Carpenter work,	-	-	-	-	1,494 37
Mason and other work,	-	-	-	-	4,768 36
Trucking bricks and lumber,	-	-	-	-	204 57
Zinc and roofing tin,	-	-	-	-	30 62
Boarding slaters,	-	-	-	-	22 00
Services and expenses of building Committee,	-	-	-	-	687 65
Trucking,	-	-	-	-	130 87
Excavating for basement and removing earth from around the building,	-	-	-	-	1,000 00
					\$28,920 20

Of the above sum, twenty-five thousand dollars have been paid, leaving a balance of three thousand nine hundred and twenty dollars and twenty cents (\$3,920 20) to be provided for.

Which is respectfully submitted.

W. B. LAPHAM,  
GEORGE A. FROST, } Committee.  
A. G. WAKEFIELD, }

## REPORT OF THE COMMITTEE ON HOSPITAL LIBRARIES.

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*To the Trustees:*

The Committee on Hospital Libraries respectfully report :

That each of the weekly newspapers published in the State is now furnished to the Hospital, the publishers uniformly furnishing two copies for the price of one. The same arrangements have also been made with the publishers of Harper's Weekly and Monthly, the Atlantic Monthly, Ballou's Monthly and the American Union. In addition to these the amount of transient reading has been largely increased by the purchase, at a low price, of exchanges from several of the newspaper offices at Augusta. This class of reading is much sought after by the mass of patients, hence our efforts to increase it.

The libraries have been increased during the past year, by the addition of about fifty volumes, by purchase.

The Committee acknowledge the receipt of a generous donation of Bibles and Testaments, from the Maine Branch of the American Bible Society, through Hon. James W. Bradbury, President.

We are also under obligations to David Knowlton, Esq., of Augusta, for a tastefully carved box in which to receive contributions to the Library.

Below is an exhibit of the Receipts and Disbursements for the past year.

### RECEIPTS.

Balance from old account,	-	-	-	-	\$83 03
March and September coupons on State bonds,	-			-	180 00
Voluntary Contributions,	-	-	-	-	3 15
				-	\$266 18

### DISBURSEMENTS.

Paid for newspapers, periodicals and books,	-	-	-	-	\$212 74
Balance to new account,	-	-	-	-	\$53 44

WM. B. LAPHAM,        } *Committee on*  
JOHN T. GILMAN,       } *Hospital Libraries.*

## REPORT OF COMMITTEE OF ME. MEDICAL ASSOCIATION.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—By a vote of the Maine Medical Association, at its annual meeting in June last, a committee was appointed consisting of Drs. A. J. Fuller of Bath, A. P. Snow of Winthrop, and B. F. Buxton of Warren, to visit the Insane Hospital and report on its condition to the Trustees of the said Hospital on or before Jan. 1, 1870.

The Committee was notified to meet in Augusta on the 28th of September, 1869. Dr. Buxton being unable to attend, Dr. H. H. Hill was substituted in his place.

The object contemplated by the Association in the formation of this Committee is, to ascertain through it whether or not the Institution which the State has so generously provided for the benefit of the insane, is so managed that the profession can recommend it as affording the safe keeping, the kind and skillful treatment which is the design and duty of such Institutions to furnish.

The Committee made a very thorough and careful examination of every department of the Hospital, and feel confident they can place before the public a true statement as to its condition and management.

We found the Hospital crowded to its utmost capacity, containing three hundred and forty patients—one hundred and fifty-six males and one hundred and eighty-four females. The males, at present, are divided into seven classes. When the new wing is completed, the division will be into ten classes, corresponding with the present classification in the female wards.

The patients are classified in such a manner as to insure them the most rapid recovery. Those who require but little restraint, constitute one class; the more violent are placed by themselves, and as they become improved are classified accordingly.

The physical and moral condition of the patients, the Committee believed to be as good as can be, with such a class of patients, and will compare favorably with that of like Institutions in other States. The same may be said of the medical treatment of the patients, their wants in this respect, being carefully attended to.



The sanitary condition of the Hospital is excellent; cleanliness and good ventilation, we found in every department, presenting an air of comfort and happiness that was truly gratifying.

Dr. Harlow the Superintendent, and Dr. Sanborn his assistant, are constantly doing all they can to ameliorate the condition of those placed under their charge, and we were pleased to find the attendants intelligent, and kind to those under their care. The modes of restraint are very mild, the health of the inmates remarkably good, only two patients being confined to their beds, one from paralysis and one from phthisis.

We believe this Institution should be carefully fostered by the State, and it is one that should certainly excite the sympathy of every philanthropic heart.

We examined the provisions before being cooked, the mode of cooking and after they were placed in the dining halls for the use of the patients. We found everything well conducted in this department and great credit is due to Mr. Parsons, the Steward, for the faithful manner in which he discharges his duty.

Finally we would say, that the public must never expect perfection in an Institution of this kind. The very nature of the diseases of the class of patients that are sent to the Hospital precludes the possibility of such a result. Yet we do cheerfully say that our own State Asylum is as well managed, at the present time, as any similar Institution we ever visited.

In closing our report, gentlemen of the Trustees, we have one suggestion to make for your consideration, namely, that as soon as may be, a system of more active employment be instituted for that class of patients who are mildly insane, or are apparently recovering. Idleness is not conducive to sound mind at any time, and if that class of patients could have more physical and mental employment, we feel sure they could be greatly benefitted thereby. It would serve to dispel very many of the dark clouds of despondency that continually hover about the insane. The best time to commence this improvement, and the best kind of employment to institute, we leave to your good judgment to determine.

Respectfully submitted.

A. J. FULLER, }  
 A. P. SNOW, } *Committee.*  
 H. H. HILL, }

## COMMUNICATION FROM MR. COPELAND.

Description of the working plan for improving the grounds of the Insane Hospital, Augusta, Me., by Robert Morris Copeland, landscape gardener, Boston, Mass.

## AVENUES.

The main avenue is twenty-five feet wide, and should be well made—on such soil as you have—well made means perfectly underdrained, with surface drains on the sides of the avenues, and suitable culverts to carry off the side water under the road. I have carried the avenue over the surface on the lines of least slope so as to give the water the smallest amount of friction, but unless care is taken in construction there will be wash. It is not necessary to crown the road very high, in fact a road does not wear as well when much crowned, the tendency being to make ruts in the middle. Three inches rise in the middle of this road will be enough. The avenue should be dug below the action of the frost, if you want a perfect road, but if you can be content with a moderate amount of mud and bad travelling in spring and fall, two feet of excavation will do. The bottom of the road should be crowned a little more than the upper surface, and have drains laid on each side to take away quickly any water coming through the road, or from the adjoining lands. These tiles may have outlets for discharging in each culvert or wherever the road crosses a hollow. When excavated, fill with broken stones, to within three inches of the surface, adding two inches of coarse, and one of fine gravel. If you make the road in this way, you will never be troubled with washing or wear. Of course, you can make it like any of the common roads of the country by removing the sods and surfacing with gravel, but such roads are a vexation in muddy and frosty weather. The side gutters are best when made of pine tar concrete—it is easy with that to make an unobtrusive and permanent gutter. This avenue properly made, including side gutters, will cost about 30 cents per square foot, and less in proportion to the extent to which you neglect the method I have described.

Your other roads and paths may be made well or ill as you prefer: they will all be better for perfect work, and more economical in the long run. The paths need not be dug out more than one foot deep, but the drives ought to be able to give a good surface in all weather. These drives being but twenty feet wide, may often dispense with the underdrain on one side and sometimes on both, and the paths will need no other drainage than that given to all the surface.

#### BANKS AND SIDES OF ROADS, &c.

As all your roads wind over the surface, there will be a constant recurrence of sloping surfaces, the bank being above or below the road. All these banks are to be gently sloped back so that grass will readily grow on them; the slope to be not less than one and a half feet of horizontal to one foot of vertical distance.

In most cases the earth removed from the upper side will fill the lower side.

The proper treatment of the banks will make the greatest difference in the final effect of the place, and no pains will be too much to give an easy slope and a well grassed surface.

#### LAWNS AND OPEN SURFACES.

All the land in front of the Hospital, to the first road which leads diagonally to the river at the foot of the first slope, should be kept in permanent lawn, and get its enrichment from liquid and other manures applied as top dressing. Make the lawn well at first; plow and subsoil it at least eighteen inches deep, removing all the large stones, and when you plow work in at least twenty cords of manure to the acre. All the surface is clayey and should be underdrained with tiles. I have not laid down any system for underdrainage, but will do so if necessary or if you desire it.

The rest of the surface unoccupied by plantation may be treated as farming land, and may be cultivated with a rotation of crops.

A suitable rotation for such an establishment as yours, will keep the land in grass as much of the time as possible. I should recommend the first year from clover sod, wheat; second year, manure and Indian corn; third year, roots or potatoes; fourth year, clover and grass for three years; then begin again with wheat. I know there will be some objection to this, because it is desirable to sow grass and clover with some grain, and to sow early. But that is bad farming, and grass seed and clover will

come very well if planted when the roots or potatoes are out or in the spring. Spring grains and grass do very well, though spring sown grass is liable to be choked with weeds.

Whoever looks upon this plan with the eye of a farmer will regret the large amount of plantation, and think I have sacrificed economy to beauty. I admit at once that economy has been second in my estimate of the proper treatment to beauty, but at the same time, I think I can show that if the trees were planted solely as a crop that it is the best crop you can grow.

The trees I have planted would in twenty-five years pay for themselves, the cost of their planting and treatment, and a large interest on the land, if cut off for fire-wood, and in twenty years more would be worth the first cost of the place for timber. But I do not plant with the idea of cutting off, although if the plantations should be properly thinned, their value will be increased and a large sum of money realized. It may seem to the casual thinker that I have planted too thickly, but I want you to get an immediate effect and should advise thickening still more for that purpose and to enable the trees to nurse each other. For nurses you might plant a Scotch Larch and Aspen between every two trees I have shown, and if cut out in twenty years, the cuttings will very nearly pay the whole cost of the entire plantation and leave the permanent trees in a vigorous condition. I have given a great deal of care and thought to the plantation and have provided for many beautiful effects in form and color. If you plant exactly as I have shown the trees, in forty years you will have a sight worth going to Augusta to see.

To illustrate this let me call your attention to a point in the entrance avenue marked with a star. Suppose yourself to be standing there a pleasant afternoon in October; you would be under the branches of some stately oaks, and looking toward the north-west over a wide lawn or green field gently sloping towards the river, would see a mass of red or Norway pines, a yellowish green in color, connected with a long line of single pines of different form and color. The red pine group is attached to a dark green mass of Austrian pines enlightened by a few light yellow larches, the delicate color and foliage of which continues until it is lost in an evergreen wood. The body of this wood is white pine, round topped and stately with a center of spruces. In the middle of the dark blue green spruce, there is a group of silver foliaged spruces, *Abies menziesii* and *Picea Nord-maniana*, which in

turn gives place to the graceful Norway spruce. In front of these evergreens there is a mixed group of deciduous trees, enlivened by the stems of the white paper birch. Turning back now to the first group of red or Norway pines, you would see embraced as it were between the red and massive group of mixed pines, spruces and hemlocks, a birch wood, varied with a few hornbeams, and strengthened by the towering tops of some Lombardy poplars—all these trees being at that season in delicate yellow leaf. Behind these and partly behind the evergreens, a mass of chestnuts and maples, rich in color with orange and crimson. As the eye returned from its circuit, taking in all these effects, resting a moment on the spires and hills of Augusta, partly screened and partly revealed by the groups of trees, it would stop on a purple line of ash trees and finally settle on the red and scarlet leaves of the oak wood through which the avenue passes. If now you should turn and look east under the oak trees, you would see a body of red orange and yellow maples relieved against a conical topped grove of dark green spruces and firs, blended with pines and hemlocks, which in turn are supported and varied by the rich yellow of a hickory wood.

If you will look over the plan carefully and accustom yourselves to the symbols I have used, you will see that in every case, I have planted the trees with reference to the effects to be gained from them at all seasons of the year. And if you will be patient and faithful in executing the work, you will be satisfied with the result.

#### SHRUBS.

These should be introduced freely on the margins of plantations, the turns of paths and at the swells of roads. I have written the word shrubs, wherever I want you to be sure to have them, and I have given the details of several groups to teach the planter the method to follow to get good effects.

About the buildings and gardens I have given careful treatment and minute details. If I should have carried this out all over the plan, it would have crowded it and actually confused the planter. By the time he has planted my groups, he will have the idea near enough to be trusted to continue in the same direction.

You will see that in many cases the trees are surrounded with shrubs. Whilst the trees are young the shrubs will be effective, and when the trees get size, such of the shrubs as will not grow

in the shade will die out gradually and not be missed as the trees will replace them.

To plant this place with economy lay out an acre of ground into nursery rooms, manure it well, and then buy at American or European nurseries the trees and shrubs you want as per my list. Buy them small, two or three years from the seed; they will cost then but a few cents each, and you can afford to buy two for each one you want. Plant carefully in the nursery and attend to them, and transplant them as you want them. In this way you will work cheaply and at your convenience, and not be hurried as most of us are in the planting season of the Spring and Fall.

#### HOW TO PLANT.

I do not need to describe the best way of doing this work. You know it now, or if you do not, I will refer you to the many good treatises on the subject. I have shown on the corners and sides of the buildings the names of vines. I should earnestly recommend you to plant vines and train them up over the buildings, as they add very much to its attractiveness.

#### FLOWERS.

The flower beds will seem numerous, but as I said in my previous letter, there is no need of making all of them unless you wish to. I have given for the method of planting mostly bedding plants which must be procured from Green Houses, but annuals may be used, if care is taken to get a good supply and they are carefully managed. Annuals have the disadvantage of coming into blossom late and remaining in blossom but a short time.

Perennials generally blossom early and then cease, leaving the bedding plants for a dependence. Flower beds must always be kept well enriched, if a good bloom is to be secured. I have placed several large beds where they will be seen from the windows of the Hospital; although they are high up, one could distinguish the colors of the flowers. The sides of the beds should be marked with slates driven down level with the sod, which would keep out the roots of the grass.

There is a large number of vases which will add greatly to the picturesque effect of the grounds. They may be of rustic wood or iron. The plants that go into them are mostly hardy and could remain during the winter, though some would need to be renewed each year. The kitchen garden is to be surrounded by a hedge

of Norway spruce. Select the plants about two feet high, and set them three feet apart. Keep them always closely trimmed in a pyramidal shape so that the upper branches may not kill the lower by shade, and let them grow twenty or thirty feet high.

#### GREEN HOUSE, CONSERVATORY AND HOT-HOUSE.

I have shown the places where those buildings should come, and when you are ready to build, can make plans for them if desired.

#### GYMNASIUM AND BOWLING ALLEYS.

These buildings are to be used for special purposes, and will be planned for when wanted.

#### BRIDGES AND CULVERTS.

The principal avenue comes in over two bridges. The first as you approach the hospital will require considerable masonry and filling, though the hollow and brook will be spanned by a single arch. As you can easily quarry stone, I should lay it up of rough stone with rough stone parapet coping, and fill in with gravel. This must be rather an expensive piece of work, but if well made will be very ornamental and add very much to the dignity of the grounds. The second bridge is shorter and should be made in the same way. Owing to the great inequality of surface the avenue cannot be carried to the buildings over any tolerable grade and approach the front of the buildings on any other line than the one I have selected, and I think the cost of the bridges need not alarm when you consider the advantage to be gained.

#### CULVERTS.

The different drives and roads cross the ravines in many places; wherever they do, stout culverts must be made and in some cases be protected by a parapet or hand rail. These culverts must always be much larger than would seem to be necessary, to remove the flush of water in the spring. How to make and maintain culverts you know as well as I. Every road has been carried at the easiest angle up the hills and none of them will be severe, even with a heavy load.

I should have said, when discussing the plantation, that I may, in many cases, have shown trees to be planted where others already exist. If this is so, it is due to the fact that they are not marked on the plan sent me as the basis of my work.

## PLAY, CROQUET AND BALL GROUNDS.

These spaces should be made into good and even turf, and be kept well rolled, to perfectly harden the surface; the small, oval croquet ground would in time be shady at all times of day.

Having passed over the ornamental part of the work, I will now go to the

## KITCHEN GARDEN.

I have given a large kitchen garden, with an ample supply of fruits, great and small, located where the surface best admits of good culture and near to the barns and hospital. When the hedge gets well grown—say twenty or thirty feet—it will be warm and sheltered so that you can grow anything you want in abundance and early.

The index and symbols sufficiently explain themselves. The walks should be well made, edged with stone, slate or kyanized boards, which would long resist the action of the weather. If you make the paths thoroughly, they will always be dry when free from snow, and the earth taken from them may be used to deepen the soil of the garden, whilst the space excavated will be a convenient receptacle for the stones which will be gathered from the surface as you do your work.

The espaliers, I propose to carry round the garden, will give a chance for the culture of pears, peaches, cherries and other tender fruit that need either protection or watching, and as they come near the boundary or hedge they will not consume any valuable room. Even hardy fruits get better size and flavor when cultivated as espaliers, and grapes *must* have some support.

The apple orchard, I have removed and divided the trees into several small orchards, where they will be easy of access and ornamental when in blossom.

## BARNs.

I have removed these to the side of the ravine where the slope will admit of their having good cellars and a part of the cattle kept below the general level. In fact, the slope is such that the buildings will be partially concealed from the hospital, and will, I think, be much more convenient than at present.

The sole objection that situation has is the brook, which comes through the valley, which must in spring carry down a great deal of water. To remedy this, dig a new channel where I have located it; the base of the new brook should be, at least, as wide again



as the present brook, and the sides carried up about two to one, so as to give free and rapid passage to the water.

The brook should be dug out in a similar manner through the land beyond your boundary, until it falls enough to render further excavation needless. When this is done, I should advise that from time to time you dig out the soil of the barn yard two or three feet deep, mix it with your manure, and replace it with stones, with good underdrains leading to the brook; there would then never be any danger of hurtful moisture.

## SEWERAGE.

On the working plan, I merely show the new location for tanks and the main sewers leading to them. Whether you distribute the sewerage by catch drains, hose or water barrels, it is worth on your land at least thirty dollars per patient per annum.

I have now recapitulated all the points of interest which occur to me, which are not sufficiently explained by the plan itself. But doubtless many questions will arise. If they do, make out a list and send to me, and I will promptly answer all of them.

I have omitted to mention the summer houses or arbors. These may be made of two inch plank, rough sawed and unplanned. They should be varied in their style, and be rustic in character, and although in the woods, should be covered with vines trained over them; the one on the knoll at the southwest surrounded by a ring of flowers, should be covered with roses and flowering vines, like clematis, honeysuckle, peripleca, woodbine, &c.

With this I will take leave of the plan and of you, begging you not to hesitate to ask me any questions you wish answered. Perhaps it would be proper for me to advise you to have the main features staked out with good chestnut or cedar stakes, and then to begin some of the most important parts at once, to impress the character of the improvements on the ground as soon as possible.

\* \* \* \* \*

Such a treatment as I have proposed to you, will make a beautiful home, in future, for all who may be so unfortunate as to require the shelter of a hospital, during a temporary or permanent loss of reason.

I am yours, respectfully,

ROBERT MORRIS COPELAND, *L. G.*

To the Trustees of the Maine Insane Hospital, Augusta, Me.

## EXTRACTS 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 pants of strong woolen cloth; two pairs woolen stockings; one hat or cap; pocket handkerchief; brush and comb; and one pair of boots or shoes.

Females should have at least a change of under clothes, shoes and stockings, brush and comb, decent bonnet, and two substantial dresses. The woolens 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 \$4.00 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 we 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, cormorant 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.

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FORM OF BOND FOR SUPPORT.

KNOW ALL MEN BY THESE PRESENTS, That we, — of — in the county of —, as surety, are held and bound unto —, Steward of the Insane Hospital at Augusta, or to his successor in office, in the sum of two hundred dollars, to the payment of which sum, well and truly to be made, we bind ourselves, our heirs, executors and administrators, firmly by these presents.

*Sealed with our Seals, and dated at —, this — day of —, A. D. 186—.*

*The condition of this obligation is such, That whereas, —, of —, in the county of —, is about to be admitted as a boarder and patient at the institution aforesaid: Now if the said — shall pay to said —, or his successor, and remove the said —, and for reasonable charges that may be incurred in case of the elopement of said —, payment to be made quarterly, and at the time of removal, with interest on the amount after it becomes due, as aforesaid, then this obligation to be null and void, otherwise to remain in full force and virtue.*

Witness:

[L. S.]

[L. S.]

## QUESTIONS.

TO BE ANSWERED BY THE PATIENT'S FAMILY OR PHYSICIAN.

1. Age ?
2. Married or single ?
3. Occupation ?
4. How old at first attack ?
5. Date of present attack ? What appearances ?
6. What changes since ?
7. On what subjects ?
8. Any rational intervals ?
9. Any relations ever insane, and who were they ?
10. Ever attempted suicide or homicide, and in what manner ?
11. Destructive to clothes or property ?
12. Disposed to filthiness of person or habits ?
13. Any restraint or confinement been applied ? If any, what ?
14. If former attacks, how many, and how long did they continue ?
15. What natural peculiarities ? power of self-control ? temper ? disposition ? predominant passion ? disappointment as to property ? affections, wounded pride, loss of friends, family troubles, intemperance in the use of ardent spirits, tobacco, &c. ?
16. History of any bodily disease, especially suppressions of evacuations, eruptions, sores, &c., injuries, epilepsy, palsy, &c. ?
17. What cause or causes are supposed to have induced the attack ?
18. What curative means have been tried ? State if blood-letting has been resorted to ? If so, to what extent ?