

# MAINE STATE LEGISLATURE

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# Public Documents of Maine:

BEING THE

ANNUAL REPORTS

OF THE VARIOUS

PUBLIC OFFICERS AND INSTITUTIONS

FOR THE YEAR

1876.

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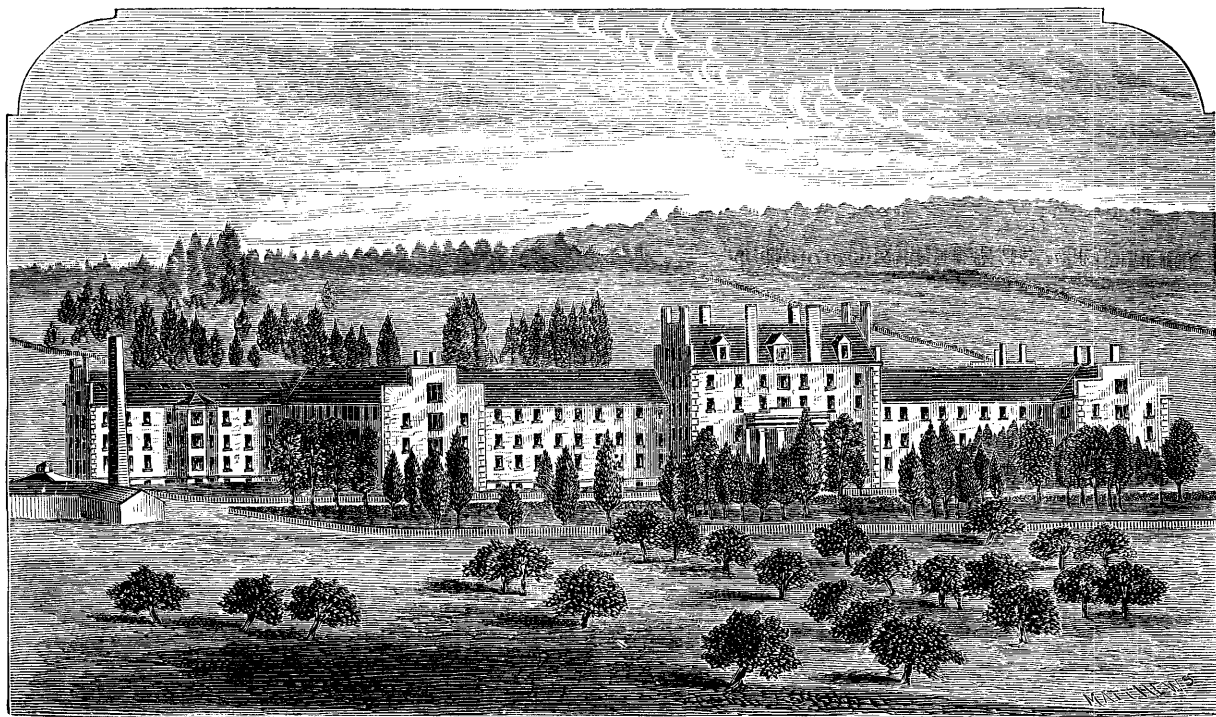
VOLUME I.

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AUGUSTA:

SPRAGUE, OWEN & NASH, PRINTERS TO THE STATE.

1876.



MAINE INSANE HOSPITAL.

# REPORTS

OF THE

TRUSTEES AND RESIDENT OFFICERS

OF THE

# MAINE INSANE HOSPITAL.

DECEMBER 1, 1875.

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Published agreeably to a Resolve approved February 25, 1871.

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AUGUSTA:  
SPRAGUE, OWEN & NASH, PRINTERS TO THE STATE.  
1876.

## OFFICERS FOR 1876.

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### TRUSTEES.

E. L. PATTANGALL, PEMBROKE, *President.*  
H. A. SHOREY, BRIDGTON, *Secretary.*  
E. W. WOODBURY, Bethel.  
JOHN W. CHASE, Augusta.  
A. G. WAKEFIELD, Bangor.  
JOHN T. GILMAN, Portland.

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### RESIDENT OFFICERS.

DR. H. M. HARLOW, *Superintendent.*  
DR. B. T. SANBORN, *Assistant Superintendent.*  
DR. E. C. NEAL, *Assistant Physician.*  
C. B. LAKIN, *Steward and Treasurer.*  
WILLIAM McLAUGHLIN, *Clerk.*  
MRS. A. J. HALL, *Matron.*  
A. B. HODGKINS, *Supervisor Male Wards.*  
Miss HANNAH HAM, *Supervisor Female Wards.*  
ASHFORD SAMPSON, *Farmer.*  
Rev. C. F. PENNEY, *Chaplain.*

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### Standing Committee for 1876.

*On Hospital Library*—GILMAN, HARLOW.

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### Visiting Committees for the Year.

<i>January</i> —Shorey, Wakefield.	<i>July</i> —Chase, Woodbury.
<i>February</i> —Pattangall, Woodbury.	<i>August</i> —Pattangall, Shorey.
<i>March</i> —Woodbury, Shorey, Pattangall.	<i>September</i> —Woodbury, Gilman, Wakefield.
<i>April</i> —Gilman, Chase.	<i>October</i> —Chase, Pattangall.
<i>May</i> —Wakefield, Shorey.	<i>November</i> —Gilman, Shorey.
<i>June</i> —The Full Board.	<i>December</i> —The Full Board.

## TRUSTEES' REPORT.

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*To the Honorable the Governor and the Executive Council:*

We have the honor to present to you the following statement as the Thirty-Fifth Annual Report of the Trustees of the Maine Insane Hospital for the year ending November 30, 1875.

The year will be long memorable for the improvements made conducive to the happiness, and restoration of those placed in the Hospital. A building containing among other accommodations, a room for a chapel, has been erected and is now near completion. It will be used not only for religious exercises, but for a hall of recreation, and amusements. It is expected to be ready for occupancy about the first of January. Already the patients are looking forward to the event, with great eagerness. Another improvement for the benefit of the patients is the enclosure of about three acres of land, for a Park or Airing Court, with a board fence eighty-six rods long and seven and one-half feet high. This improvement has long been needed. But the expenses of the Hospital have run so near its income that the means have not been at hand, to make it.

Two small ravines commencing near the upper end of the Park, beautifully shaded by a grove of young trees of various kinds, unite near the lower end, and form a larger one, from twenty to thirty feet deep. A bridge eighty feet long and eight wide, has been constructed over this ravine. Initial steps have been taken by removing the underbrush, and rubbish and commencing a system of drainage, to prepare the way for beautifying the grounds, and making them more attractive.

One more improvement conducive to the health, comfort and quiet of the patients, was the opening of part of the Chapel Wards. When fully occupied, these wards will relieve, to a considerable extent, the crowded condition of the halls in the old wards. There have already been transferred to these new wards, seventeen patients. They belong to the working force of the Hospital, and are thus far very quiet and orderly.

We mention a few smaller improvements, merely to show the efforts being made to increase the happiness and well-being of the patients. Four hundred feet in length of settees of a pattern specially adapted to the use of the Hospital, and combining comfort with strength and elegance of form, have been placed in the wards. Forty-one additional pictures—oil paintings, engravings and chromos—have been hung up to ornament the walls of several of the halls.

Among the farm improvements outside of the ordinary routine repairs, are 140 rods of turnpike for a farm road; 130 rods of underdrain of the average depth of four feet and width of three feet, involving the removal of about 1,000 cubic yards of clayey earth, and requiring about 750 cubic yards of field stone in its construction. This drain is designed as part of the trunk line of a system of drains commenced last year, the branches of which are to be built hereafter. There have also been constructed 110 rods of open drain  $3\frac{1}{2}$  feet deep, requiring the removal of 800 cubic yards of earth.

The vats constructed last year to utilize the sewage of the Hospital have proved such a success that five more, each 10 feet by 12 feet have been built. The Steward is now enabled to utilize about two-thirds of all the sewage of the Hospital. To economize the whole sewage, requires the construction of one more series of vats.

The beneficial effects of the distribution of the sewage on parts of the farm, the past year, has been very perceptible. With the continued use of this, and other fertilizers made on the farm, a few years will bring it up to a high state of productiveness.

The annual repairs of the hospital buildings, require constant vigilance and expense. It may be said that whatever has been, there is always something more, to be done. You will learn from the able and comprehensive report of the Superintendent, which is herewith submitted the extent of the ordinary routine repairs, the present year. It will be noticed that the repairs and improvements have been very large.

The required monthly and quarterly visits to the hospital have been made by members of the Trustees. A semi-annual meeting of the whole Board was, also, held at the time of the quarterly meeting in June. At these meetings, the halls, rooms and furniture are carefully examined—and have uniformly been found to be scrupulously clean. Particular attention has also been given to

the quality of the food of the patients. Their bread is of the best, and their meat and other food, of excellent quality, and they have an abundance of it. It is believed that the regimen of the patients is not excelled by that of the patients in any similar institution in the country.

As heretofore, many of the wards have been too much crowded; consequently, the patients have not had that quiet, which is so desirable to persons in their condition. Besides, the ventilation being defective, they have suffered more from impure air than they would have done, had the wards been less crowded. Several rooms designed, only, for two beds have had four, others that should have had four, have been crowded with six.

The brief tabular form presented in the report of the Superintendent, will repay a careful examination and analysis. It contains a numeral history, of the result of the treatment of each patient in the hospital from its organization to the present time. It appears, on an examination of the table, that 40.02 per cent. of all persons, received into the hospital, have been restored to mental health; 17.35 per cent. have been discharged, improved; 15.28 per cent. unimproved; 18.53 per cent. died, and that 08.77 per cent. remain in the hospital at the close of the year. Thus it appears that more than half of all those, received into it, have been, either, restored, or improved, in their mental condition, while about one-sixth were discharged unimproved, and about the same proportion died.

The benefits of the institution, however, should not be estimated solely by these results. As a general thing, the patient in the hospital, is restrained from doing violence to himself or others, is surrounded with comforts, almost unattainable in private families, and receives more assiduous attention than he could elsewhere.

A further analysis of this table may interest the friends and patrons of the institution. It has been established 35 years or  $3\frac{1}{2}$  decades. An examination of the results of each decade shows that in the first there were admitted into it 1,064 persons, of whom 83, or 07.80 per cent. died, and 448, or 42.10 per cent. recovered. In the second decade 1,185 persons were received, 211 or a ratio to the number of persons admitted, of 17.80 died, and the recoveries were 483, or a ratio of 40.75 to the whole number admitted during the decade. In the third decade the admissions were 1,374; deaths 317, or a ratio to the admissions of 23.28, recovered 554, or a ratio to the admissions of 40.32. In the half decade,



there have been admitted 953, 246 deaths, or a ratio to the admitted of 25.81, and the recoveries 349, or a ratio of 36.41. It does not necessarily follow, that because the death rate has more than trebled, that the ratio of deaths of the persons admitted during the half decade is greater than that of the first decade. To illustrate this, the ratio of deaths in the first decade to the daily average number in the hospital was 09.24, in the second 13.48, in the third 11.13, and in the half decade 12.65.

It will be noticed that the mortuary ratio was greater by more than 2 per cent., in the second decade than in the third, and more, by about one per cent. than in the fourth. This is attributable to the loss of life when the hospital was burned in 1850, and to an epidemic in 1854. Other conditions being alike, there would naturally be a regular increase of the mortuary ratio during the first generation of hospital life. The Hospital has now arrived at that stage of its existence. With the exception of two persons who were admitted in 1832, discharged, and returned a few years ago, only one person has been there over 30 years. Eight, over 25 years, and seventeen over 20 years. No reason is perceived why the mortuary ratio should hereafter increase.

With a view to compare the results of the treatment of patients in the Maine hospital, with like results in similar institutions, we have examined the reports of six superintendents of hospitals, which are all that we have before us. A statement of the results of the examination may interest the patrons of the hospital.

The largest percentage of deaths of all persons admitted into any institution was 20.15. The Maine hospital stands next on the list, having lost a percentage of 18.28. The others average from 10.31 to 15.31 per cent. But the death ratio in the Maine hospital was increased two or three per cent. by the fire and epidemic before referred to. In one of those years, the ratio of deaths to the daily average number of patients in the hospital was 42.50, in the other, it was 26 per cent.

Besides, the Maine hospital is older by several years than either of the other hospitals; and the mortuary ratio will increase during the first generation of hospital life.

In the table of recoveries the Maine hospital stands a small fraction ahead, the per cent. to the whole number admitted being 40.02, while the next highest ratio is 39.99. We are aware that one superintendent may consider a patient "recovered," when another would not, and, therefore, that all which can be learned

from the table of recoveries, is an approximation to the comparative results.

It may be proper in this connection to consider the necessity for a new hospital. The six wings of the present hospital, will afford good accommodation for 350 patients. The year commenced with 393, closed with 403, averaging 398. The chapel wards, when fully occupied, will reduce the number in the other wards to 373. This number is somewhat larger than convenience and comfort will admit. Still, if the number can be kept at these figures, these wards will not be so crowded as to make a new hospital indispensable. It is questionable whether the number can be so kept. The law of 1874, excluding idiots, and "incurable imbeciles," from the hospital, has a tendency to check the increase of admissions, and also to cause removals. It is too soon, however, to determine its permanent effect. But such are the results so far, that, we do not feel constrained, at this time, to recommend an appropriation for another hospital.

At the end of last year, the heating apparatus consisted of three old, and, one comparatively new, boiler. They had been examined during the year by a licensed engineer, and, their condition was found to be such, that it was apprehended they would endure several years of ordinary usage; hence we asked only for an appropriation for an additional boiler to supply the increased demand for heat, likely, to be made for the chapel wards. But one of the old boilers without any heavy pressure, became ruptured. On an examination of all the boilers, it was thought, that, taking into consideration, the expense of making the necessary changes in the engine room, required if the number of boilers were increased, and the inconvenience to be suffered by narrowing the passage-way to the engine room, it would be better economy to take out the three old boilers, and replace them with three new ones with enlarged capacity for heating. Accordingly the old boilers were removed and gave place to three others. It is thought that the new ones, being of greater length than the old, will supply more heat in proportion to the coal consumed.

The cost of the three boilers with 200 feet of six inch pipe and fitting, was \$4,100. A part of this sum, \$1,500, was drawn from the \$25,000 appropriation made for the erection of the chapel building, the purchase of heating apparatus, and furnishing the brick wards. The balance, \$2,600, was paid by the Treasurer from hospital funds, with the expectation that it would be repaid by a

future appropriation. We believe that large permanent improvements have always been provided for, by special appropriations. In this case, the improvement by its peculiar nature was unexpectedly forced upon the Trustees, before an appropriation could be called for. Though the finances of the hospital are in good condition, the withholding of this sum, together with the large demands likely to be made on the treasury for contemplated improvements, the current year, will embarrass it in its operations.

Besides the ordinary routine repairs, changes, and alterations in rooms in the central building, made vacant by removals into the chapel building, will call for large outlays of money. The room now used for a chapel, or some other vacated rooms, will be fitted up for patients that are sick or need peculiar attention and treatment. Such rooms have long been needed. It is in contemplation to convert the present kitchen into a dining room for employes, as the present dining room is inconveniently small, and is needed for other purposes. Changes in other rooms vacated will, also, be made. In addition to the outlays in making these changes, the furnishing of the rooms will call for considerable expense. We therefore most earnestly request that this sum of \$2,600 be repaid to the hospital.

In the appropriation for the erection of the chapel building, no provision was made for furnishing it. The Superintendent and Treasurer have made an inventory of the articles thought to be necessary for that purpose, and estimated the cost, which amounts to \$2,825. This estimate appears moderate, considering the variety of purposes for which the money is needed, and we recommend that an appropriation of \$2,825 be made to meet this expense.

The cost of furnishing, thus far, the chapel wards for the reception of patients, exclusive of the furniture removed from the old wards, has been \$650.48. This sum has been paid from the amount turned over by the Governor and Council to the Trustees towards completing and furnishing these wards. A further sum will be required to furnish the rooms in the upper wards.

The rooms with the use of such furniture, as can be moved from the old wards, can be moderately furnished at an additional expense of \$575. We think no less sum will answer. We therefore recommend a further appropriation of \$575 for this purpose.

To recapitulate, the financial wants of the hospital, we ask for

the re-payment to the hospital, of the money, it furnished for the boilers . . . . . \$2,600

We recommend for furnishing the new building, an appropriation of . . . . . 2,825

And for furnishing the chapel wards . . . . . 575

In all . . . . . \$6,000

The chapel building has been constructed under the supervision of a committee of the Trustees. It is a beautiful structure; and is well adapted to the various uses for which it was needed. It reflects great credit on the architect who designed it; and it is due to the contractors to say, that they have executed their contract in a very satisfactory manner.

For a particular description of the building and report of its cost, we respectfully refer to the annexed statement of the building committee.

The resident officers of the hospital and all its friends may be congratulated, that they, at last, have the right building "in the right place."

No separate appropriation for this building was made by the Legislature. It is difficult, therefore, to state how much, if any, the cost will exceed the sum intended to be used for this purpose.

We desire to direct your attention to what is evidently a defect in the act relating to the insane hospital passed in 1874, chapter 256, section 7.

The Legislature evidently intended that the certificates of two respectable physicians, required in the preliminary examination, by the municipal officers, of the person to whom insanity is imputed, or copies of the certificates should be transmitted to the Superintendent with the person committed. But the act does not make it the duty of the officers to send, either the certificate or copy. In fact, the act does not authorize a commitment.

The authority for the commitment to the hospital, is found in section 12 of chapter 143, revised statutes. By this section if the municipal officers, after examination decide that the person is insane they are required to send him to the hospital with a certificate, stating the fact of his insanity, and directing the Superintendent to receive him. The Superintendent has no discretion in the matter: He can not go behind the certificate of commitment. Hence a person may be sent to the hospital without the protection

it was evidently the design of this section to give him. We, therefore, suggest that the section be so amended that the certificates of physicians, or copies, be sent to the Superintendent with the commitment.

The financial department of the hospital has been carefully and ably managed. Dues to it, as a general thing, have been promptly paid; and all its liabilities as promptly met. On the whole, the department is in a very prosperous condition. Its resources above its liabilities are \$38,293.63.

We append the report of the Treasurer, from which you will learn the source of every dollar received, and the purpose for which the same has been expended.

You will be pleased to learn from the report of the committee on Hospital Libraries, that the patients have been liberally supplied with newspapers, and that additions of valuable books have been made to the library.

Rev. C. F. Penney has continued to perform the duties of Chaplain. His services have been very acceptable. We submit his report, and commend it to a careful consideration. It shows how well the Gospel is adapted to quiet and soothe even a disordered mind.

In closing our report, we desire to express our continued and increased confidence in the management of the hospital in all its departments. We feel assured, that in the fidelity of its officers to duty; in the general character of the attendants and employes, and in the results of the treatment of the patients, it ranks high among other similar institutions in the country, and merits the confidence of the public.

A. G. WAKEFIELD,  
E. W. WOODBURY,  
JOHN W. CHASE,  
JOHN T. GILMAN,  
E. L. PATTANGAL,  
H. A. SHOREY.

AUGUSTA, December 1, 1875.

## SUPERINTENDENT'S REPORT.

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN :—Another year of hospital labor has come to a close, and with it follows the duty of submitting to you our annual report. Like its predecessor, its days, its weeks and its months have had their full quota of busy care and anxious fear. With those who have stood at the front, life has been earnest, and work has been honest ; all along the line conscience has led the van.

A degree of prosperity equal to that of any previous period, has attended the operations of the hospital. While we may have desired greater results, we feel that much has been done, through divine blessing, to ameliorate the condition and restore the light of reason to those who have here sought a refuge and home.

There were three hundred and ninety-three patients in the hospital on the 30th of November, 1874—one hundred and ninety-four men, and one hundred and ninety-nine women ; and there have been received since, one hundred and eighty-eight—one hundred and eleven men, and seventy-seven women. One hundred and seventy-eight have been discharged—ninety-three men and eighty-five women.

The following was the condition of those discharged : Recovered, sixty-eight—thirty-four men and thirty-four women ; improved, thirty-one—eighteen men and thirteen women ; unimproved, twenty-seven—fourteen men and thirteen women ; died, fifty-two—twenty-eight men and twenty-four women.

The number of patients on each day has averaged three hundred and ninety-eight. The per cent. of recoveries on the number of patients admitted is a trifle less than that of last year, it being about thirty-six. On the number discharged it is larger, being over thirty-eight, while last year it was only about thirty-four.

On the whole number treated in the year, five hundred and eighty-one, about twelve per cent. recovered.

The longest time in the hospital of any one who recovered was

four hundred and two weeks, the shortest time three weeks, and the average time thirty-eight weeks.

The average age of those who died was forty-nine years. Four were seventy years and upwards, nine were between sixty and seventy, sixteen were between fifty and sixty. The oldest was seventy-five, the youngest twenty-two.

Two died in January, four in February, three in March, eight in April, five in May, five in June, four in July, eight in August, one in September, six in October, three in November and three in December.

The causes of death were as follows: general paralysis, eight; exhaustive mania, six; consumption, five; epilepsy, five; paralysis, four; chronic insanity, four; dropsy, four; marasmus, four; dysentery, three; apoplexy, three; erysipelas, one; valvular disease of heart, one; pneumonia, one; decay of age, one; and two died by their own hands.

Patients suffering from that peculiar type of insanity which leads them to self-destruction are always a source of extreme anxiety to those who have the care of them, whether they are in a hospital or at home with their friends. Indefatigable in devising ways and means, and persistent in their determination, they weary and exhaust the watchfulness of those who have the care of them, and then gain the end of their desire. How to fully prevent such results, and at the same time preserve to the patient all needed comforts, is a problem not easily solved.

It is not only a question how to prevent suicides in hospitals, but what can be done to prevent their frequency in the community at large. This is really becoming a serious question, and ought to be considered by every citizen.

No one who reads the newspapers can doubt the rapid increase of suicides within a few years. It would seem that we are fast becoming a nation peculiar and marked above every other for self-destruction, and something ought to be done, if possible, to stay its progress.

If asked what can be done, I would answer first, let the press cease to make suicides so familiar and popular by publishing in every daily and weekly paper a detailed account of the manner and means employed in all the suicides which occur in the land. I believe this practice, so universal, has a most pernicious influence to incite and stimulate self destruction in those who have the least tendency in that direction. As now treated, subjects of

suicide have a notoriety scarcely less public than the most worthy acts and events of life. Better far for the living that the act be treated with silence, and that the cast off body be ignobly buried by the road-side and the grave marked by transfixing it with a stake, like the olden custom, as a warning to all passers by.

As in the preceding year, the largest number of deaths has been from that prevalent disease, so alarmingly on the increase, termed general paralysis or softening of the brain. If we look for the cause of this most terrible malady it may be traced directly to some undue action upon the great nerve centres; usually to over stimulation or excesses in living, the most common of which are wine and women. It is a noticeable fact that the disease rarely finds a lodgement in the female brain.

The assigned causes of insanity in those admitted during the year are as follows: ill health, forty-two; intemperance, thirty-two; critical period of life, eleven; injury of head, nine; domestic affliction, nine; masturbation, eight; epilepsy, six; puerperal, five; decay of age, five; spiritualism, five; over-exertion, four; sun stroke, three; loss of property, three; religious excitement, two; disappointed affection, two; measles, one; excessive use of tobacco, one; ill treatment of husband, one; taking cold, one; venereal, one; paralysis, one; jealousy, one; cancer, one; chronic neuralgia, one; unknown, thirty-two.

The civil condition of those admitted during the year is as follows: forty-seven males and forty-five females are married; fifty-eight males and twenty-four females are single; five are widowers and nine widows.

Fifty of the patients in the Hospital to-day are supported wholly by the State; two hundred and ninety-seven receive State aid of one dollar and fifty cents per week; and fifty-six either pay all their own expenses or are supported by their friends at the rate of four or seven dollars per week according to their accommodations.

Since the Hospital was first opened for the reception of patients in October, 1840, four thousand five hundred and ninety-two have been received for treatment. Of these, four thousand one hundred and eighty-nine have been discharged, of whom one thousand eight hundred and thirty-eight recovered, seven hundred and ninety-eight improved, seven hundred and two unimproved, and eight hundred and fifty-one died.

The monthly admissions during the year were as follows: six males and five females were admitted in January, six males and



six females in February, six males and eleven females in March, thirteen males and three females in April, eleven males and six females in May, sixteen males and seven females in June, ten males and six females in July, eleven males and five females in August, four males and three females in September, twelve males and seven females in October, ten males and nine females in November, six males and nine females in December.

*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	30	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	75	70
1844-5	99	90	175	39	21	26	2	89	71	85	80
1845-6	102	87	187	41	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	15	65	22	19	14	139	121	139	126
1849-50	110	120	149	66	35	21	14	165	123	124	137
1850-1	75	122	199	22	28	40	32	125	30	76	75
1851-2	48	42	124	23	4	8	8	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	127
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	69	24	29	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	267	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	253
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
1869-70	130	122	467	48	19	18	37	348	330	345	339
1870-1	174	151	519	58	28	21	44	376	345	368	363
1871-2	202	177	570	79	34	19	45	404	368	393	385
1872-3	200	182	593	83	36	20	53	416	388	411	400
1873-4	189	207	600	61	33	61	52	420	393	393	406
1874-5	188	178	581	68	31	27	52	408	389	403	398

Several of the admissions have been old persons, past the allotted age of man, who had fallen by decay of brain into a state of senile insanity which is rarely if ever cured. The most that can be done in such cases is to make them as comfortable as the

nature of circumstances will permit, and thereby smooth their pathway to the tomb. A number of this class have died within the year, which serves to keep our mortuary record at a higher figure than it otherwise would be, and at the same time to lessen our per cent. of recoveries.

Perhaps there is no act in life more benevolent, more heavenly, than to take by the hand these way-worn travellers, weary and helpless with age and benighted reason, and lead them to the brink of the river at the foot of the sunset hill.

Not a few of those upon whom the shades of insanity fall in after life, are those who have indulged freely in some of the excesses which always act upon the brain with killing force. Foremost of these are alcoholic stimulants, which I cannot forbear to say call into action excessive venery, another powerful enemy.

There is no absolute safety for any one who indulges even moderately in the use of alcoholic stimulants. The habitual or moderate drinker can find no absolution from a condition of brain that will exhibit sooner or later symptoms of mental unsoundness, outside of total abstinence.

Next in the rank of evil excesses, is the use of tobacco, chewing and smoking, which surely serves to lower the tone of digestion and prevents a proper nutrition of the brain.

Indulgence in over eating with lack of exercise contributes its share of mischief, by inducing too great a tension upon the blood vessels of the nerve centres and causing a rupture, and the sufferer falls in apoplexy, followed by paralysis.

With the young, masturbation is a powerful nerve depressor, and should be avoided as the enemy of a sound mind. Words more true never were uttered than those of Longfellow when he said:

“If the mind which rules the body ever forgets itself so as to trample upon its slave, the slave is never generous enough to forgive the injury, but will rise and smite its oppressor. Thus has many a monarch mind been dethroned.”

The total number of admissions for the year past has been quite large—about the same as the two previous years. The number discharged has nearly kept pace with the admissions, so that we close the year with a family varying but little from that with which we commenced. While all applicants having legal commitment papers have been received, the daily average number of patients has been less than for two years prior, and the wards of the Hospital have been somewhat less crowded.

The law of 1874 which returned so many unfortunates to almshouses and elsewhere, has served to keep at home many of that class who prior to the law were accustomed to apply for admission. With this statute in operation we shall be able to regulate the supply and demand, so that further public provision for the insane will not be an absolute necessity for some time to come. This, so far as dollars and cents go, would be a more economical mode of disposing of this unfortunate class, but whether humanity would thus be better served, may at least admit of a doubt. In a true humanitarian point of view another hospital is called for where all the insane in the State, without distinction, whether curable or incurable, can have a home during their dark and weary pilgrimage.

According to the best information now at hand, there are from twelve to fifteen hundred insane persons in the State who need extended to them the hand of charity. Only about one-fourth this number are within its folds, while the remainder are waiting for the blessed gift.

We trust all which the promptings of benevolence seem to demand will be granted, and that the law which deprives the imbecile and demented of the comforts of a hospital home, will soon be stricken from the statute.

The accommodations furnished by changing the front chapel building into hospital wards, have not until recently seemed to be needed. They have however been partially furnished, and the ward for males is now occupied by patients. It may be proper to say in this connection, that detached as this building is from the Hospital proper, and its remoteness from all kitchen conveniences, these wards are ill-adapted to the purposes for which they were designed.

The expense for labor alone in carrying on the work incident to the occupation of this building, to say nothing of inconveniences, will be nearly double that required to manage the same number of patients in other wards of the Institution. The question of removing this building from its present unfortunate location has not yet subsided in the minds of many. It may be deemed advisable to move and connect it with one of the wings, where it would be more convenient and less expensive in occupying it.

To all interested in the welfare of the hospital, it is a matter for congratulation that so much has been done the past year to promote the comfort and happiness of those who need the treatment

of such an institution. The favorable consideration with which the Legislature received your petition for an appropriation to build a Chapel and Assembly-room, with kitchen and dormitories below, and the unanimity with which the appropriation of twenty-five thousand dollars was granted to erect the building, deserve special gratitude. The need of such a building has long been felt, and it has been gratifying to see the work go forward in the right direction. It is now nearly ready for occupation.

Airing courts and pleasure grounds have been a frequent topic of discussion in former reports, and particular attention was called in our last to the grove north of the Hospital, and some of the advantages set forth that would arise to the patients by having it set apart as a place for pleasure and recreation. This I am happy to say has been done the past season.

The undergrowth and rubbish have been cleared away, and a substantial fence erected which encloses lawns, ravines, and miniature woods, embracing in all between two and three acres. It is well adapted for the accommodation of picnic parties, several of which have been held there for the benefit of the patients.

The park was ready for use about the first of July, and Saturday afternoon, the 3d, it was formally opened and dedicated by a 4th of July celebration, in which the household generally participated, and the occasion was one of delight to all. Since the opening it has been occupied every fair day during the summer, by the male patients in the forenoon and by the females in the afternoon, and on Sundays chapel services have been held there with great satisfaction to all. With a small expenditure each year the place can be improved and beautified, making it a most lovely retreat for healthy exercise and recreation.

To our in-door amusements we have added the last year a Magic Lantern with a good variety of slide-views. The Steward and Treasurer is entitled to much credit for the interest he takes in exhibiting the instrument, and for the part he has borne in the various evening entertainments. Nothing serves better to beguile the tedium of hospital life than some exhibition or entertainment during the evenings of autumn, winter and spring.

We are looking forward with anticipation to the advantages the patients will derive from the new hall soon to be ready for occupation.

More than the usual amount of repairs has been done since our

last report, the heaviest items of which are the renewal of three fifty-four inch steam boilers, sixteen feet long, containing sixty three-inch tubes fifteen feet long, from Whittier Machine Company's Works, Boston. These seemed to be absolutely necessary in view of the worn, precarious condition of the old boilers, which have been in active service fourteen years, and the extra steam work that will be required in the new building.

These boilers have been put in at an expense of some four thousand dollars, less fifteen hundred paid from appropriation, which has been drawn from the ordinary revenue of the Hospital. The engine house is now in excellent condition, and is in charge of Mr. Winthrop Sampson, a most efficient engineer.

As it is obvious that heavy expenditures of money which repairs of this class must necessarily involve, are not contemplated in the provision made for the current expenses of the Hospital, it is therefore hoped and believed that the Legislature will make an appropriation to reimburse the amount.

The floors in the upper male wards, first and second, which so much needed repairing, have been relaid with hard wood boards, and are proving highly satisfactory.

The floor in the lower first female ward which had become badly worn, has been relaid with hard pine, which with the re-painting of the walls gives the apartment a new and clean appearance.

The floor in the lower second female ward is old and badly worn, and needs to be treated in a similar manner.

Several of the wards on each side of the house have been improved by re-painting and the renewal of furniture, which, with the addition of new pictures carefully selected by one of your Board, consisting of oil paintings, engravings, and chromos, give the wards a more cheerful and pleasing aspect than heretofore.

Too much cannot be done to make the apartments for patients home-like and attractive. Something beyond the bare necessities of life is needed when providing for the wants of the insane.

Little things in the way of furnishing apartments, such as pictures, plants, and other ornaments, are valuable adjuncts in the moral treatment of minds diseased, and often do more to promote convalescence than any prescription most skilfully made from the *materia medica*.

In a well appointed hospital for the insane there are many things to be considered which are absolutely essential in a hygienic point of view—foremost among these are an abundance of pure water,

good sewage, good light, good temperature and good ventilation. All these we have in excellent condition save that of light and ventilation in some of the wards of the wings first erected. To the latter more especially we desire to call your attention at this time, in order that some active measures may be taken to remedy the evil. At a moderate expense, it is believed, exit flues can be made in the various walls of the wings most needing the change, and steam radiators placed at different points in the wards connected by flues with the out-door air, the ingress of which can be regulated by valves under the control of attendants or some other person. With such an arrangement it is believed a most thorough system of ventilation can be established in any part of the hospital where it is needed.

The value of the farm has been equally apparent the past year as at any time previous. In charge of the efficient Steward and Treasurer, with Mr. Ashford Sampson at the head of the working force, this department has been carried forward with great satisfaction. Much has been done aside from the ordinary care of the farm, to keep up the standard of cultivation, and to improve its fertility.

The system of irrigation from the sewage vats commenced last year, is doing all that was expected. It has proved so satisfactory that we have been encouraged to put in five additional vats, in size and construction similar to those built last year. They are placed at the outlet of the south sewer.

The under-draining so well begun last year, has been continued with most gratifying results. Between two and three hundred rods of under drains have been laid since last spring. The ditches have been dug and filled with stones from the fields and pastures. In this way a rough and rocky pasture has been put in condition for ploughing and tilling. Thus many comparatively waste places have been reclaimed and made valuable. Not a little of the labor on the farm and in the garden has been voluntarily bestowed by the patients, who take an interest in what is going on, and like to go out for exercise.

In view of all the improvements, we can safely say the farm was never in so good a condition as it now is. Much credit is due the head farmer for his diligence and faithfulness in carrying forward this very important branch of labor.

The products of the farm are large, as will be seen by the Steward's report, and of the best quality.

The value of the stock has been increased in quantity and quality by the addition of new animals of the most approved breeds.

Some of the best breeds of swine have also been added. The hospital stock now consists of thirty cows, ten oxen, two yearlings, ten calves, two bulls, forty-one hogs, one hundred and twenty-eight pigs, and six horses, which by the way have depreciated in value by age and service, and need to be replaced by others more valuable.

The water supply at the fountain has been abundant during all the year. The experience of a dryer season than this has been, would perhaps be a better test, but the work so well done last year with only a few additional strokes on the dam in checking a few leaks, has proved that all was accomplished which was expected.

There are various minor improvements which have been made in and about the Hospital that seem to require no special notice. Suffice it to say, it has been the aim of all to keep the standard high, and to elevate it as much as possible, at the same time promote the comfort and happiness of the patients, who are, as they ought to be, the centre of all effort.

We have received regular and stated administrations of divine service every Sabbath afternoon in the little chapel room, or at the grove in the park, conducted by our estimable Chaplain, who has also attended the funerals of those whose remains were not removed home for burial.

The library furnished by the bequests of Col. Black and Brice McLellan, continues to exert its kindly and benevolent influence upon the members of the household. Additions are annually made to it with the income from the invested fund. Over one hundred and fifty volumes have been purchased the past year. The patients are also furnished with copies of the principal weekly newspapers in the State. Besides these, fifty or more exchange papers from the Maine Farmer office are distributed in the wards every week. The patients are provided with plenty of writing materials for writing letters, which they may at their option either place in the various locked letter boxes, scattered throughout the various wards, or forward them through the hands of the Superintendent, which has long been the custom.

To aid us in carrying on the work of the hospital we have selected those young men and young women who seemed to be best fitted by character and disposition for the various trusts

assigned them, and we are happy to say, with few exceptions, we have been fortunate in the persons selected.

Capt. M. W. Whitehouse, the head farmer, left us in the spring to take charge of his own farm, and Mr. Ashford Sampson, who had for a number of years been employed on the hospital farm, was selected to take his place, since which his work may be seen as the best proof of his fitness for the place.

A year ago last September Dr. E. C. Neal of the State Hospital at Jacksonville, Ill., was at a special meeting of your Board appointed second assistant physician to this Institution. His appointment was confirmed in February following, and in July last he entered upon the duties of his office. Having had several years experience in the care of the insane, he came well prepared for the responsible position. He has thus far rendered good service on our medical staff.

To all my associates in office, with the abilities and faithfulness of whom you are familiar, I am under the deepest obligations for personal kindness and hearty co-operation in the great work in which we are engaged.

Dr. Fred Harmon, an advanced medical student, who acted as assistant and apothecary clerk for one year prior to the arrival of Dr. Neal, left us in July to complete his medical studies. He rendered acceptable service, and carried with him when he left, the good wishes of all.

On behalf of the female patients in the upper wards, we are indebted to Mrs. Julia Field and Mrs. Althea Cary for generous boxes of fruit, the contents of which were distributed as requested, and gladdened many a heart.

To you, gentlemen of the Board, permit me to express sentiments of gratitude for encouragement and support by counsel and advice, which I have so often received at your hands; and now to Him in whose hands are all the events of life, and to a generous and benevolent public, we again commend the great interests of the Maine Insane Hospital.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }  
Augusta, Me., Nov. 30, 1875. }



## STEWARD AND TREASURER'S REPORT.

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—I herewith present my annual report of the business transactions and present financial condition of the Maine Insane Hospital for the year ending November 30, 1875.

The depressed state of the markets during the year has operated favorably upon us, rendering it possible to make certain expenditures for permanent improvements, which, under other circumstances we could not have afforded. Early in the spring a considerable amount of such work was commenced, and although the weather was in some respects unfavorable, it has all been completed or as nearly so as the nature of the several cases would admit in one season. During the summer, and while engaged upon as many improvements as our means would allow, the bad condition of the boilers which furnished steam for warming the buildings and for culinary and laundry purposes became apparent, and it appeared upon inspection by competent experts that they could no longer be depended upon to furnish the large amount of steam required to meet the daily necessities of the institution. A sum sufficient to purchase and set up one new boiler had been provided by the State government, last winter, and a plan involving the enlargement of the building to receive the new boiler was under contemplation. In view of the danger of being suddenly deprived of the means of heating the buildings during the colder months, it was deemed best to advance from the funds of the hospital a sum sufficient to purchase new boilers to replace the three condemned, and with the sum appropriated united with that advanced by us we have put in three new boilers of a larger size than those formerly in use, thereby increasing the heating capacity to a much greater extent than would have been done by putting in one of the same class with those formerly used, while it also obviated the necessity of enlarging the building. The sum advanced cannot be permanently spared by the institution without embarrassment. The new boilers are proving themselves capable of thoroughly warming the buildings of the hospital proper, the

new building attached, and the separate building containing the chapel wards.

In the performance of my duties during the year I have been very kindly directed and assisted by the Superintendent, and have received much assistance from the other officers.

To Mr. McLaughlan, the efficient clerk, I am much indebted for peculiarly valuable services; and to Mr. Sampson, the very competent foreman of the farm, for his untiring energy in conducting the operations of that department. I would also express my sense of obligation to the other employees of the institution for their kind services and many acts of friendship.

To yourselves, gentlemen, I am deeply grateful for direction and counsel in relation to such matters as have passed under my care, and for your kindness and courtesy in our intercourse.

*Financial Affairs.*

RECEIPTS.		
Balance cash from last report.....	\$1,274	36
From State for support of patients.....	34,364	26
“ towns and individuals for support of patients .....	57,723	96
“ discount .....	66	53
“ house rent.....	87	50
“ telegrams .....	13	68
“ A. L. Ames.....	55	60
“ use of stock animals .....	32	00
“ error in bills .....		72
“ sale of coal.....	1	00
“ “ tripe.....	8	40
“ “ fowls.....	25	00
“ “ pigs.....	146	38
“ “ honey boxes .....	3	03
“ “ rags, lead and iron.....	217	86
“ “ pork.....	670	78
“ “ barrels .....	8	67
“ “ old scales.....	25	00
“ “ hides and tallow.....	197	50
“ “ medicines.....	2	75
“ “ calves.....	2	00
“ “ old horse rake.....	5	00
“ “ farm stock.....	57	50
“ board of workmen .....	76	86
“ sale of boots .....	1	50
“ “ old mowing machine .....	10	00
“ “ corn .....	3	00
“ “ whip.....	1	00
“ interest on deposits .....	200	00
“ appropriation for boilers .....	1,500	00
	\$96,781	84

*Financial Affairs, (Continued.)*

DISBURSEMENTS.	
Paid for flour .....	\$5,201 06
“ corn and meal .....	1,837 65
“ sugar .....	3,372 04
“ molasses and syrup .....	1,493 04
“ tea .....	871 47
“ coffee .....	1,723 88
“ rice .....	171 45
“ oat meal .....	66 78
“ crushed wheat .....	95 70
“ cheese .....	520 73
“ turkeys and chickens .....	233 84
“ fish .....	1,435 77
“ oysters and clams .....	187 80
“ eggs .....	577 26
“ milk .....	138 35
“ beans and peas .....	466 96
“ salt .....	91 94
“ potatoes .....	489 31
“ sweet potatoes .....	11 00
“ crackers and pilot bread .....	386 30
“ lard .....	843 06
“ berries .....	447 09
“ vinegar and cider .....	122 60
“ soda and cream tartar .....	241 97
“ honey .....	190 02
“ sewage reservoir .....	82 65
“ south sewage reservoir .....	163 76
“ east fountain .....	20 00
“ airing courts .....	585 15
“ soap .....	448 42
“ crockery .....	601 75
“ tin ware .....	266 86
“ furniture .....	943 61
“ matches .....	20 00
“ carpets .....	219 15
“ pictures .....	202 00
“ medical supplies .....	1,205 48
“ dry goods and clothing .....	4,255 90
“ blankets .....	659 52
“ hardware .....	411 49
“ rubber goods .....	248 96
“ boots and shoes .....	624 11
“ stationery .....	381 10
“ silver ware .....	49 00
“ postage .....	396 96
“ clocks and repairing same .....	35 20
“ revenue stamps .....	27 20
“ telegraph instruments and supplies .....	28 27

*Financial Affairs (Continued.)*

Paid for telegrams .....	\$5 91
“ billiard table furniture .....	115 90
“ pearl barley .....	36 60
“ tobacco .....	582 11
“ coffins and robes .....	652 50
“ straw for beds .....	336 98
“ illuminating gas .....	1,729 76
“ insurance .....	46 50
“ illuminating and lubricating oil...	324 88
“ travelling expenses of Steward and Treasurer .....	152 33
“ coal .....	6,878 82
“ wood .....	404 50
“ cooking utensils and boilers .....	53 41
“ tools and implements for Hospital.	1,282 97
“ starch .....	84 63
“ spices and extracts .....	230 96
“ express charges .....	72 37
“ freight charges .....	617 93
“ cash returned to patients .....	96 62
“ labor for farm .....	1,838 91
“ blacksmith work .....	144 84
“ farming tools .....	367 58
“ seeds .....	29 34
“ fertilizers .....	240 96
“ harnesses, robes and blankets .....	209 30
“ lumber .....	1,109 20
“ repairing carriages and sleighs .....	331 90
“ supplies for engine house and laun- dry .....	252 21
“ window glass .....	20 09
“ bricks and sand .....	313 55
“ labor and materials for painting...	1,207 88
“ repairing furniture .....	16 25
“ steam, gas and water pipes and fittings .....	505 86
“ lime and cement .....	63 20
“ flower plants and seeds .....	34 45
“ carriages and sleighs .....	310 00
“ confectionery .....	79 25
“ repairs on boilers .....	93 53
“ settees for halls .....	776 00
“ boilers and fittings .....	4,083 91
“ vermin poison .....	5 00
“ cocoa .....	49 92
“ cutting and storing ice .....	115 38
“ supplies for fire engine and extin- guishers .....	14 00

*Financial Affairs, (Concluded.)*

Paid for boarding farm hands.....	1 00	
“ hops and malt.....	11 00	
“ machinists' and founders' labor and materials.....	136 21	
“ cutlery.....	67 60	
“ repairs and improvements.....	2,327 12	
“ farm stock.....	804 50	
“ cabbages and turnips.....	31 06	
“ pickles and ketchup.....	87 25	
“ labor for hospital.....	12,301 89	
“ meats.....	8,707 67	
“ express and transportation charged to patients.....	160 35	
“ butter.....	6,061 43	
“ medical attendance.....	5 00	
“ cemetery fence.....	56 25	
“ ice house.....	64 75	
“ magic lantern and views.....	125 40	
“ amusements.....	5 00	
“ printing.....	35 85	
“ onions.....	32 60	
“ fruit.....	1,167 01	
“ blank books.....	30 50	
“ newspapers and periodicals.....	132 95	
“ corn-starch and tapioca.....	50 62	
		\$91,414 81
		5,367 03
Balance in favor of hospital.....		\$96,781 84

*Statement of Resources and Liabilities.*

RESOURCES.		
Cash on hand.....	\$5,367 03	
Due from State for support of patients....	8,620 07	
“ towns and individuals for support of patients.....	16,395 55	
“ personal accounts.....	346 98	
Provisions and groceries on hand, pr. inv'y	6,894 86	
Dry goods and clothing on hand, per inv'y	2,343 18	
Tin ware on hand, per inventory.....	121 64	
Crockery and glass ware on hand, pr. inv'y	403 79	
Medical supplies on hand, per inventory..	905 37	
Coal on hand, per inventory.....	5,981 25	
Wood on hand, per inventory.....	469 00	
		\$47,848 72

*Resources and Liabilities, (Concluded.)*

LIABILITIES.		
Due for provisions and groceries.....	\$1,818 95	
“ blacksmith work .....	161 35	
“ crockery and glass ware.....	339 29	
“ hardware .....	250 02	
“ boots and shoes.....	289 75	
“ dry goods and clothing.....	542 20	
“ paints and oils.....	348 88	
“ tools, implements and furniture...	204 06	
“ medical supplies .....	135 12	
“ corn and meal.....	216 63	
“ stationery.....	39 20	
“ lumber.....	454 80	
“ harnesses, robes and blankets.....	75 41	
“ bricks and sand.....	59 30	
“ repairing carriages and sleighs....	21 62	
“ printing.....	2 00	
“ coffins and robes .....	131 56	
		\$5,090 14
Due employees, per pay roll.....		4,464 94
		9,555 09
Net resources.....		38,293 63
		\$47,848 72

AUGUSTA, Me., Dec. 16, 1875.

The undersigned have examined the property named in the inventories of the Steward and Treasurer, and find the same properly stated; and compared the accounts with the books and vouchers and find them properly vouched and correctly cast.

E. W. WOODBURY,  
E. L. PATTANGALL.

## FARM PRODUCTS, 1875.

21,574 pounds pork.  
148 pigs.  
15 calves.  
10 bushels parsnips.  
17 bushels beet greens.  
503 heads lettuce.  
754 bushels beets.  
13 bushels string beans.  
19 bushels green peas.  
3,123 cucumbers.  
18,737 pounds squash.  
46 bushels green beans.  
3,846 pounds tomatoes.  
153½ bushels apples.  
7,577 ears green corn.  
277 bushels turnips.  
10½ bushels onions.  
1,634 bushels potatoes.  
8,424 pounds cabbage.  
22 barrels cucumber pickles.  
251½ bushels barley.  
2½ bushels beans.  
220 tons hay.  
15 tons straw.  
12 tons corn fodder.  
9,613 gallons milk.

## CHAPLAIN'S REPORT.

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*To the Trustees of the Maine Insane Asylum :*

GENTLEMEN :—In the swift flight of time, another year of my chaplaincy is completed, and according to usual custom it becomes my duty to present my annual report.

Let me first of all express devout thankfulness that your earnest plea, and persistent, faithful efforts, seconded most heartily by all the officers and friends of the Hospital, have resulted during the past year in the erection of a building, containing among other important and necessary things, a hall suitable, and expressly fitted for chapel services. I rejoice with you, gentlemen, in the near completion of this much needed place for public religious worship, and I am sure the benediction of those who shall make this their Bethel in the years to come, will be an ample reward for the care and toil which this work has imposed upon you.

In the ordinary routine of Sabbath service, nothing has occurred to make this report differ materially from others that have been made by myself or predecessors in office.

I have during the year, either personally or by acceptable substitutes, held religious services each Sabbath afternoon. Several of the clergymen of this city have kindly conducted the service when my own duties or absence from the place has made it necessary. Rev. Mr. Howard of Chicago, Rev. Dr. Fay of Bangor, Rev. Mr. Perkins of Portland, and some others from abroad, whose names do not now occur to me, have also aided me by taking charge of the service.

In conducting the services, I refrain, so far as possible, from turning the attention of those who listen to me to their unfortunate condition, and make the service in almost every particular, such as would be suitable for any congregation. It consists of singing, reading of Scripture, prayer and a short sermon ; the entire service usually occupying three-fourths of an hour.

The singing is led by the worthy Superintendent. The choir, which is a very good one, being composed of the officers of the



institution, members of their families and attendants. In this part of the service, not unfrequently many of the patients join with much apparent satisfaction.

In addition to the regular Sabbath service, I have attended the funerals of all who have been buried from the hospital, or placed in the receiving tomb to await the disposition of friends.

During the months of July, August, and a part of September, the Sabbath services were held in the open air, in the Park, greatly to the comfort and enjoyment of the congregation. A suitable platform was erected, sufficiently large for seating the members of the choir, and comfortable seats were arranged for all who wished to attend the service. Notwithstanding the large number who attended this service, and the excitements which might naturally be supposed to be connected with it, yet invariably the congregations were quiet, attentive and decorous. Indeed, the attendance on all the Sabbath services has been large, the room at times being crowded to discomfort. Interruptions of any sort are rare, and the quiet and orderly appearance of the patients would be creditable to any congregation, and it is comparatively easy to secure the attention of those who at other times are much excited or depressed.

Each year of my connection with the Hospital, of which this is the seventh, makes more apparent to my own mind the value of religious services for that class of patients who can, and are desirous of attending upon them. There is a wonderful adaptation in the consolations of the Gospel of Christ to the sorrowful and afflicted; and His word is not in vain. God himself declares, "it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it."

I am happy, in conclusion, to testify to the kind and respectful consideration which I have met with in all my intercourse with patients and attendants, as well as the very kind attention that I have received at all times from the Superintendent, his assistants, and all connected with the government of the institution.

Respectfully submitted.

C. F. PENNEY, *Chaplain.*

AUGUSTA, December 13, 1875.

## REPORT OF COMMITTEE ON HOSPITAL LIBRARIES.

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN :—Your Committee on the Libraries, appointed at the last annual meeting of the Board, have attended to the duties thereof and respectfully submit their report :

The generous offer you made to assume the expense of the newspapers which heretofore have been procured with money from the Library fund, was cheerfully accepted. It has enabled your Committee to add many more books to the Library than otherwise could have been done.

While the patients have had the reading of nearly one hundred and fifty newspapers every week, they have the benefit of the Library, which has been increased by the addition of about one hundred and fifty volumes of new books purchased during the year.

The following are the receipts and disbursements :

### RECEIPTS.

Balance from last account.....	\$22 46
Interest on Library fund.....	180 00
Other sources .....	18 53
	<hr/>
	\$220 99

### DISBURSEMENTS.

Paid for books, and other expenses.....	\$215 42
Balance to new account.....	5 57
	<hr/>
	\$220 99

JOHN T. GILMAN, }  
H. M. HARLOW, } *Committee.*

## REPORT OF BOARD OF VISITORS.

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*To the Honorable Governor and Council:*

In accordance with section 12, chapter 256, Acts and Resolves of 1874, the Visiting Committee to the Insane Hospital respectfully submit their second annual report.

During the year this institution has been visited every month by two members of the Committee.

At these visits we have generally passed through every hall, into the lodges, seeing every patient, talking with as many as are disposed to talk, hearing whatever they have to say of themselves or of others, granting any reasonable request, investigating the cause of any complaint made by them to us, our desire having been to faithfully discharge the duties imposed upon us by the Legislature of 1874.

We have been gratified to notice from time to time, that improvement has been made in many respects.

At the commencement of the year the Hospital was in a crowded condition; at that time the patients numbered fully four hundred, and the number of the employes was nearly one hundred.

In some small rooms without suitable facilities for ventilation, were six beds, all occupied. In the basement directly underneath the halls occupied by patients, was the kitchen, where were employed a force sufficient to prepare food for five hundred persons, with boilers, ovens and apparatus of capacity capable of accomplishing this work; each contributing its peculiar odor to rise and mingle with the poisonous air confined in the halls above. The actual condition of the air could only be appreciated by making a personal visit to the dormitories after the inmates had retired for the night.

We mention this particularly, in justice to the management of the Hospital, who in the minds of many are held responsible for the health and comfort of the patients, when as a matter of fact the arrangement of the building has been of a character liable not

only to prevent the recovery of the sick, but to endanger the health of others.

The Legislature of 1875 passed a resolve appropriating twenty-five thousand dollars for the erection of a building which should contain a hall for a Chapel and amusements, and apartments for other purposes, including a kitchen, and to provide suitable furniture for the old brick chapel building, so that it could be used for the accommodation of patients, and for necessary heating apparatus. The design of the Legislature has been realized, and in our judgment the appropriation was wise and its expenditure judicious.

The kitchen arrangement is now both wholesome and convenient, the employees are well accommodated; a large room in a quiet place has been set apart for the sick, an attractive hall affords opportunity for enjoyment to such as are capable of appreciating it; two of the most pleasant and comfortable ward halls for inmates have been furnished and are now occupied in the old chapel building.

In our opinion, this appropriation of twenty-five thousand dollars has obviated the necessity of erecting another asylum for the insane for several years to come.

During the early part of the year the Visiting Committee called the attention of the Trustees to several inmates who seemed clothed in their right mind, and consequently unjustly confined. These cases were immediately investigated and the persons discharged.

So long as the State continues to pay one dollar and fifty cents per week toward the support of town paupers at the Insane Hospital, so long is a premium offered to unscrupulous municipal officers to hasten the end (at a reduced rate) of the expense attending the support of unfortunate individuals who by the dementing process of age or from some other cause are rendered troublesome at home.

The beds have been examined at different times, and have generally been found in good condition.

One of the duties of the resident member of this Committee is, to collect and mail letters dropped by the patients into the mail boxes furnished in every dining-hall for the special use of the inmates. A large number of letters have been taken from these boxes and forwarded to friends, many of whom have opened a correspondence with Mrs. Quinby regarding the condition of their

unfortunate relatives and friends. These letters have, in all cases, been promptly answered by her.

The general success of the Institution depends upon the ability of the Trustees, Superintendent and Treasurer, and it is apparent to the most casual observer that the general condition of the Hospital has been greatly improved during the past two years; no less is it true that the health and happiness of the inmates is largely dependent upon kind attentions of the subordinate employees.

The Visiting Committee are satisfied that there is yet opportunity for reform in this particular, and they recommend that the Trustees recognize the services of faithful attendants, and encourage emulation among them to excel each other in carefully regarding the welfare and comfort of those in their charge.

We find at the Hospital a class of patients so wholly destitute of reason, that while they are capable of suffering from cold by exposure, they are incapable of understanding that clothing is a necessary protection, and consequently it is impossible to make them comfortable in cold sleeping apartments. In view of this, we earnestly recommend that the dormitories be kept at the same temperature during the night that the ward halls are kept during the day.

In conclusion, we would repeat the recommendation made by the committee last year, that the employment of more nurses would be in the interest of economy, as well as a matter of expediency for the safety of the patients, as many of those confined are destructive to clothing and bedding, while others are suicidally inclined and should be closely watched both night and day.

We would tender our thanks to the Superintendent and officers of the institution for courtesies shown us at our visits.

FRED E. RICHARDS, } *Visiting Committee*  
 CHARLES BUFFUM, } *to*  
 Mrs. G. W. QUINBY, } *Insane Hospital.*

AUGUSTA, December 1, 1875.

## REPORT OF BUILDING COMMITTEE.

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*To the Honorable the Governor  
and the Executive Council:*

The sixth day of May, A. D. 1875, a contract was signed by Foster & Dutton of Waterville, master builders, to erect the building on the grounds of the Insane Hospital contemplated in the resolve of February 24, 1875, the plans for which were furnished by F. H. Fassett & Son, Architects, of Portland. The price named in the contract, nineteen thousand five hundred dollars, (\$19,500) being the lowest offer for furnishing the material and performing the work agreeable to the plans and specifications. During the progress of the work it became apparent to the Committee, that certain alterations and additions would add much to the convenience and utility of the building, and as they developed, they were made; in some cases adding to the expense above the contract price, and in others detracting from it, a schedule of which is herewith submitted. Ground was broken on the 31st day of May, and the contract was completed to the acceptance of the Committee the 31st day of December, A. D. 1875. Much credit is due the contractors for the thorough and workmanlike manner in which they have fulfilled their contract.

The building is of brick, with granite trimmings, upon a substantial stone foundation, resting upon a solid ledge. It is located eighty-five feet in the rear of the central building of the hospital, and connected with it by two brick corridors, one subterranean, the other elevated to the level of the second story and connected with the main hall.

The main building is 80x40 feet, with two wings 9x29 feet on the ground plan. It is three stories high, and is in the Romanesque style of architecture, with a high pitch, slated roof, the deck of which is surrounded by an iron balustrade. The walls of the building are all vaulted and are sixteen inches in thickness. The whole building is as nearly fire-proof as the nature of the materials will admit. The lower floors are of brick and cement,

and the others are protected by two inches of concrete laid between the timbers.

On the first floor is the kitchen, 37x40 feet; bakery, 24x26 feet; a room for the storage of groceries, 16x24 feet; three large refrigerators for meat, butter, and milk; two pantries, one 9x11 feet, the other 9x14 feet; all twelve feet four inches in height. In the second story there is a sewing room 16x27 feet; store room for clothing, &c. 12x16 feet; room for the sick 16x24 feet; attendants' room 10x16 feet; sitting-room 12x16 feet; and seven sleeping rooms for help. All the rooms on this floor are nine feet high.

The third story is devoted to the Chapel and Amusement Hall, which is 37x67 feet in the clear, 12 feet high on the side walls, 22 feet in the center. The roof timbers are of Georgia pine, and are exposed to view. On the sides of the main hall are two ante-rooms, 8x24 feet and 8x11 feet; and an organ loft 8x8 feet. The floors are laid with Georgia pine, and the finish throughout is neat and substantial. The windows are of stained glass, and afford a cheerful aspect to the elegant hall, which has been fitted with special reference to the improvement and comfort of our unfortunate fellow citizens, who are committed to the hospital under the fostering care of the State.

The kitchen is connected with the lower corridor by an elevator, and the food is conveyed to the main building by a railway, and distributed as heretofore. We also contracted with the same parties for the construction of two side corridors, connecting the wings with the main elevated corridor and stairs at the entrance of the main building, for the sum of five hundred and one dollars and fifty cents (\$501.50), which have been completed and accepted by the Committee.

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The Committee of Trustees in account with the State of Maine.

1875.	Dr.	
June 18.	To cash from State Treasurer.....	\$5,000 00
Sept. 3.	“ “ “ “ .....	10,000 00
Nov. 18.	“ “ “ “ .....	8,000 00
Dec. 31.	“ “ “ “ .....	1,984 00
		<u>\$24,984 00</u>

## CR.

To paid Foster & Dutton contract price.....	\$19,500 00
“ “ “ extras.....	265 23
“ “ “ stairs and side corridors	501 50
“ Frank Pierce, stone work.....	380 00
“ Advertising contract.....	37 00
“ Whittier Machine Co., boiler.....	1,500 00
“ F. H. Fassett & Son, architects.....	537 50
“ Furnishing brick chapel wards.....	575 00
“ W. H. Pennell & Co.....	750 00
“ Whittier Machine Co., water tank.....	200 00
“ On account of gas fixtures.....	269 48
“ Walworth Manuf. Co., fire brick.....	118 29
“ Building Committee.....	350 00
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	\$24,984 00

E. W. WOODBURY,  
E. L. PATTANGALL,  
JOHN W. CHASE.



## Extract from the Regulations of the Hospital.

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Male patients admitted into the institution, should come provided with at least three good cotton shirts, coat, vest and pants, of strong woolen cloth, two pairs woolen stockings, one hat or cap, pocket handkerchiefs, 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.

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 made to us 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 determined that said ——— be sent forthwith, to said Institution.

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

[FORM OF BOND FOR SUPPORT.]

KNOW ALL MEN BY THESE PRESENTS, That we, \_\_\_\_\_, of \_\_\_\_\_ in the county of \_\_\_\_\_, as 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., 187 .*

*The conditions 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, etc?
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 attacks?
18. What curative means have been tried? State if blood-letting has been resorted to? If so, to what extent?