

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

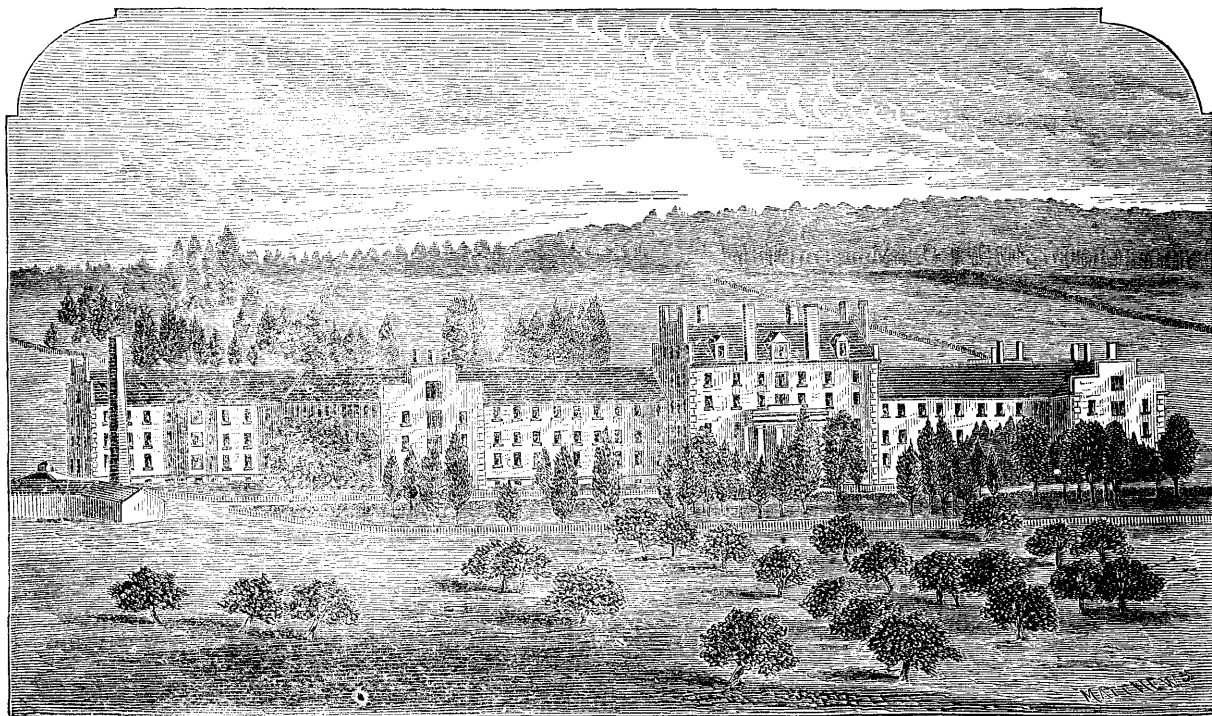
1877.

VOLUME I.

AUGUSTA:

SPRAGUE, OWEN & NASH, PRINTERS TO THE STATE.

1877



MAINE INSANE HOSPITAL.

REPORTS

OF THE

TRUSTEES AND RESIDENT OFFICERS

OF THE

MAINE INSANE HOSPITAL.

DECEMBER 1, 1876.

Published agreeably to a Resolve approved February 26, 1871.

AUGUSTA:

SPRAGUE, OWEN & NASH, PRINTERS TO THE STATE.

1876.

OFFICERS FOR 1877.

TRUSTEES.

E. L. PATTANGALL, PEMBROKE, *President.*
H. A. SHOREY, BRIDGTON, *Secretary.*
E. W. WOODBURY, BETHEL.
JOHN W. CHASE, AUGUSTA.
A. G. WAKEFIELD, BANGOR.
DR. JOHN T. GILMAN, PORTLAND.

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 W. McLAUHLAN, JR., *Clerk.*
MRS. A. J. HALL, *Matron.*
A. B. HODGKINS, *Supervisor Male Wards.*
MISS HANNAH HAM, *Supervisor Female Wards.*
ASHFORD A. SAMPSON, *Foreman of Farm.*
REV. C. F. PENNEY, *Chaplain.*

STANDING COMMITTEES FOR 1877.

On Water-Works—Woodbury and Chase.
On Library—Gilman and Harlow.
On Ventilation—Chase, Woodbury and Pattangall.

VISITING COMMITTEES FOR THE YEAR.

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

TRUSTEES' REPORT.

To the Honorable the Governor and the Executive Council :

We have the honor to present to you the Thirty-Sixth Annual Report of the Trustees of the Maine Insane Hospital for the year ending November 30, 1876.

During the past year we have endeavored to carry forward and perfect many improvements necessary for the welfare of the occupants of the Hospital, involving a considerable expenditure of the funds of the institution. The fact that the supply of water was inadequate to meet all the wants of the Hospital and protect the buildings and their inmates against fire, induced us to devise means of obtaining an abundance against all contingencies that may arise.

In our preliminary examination of the premises, several plans were naturally suggested, and in order to form the best judgment upon them, the services of certain experienced hydraulic engineers were obtained. A plan based upon their reports was adopted, and during the autumn the principal portion of the work was carried into execution. There remains the grading and finishing of the earth-work which is completed to that point, and the erection of the system of stand-pipes necessary to the completion of the fire protection as designed. This latter portion is now in progress and will be completed early this winter.

The water from the works is now in use at the stables to some extent, and is to a considerable degree available for the protection of the hospital and farm buildings. It is confidently believed that the success of this important improvement is assured, and that the results will amply repay the expenditures made.

The dam recently built at the East fountain, whence the principal supply has been obtained, not being entirely effectual against the increased head of water secured, a double row of sheet-piling one hundred and twenty-five feet in length and of an average height of six feet, was driven early in the season, and the height

of the dam considerably increased. The entire flow of water obtainable at this point is now utilized ; but, as was intimated in the report of the Superintendent for last year, " the experience of a dryer season " has proved this source inadequate to the supply of sufficient water to meet the wants of the institution, especially during the warm, dry weather, when it is most needed for sanitary purposes. During a portion of July ; the whole of August ; and almost the entire month of September, last past, the supply obtainable from all sources was barely sufficient to meet the most pressing wants, but requiring the greatest economy in its use even for this ; while during the greater part of the months named it was found impossible to enforce the regulations of the institution relative to bathing, and the condition of the sewers became very foul owing to the absence of means of flushing them. During the dry period the fire reservoirs were entirely exhausted of their contents and the buildings with all the inmates were exposed to the danger of fire, with no water nearer than the Kennebec river, which, to say nothing of the distance, is one hundred and seventy feet below the ground floor of the hospital. When it is stated in addition to these facts that a similar scarcity of water was experienced during the coldest months of the past winter, when it was found difficult to obtain water to make the steam necessary to warm the buildings ; that the reserve in the fire cisterns was exhausted, and that the only means of forcing water if it could have been obtained, was the old hand engine, which, when purchased by the institution many years ago, was rated as second-hand, the necessity of the water-works built the present season will be apparent.

For a full description of the water-works, you are respectfully referred to the report of the committee having that matter in charge.

The imperfect ventilation of the buildings has long been a matter of great anxiety to the Board, and inquiry has been made and plans discussed and experiments made to obviate the difficulty. In our report of last year and in several previous reports the attention of the public was called to this important subject. We became satisfied, after careful inquiry and investigation, that it would be useless to make large expenditures of money for this purpose until the cooking department was removed from the main building, and a sufficient quantity of water was at hand to meet all the wants of the institution, and our funds were in a condition

to make this long desired improvement in a suitable manner. We are happy to report that we have successfully removed the kitchen to the new building, and have secured an abundant supply of water; and our funds are in such condition, that we have commenced a system of ventilation which, when completed, will render our Hospital in all its appointments one of the best in the country.

We would respectfully ask your attention to the comprehensive report of the Superintendent, relative to the mortuary record, and collateral facts bearing upon the general condition of the patients during the year. The new building erected last year has been furnished throughout, and in all its departments is meeting the approval of all interested.

The drainage has been provided for in such a manner as to remove at once all offensive materials and odors to a safe distance. The ventilation, particularly in the kitchen, is perfectly adapted to the removal of all offensive elements, including the steam from the kettles, into the outer air. A more detailed statement of the furnishing of the building will be found in the report of the Superintendent which is presented herewith.

The farm is now under a high state of cultivation, its aggregate products being largely in excess of those of any previous year. This result is largely due to the successful utilization of the sewage of the hospital, which formerly ran to waste, and to the use of fertilizers manufactured on the farm at a comparatively small cost. The ingredients, such as bones and the refuse matter from the slaughter-house, have all been carefully saved, and by a simple and cheap process a most valuable fertilizer has been produced for various uses on the farm.

The stock on the farm shows great improvement, giving evidence of much care and skill on the part of those who have it in charge. A reference to the report of the Steward and Treasurer will show that the receipts from the sale of swine and other farm products have been large.

We have made the usual monthly and quarterly visits required by law, and also held a semi-annual meeting of the full board of Trustees in June. At each of these visits a careful examination of every department of the hospital has been made. It is but simple justice to state, that we have invariably found everything in a most satisfactory condition. Great care has been taken by those

who have the patients under their charge, to see that every necessary want is supplied. We are well satisfied that they are humanely treated; and we do not hesitate to assure any of our fellow citizens who may find it necessary to send friends to the hospital for treatment, that they can do so in the fullest confidence that all reasonable means will be used to promote their recovery, and in no possible event will they be otherwise than kindly treated.

The act of 1874, relating to the discharge of imbeciles, has been carefully enforced.

The finances of the hospital have been ably managed. A careful examination of the bills for supplies of various kinds, and of all other expenditures, shows that all purchases have been effected at the lowest cash prices, and all disbursements judiciously made. For the exact financial condition of the institution, we refer you to the report of the Steward and Treasurer.

It was very truly said in a former report, "that whatever has been, there is always something more to be done." The many and various necessary wants of a hospital so large and fully occupied as this, require constant care and attention on the part of those who have immediate charge of the institution. The unusually fine condition of the hospital buildings bears witness to the vigilant care bestowed upon them. For a fuller and more complete statement of the annual repairs and improvements we respectfully refer you to the report of the Superintendent.

The building located west of the hospital is now fully occupied, and it accommodates about thirty patients, affording considerable relief to the somewhat crowded condition of the main building. The number of patients remaining in the hospital on November 30, 1875, was 403. The daily average for the year previous was 398. The number remaining November 30, 1876, is 405, and the daily average 398, being the same as that of the preceding year. The greatest number remaining in the hospital at the close of the hospital year was on November 30, 1873, when there were 411 patients remaining, and the daily average for the year, 400. The daily average for 1874 was 406. In view of these facts, and considering that the population of the State is not supposed to be increasing to any important extent, we are of opinion that no appropriation is needed from the State for the purpose of erecting buildings for the greater accommodation of the insane, at least for the present year.

During the early part of the year four walls of brick, provided

with heavy iron doors substantially set, were constructed in the attics over the wards on each side of the hospital. These walls are based upon the main walls of the building, at the intersection of the wings, and continue upward to the roof. The result is a division of each attic into three sections, the walls affording a barrier against the progress of fire from one portion of the building to another, and a bulwark from behind which its advance can be contested.

We refer you to the report of the Rev. C. F. Penney, our excellent Chaplain, for a full and interesting account of the dedicatory services of the Chapel and Amusement Hall, and for much other useful information.

There has been no change of officers in the hospital during the past year. The duties of Steward and Treasurer, always arduous, have been more so than ever before, as that officer has been called upon to devote much time and attention to the various improvements which have been made. In Mr. Lakin we feel confident that the State has a competent and efficient officer, and we believe him to be "the right man in the right place."

From the report of our Committee on Library, herewith presented, you will obtain full information relative to the library of the institution.

In conclusion, we desire once more to express our confidence in the resident officers of the hospital, who have immediate charge of all its departments. We believe their duties have been conscientiously and faithfully discharged, and that they are entitled to the confidence and respect of the people of the State.

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

SUPERINTENDENT'S REPORT.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:--The time again having arrived when the statute calls for a report of the Maine Insane Hospital, the undersigned would respectfully submit the following statement:

While the year just closed has been an eventful one in our country, the incidents of our hospital life have been but little varied from those of previous years.

The work of caring for those committed to our hands has moved steadily on, and under God a good degree of success has attended our efforts.

The hospital has been full all the time, but not so crowded as in some years before.

We began the year, the 1st of December, 1875, with four hundred and three patients—two hundred and twelve males and one hundred and ninety-one females.

There have been admitted since one hundred and eighty-six—one hundred and seven males and seventy-nine females, making a total under treatment of five hundred and eighty-nine—three hundred and nineteen males and two hundred and seventy females.

There have been discharged during the year one hundred and eighty-four—one hundred and thirteen males and seventy-one females; leaving in the hospital to-day four hundred and five patients—two hundred and six males and one hundred and ninety-nine females.

The condition of those discharged appeared to be as follows: Thirty-five males and thirty-three females recovered; twenty-five males and eight females were improved; seventeen males and fourteen females were unimproved; thirty-five males and seventeen females have died.

The average number of patients under treatment on each day has been a fraction over three hundred and ninety-eight.

The per cent. of recoveries on the number of admissions does not vary essentially from that of previous years, it being a trifle over thirty-six and a half, and on the number discharged nearly

thirty-seven per cent. On the whole number treated in the year between eleven and twelve per cent. recovered.

The longest time any one who recovered was under treatment in the hospital was three hundred and twenty-nine weeks, the shortest time three weeks, and the average time was thirty-two weeks.

The average age of those who died during the year was forty-seven. The youngest was seventeen and the oldest eighty. Nine were between seventy and eighty, six between sixty and seventy, eight between fifty and sixty, eleven between forty and fifty, eight between thirty and forty, nine between twenty and thirty.

Four died in January, seven in February, four in March, five in April, four in May, four in June, two in July, five in August, five in September, four in October, three in November and five in December.

The causes of death were as follows: Consumption, eleven; exhaustive mania, nine; general paralysis, nine; chronic insanity, seven; epilepsy, six; dropsy, three; apoplexy, two; ulcerated sore throat, one; rheumatism of heart, one; paralysis of heart, one; and two died by their own hands.

The following are the assigned causes of insanity in those admitted during the year: Ill health, thirty-nine; intemperance, twenty-one; domestic trouble, twelve; over exertion, nine; masturbation, eight; epilepsy, six; embarrassment in business, five; old age, four; critical period of life, four; injury of head, four; disappointed affection, three; puerperal state, three; general paralysis, two; loss of property, two; sunstroke, two; religious excitement, two; suppressed eruption, two; paralysis, one; apoplexy, one; suppressed menses, one; syphilis, one; spiritualism, one; jealousy, one; inhalation of chloroform, one; unknown, fifty-one.

The civil condition of those admitted during the year is as follows: Sixty-one men and forty-three women are married, thirty-four men and twenty-two women are single, thirteen are widowers and thirteen are widows.

The hospital has now been in operation over thirty-six years, having been opened in October, 1840, since which time four thousand seven hundred and seventy-eight patients have enjoyed its benefits. Four thousand three hundred and seventy-three have been discharged, of whom one thousand nine hundred and six

recovered, eight hundred and thirty-one improved, seven hundred and thirty-three were unimproved and nine hundred and three died.

The number of patients admitted each month during the year has been as follows: Fourteen males and two females in January, nine males and seven females in February, seven males and one female in March, nine males and six females in April, fourteen males and eleven females in May, five males and seven females in June, five males and seventeen females in July, nine males and eleven females in August, twelve males and four females in September, eight males and three females in October, seven males and five females in November, eight males and five 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 Hosp. 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 | 150 | 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 | 66 | 31 | 27 | 52 | 408 | 389 | 403 | 398 |
| 1875-6 | 186 | 184 | 589 | 68 | 33 | 31 | 52 | 408 | 384 | 405 | 398 |

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

Glancing at the causes of insanity as we have observed them the past year, we find that aside from ill health, the well known cause, intemperance, out ranks all others; and if we could obtain all needed light in regard to those under the head of unknown, I apprehend many more would be placed to the credit of Intemperance. It may not therefore be out of place to offer at this time a few thoughts upon Alcohol and Insanity.

Man is so eager in the pursuit of what he calls happiness—which consists mainly in the gratification of some selfish appetite or passion, that he seldom pauses to reflect whether the consequences of an undue indulgence will be good or bad—whether the effect upon his nervous system will be to promote strength or engender weakness.

The words of the wisest man "Keep thy heart with all diligence for out of it are the issues of life," are to him dim and shadowy,—he heeds them not, but seizes and appropriates to himself whatever genius and ingenuity contrive to place before him for self gratification.

If the sage of to-day should be called to utter a thought for the benefit of the race, he could say nothing better than, keep thy stomach with all diligence for out of it are the issues of health.

From the food we eat and the liquids we drink proceed the good or evil that must accrue to our nature. Of all the contraband articles which find their way through the portal of the stomach, foremost and pre-eminently above all others we place Alcohol as a beverage in all its varied forms. Although it is one of nature's abundant products from fermentation and rendered pure by distillation, when introduced into the animal economy it acts upon the tissues as a specific poison. Through the stomach it passes at once into the circulatory system, thence to the encephalon upon which it acts primarily. As strychnine acts almost exclusively upon the spinal cord, so Alcohol acts almost exclusively upon the brain. There is scarcely an ill to which flesh is heir, which does not appear much more frequently with the habitually intemperate than with the habitually sober.

From our own observation and experience we believe the use of alcoholic liquors as a beverage to be one of the most fruitful sources of the varied forms of encephalonic affections so prevalent at the present day. At the head of these affections, where the fruit of the poison culminates most fearfully, most alarmingly, stands insanity.

According to observation about one case in every four or five of the vast extent of this dire disease may be set down as having a root springing directly or indirectly from Alcohol. No one doubts when he sees it that the familiar form of cerebral disturbance term by Darwin *delirium ebriosum*, arises from a quantity of alcoholic poison in the circulatory system. It should then be no matter of surprise that frequent repetition of such intoxication should ultimately render the brain permanently disordered with a fixed mental derangement.

The action of Alcohol is not uniform upon all temperaments. While one becomes exhilarated, lively and even brilliant, another will be dull, stupid and stolid. While one will be good natured and silly, another will be fretful, peevish and cross. One will be rich and profligate, another poor and stingy. One will be pious and benevolent, another profane and vulgar. Very many when under the influence of Alcohol become lascivious, lecherous and profligate. It feeds the animal passions and fires lust. Some are impelled to commit graver crimes as theft, arson, murder or suicide.

That alcoholic intoxicants act as a poison in the system cannot upon any good ground be denied. It needs no greater proof than the phenomena which rapidly follow a potation. In some it seems to act directly upon the brain structure—on the vessels of the brain tissue, causing such a tension that their coats become thin and brittle, and a fit of apoplexy is precipitated. In others it acts directly upon the nerve centres of the heart, causing paralysis of that organ, when death suddenly ensues. Fruitage like the latter is quite as likely to grow from moderate drinking as any other.

In some individuals the symptoms of alcoholic poisoning or intoxication so much resemble those of acute mania that it is not always easy to determine one from the other. The former may present unmistakable marks of madness for some little time after the immediate effects of the stimulant have subsided, and then, after two or three days, the individual will return apparently to his normal state, only to relapse, however, after each and every

subsequent excess. In each paroxysm the head becomes very hot, the face flushed, the pulse frequent, full and hard, the temper violent, furious and unrestrained, especially if opposed. The individual rushes madly on, attacking all who come in his way, regardless of danger to himself or others, uttering thoughts and words incoherent and mixed with oaths.

During the progress of these symptoms there sometimes appear signs of still greater disturbance of the nervous centres—that of tremors, accompanied with hallucinations. And this introduces us to a form of disease under the name of delirium tremens, a type so well marked and defined as not to be mistaken. It seldom if ever springs from any other source than that of alcoholic poison. It is an exhausted condition of the nervous system, in which there is extreme restlessness, paleness of countenance, tremor of limbs, tremor of tongue when protruded, total insomnia, fear and apprehension of death, fear of pursuit, and suspicions of all, tormented with sights loathsome and horrible in the extreme.

When fixed insanity has been produced by habitual intemperance it is a well approved fact that the alcohol has so acted on the minute structure of the brain as to modify or destroy the nutrition of that organ, which entirely changes the action of the mind cells. Hence the part or parts of the brain so affected can only give out abnormal mental manifestations. The free use of alcohol as a beverage not only acts as an exciting cause, but it is a pre-disposing cause of insanity. One who has weakened or disarranged the nutritive force of his brain by intemperance, is much more susceptible to the varied physical and moral causes to which the mental derangement is so often attributed. In fact, we may say that pre-disposing causes generally act upon the system in a way to slowly and imperceptibly modify its nutritive operations, so that by degrees the "chemical, the physical, and thereby the vital properties of the fabric" are changed, and thus it is prepared to be acted upon by causes which in health would produce comparatively no influence.

It is, I apprehend, not unfrequently the case that when a certain condition has previously operated, it is singled out as the exciting cause in a given case from which the result may seem most directly to proceed, when in fact it has had a much less share in producing the disorder than more remote causes, whose operation has been longer continued and really more effectual.

Take for instance cranial injuries. Here may be a condition of the mind's delicate organ, a condition begun it, may be, when the modern accoucher in his meddlesome practice resorts to instruments, for the sake of display, and applies them to the delicate head of the child. At this very juncture, and by this very means, it is not without plausible conjecture that the tender and most delicate mind-cells are so disarranged and altered as to render the influences and events of future life most potent for evil, far more susceptible to the influence of intoxicants than it otherwise would have been. Upon cranial injuries and mental disease, J. Crichton Brown says: "The brain that has been severely shaken is intolerant of alcohol in the highest degree, and hence a potation that previous to the shaking would have only agreeable stimulation, results after in furious delirium or in deep coma." Persons in whom there is an hereditary tendency to insanity are quite liable to become intemperate, and the intemperance is almost sure to be followed by this dire disease. Heart disease is favorable to the growth of intemperance, followed by insanity. These all at various times and in different degrees influence the formation of dipsomania, upon which more serious brain disease is almost sure to supervene, followed by a gradual deterioration of moral tone.

The whole of this important subject may be summed up in the following abstract in the *Journal of Mental Science*, from Dr. Yellowlees paper on *Insanity and Intemperance*, read before the Psychôlogical Section of the British Medical Association :

"Intemperance has a threefold relation to insanity ; it may be a cause, an early symptom, or a result. These are often associated and often confounded. Each deserves a separate notice. The forms of insanity produced by intemperance are delirium tremens, transient acute mania, the insanity of intemperance of Dr. Skaes classification, which may be either acute or chronic. The former characterized by suspicion, jealousy and hallucinations, under the influence of which the patient is liable to commit acts of violence. This acute form is quickly recovered from when stimulants are withdrawn, especially if the patient is under middle age, and the attack occurs early in the career of indulgence. The disease may however become chronic, exhibiting the same symptoms in a milder form. These cases are hopeless and frequently die of phthisis.

There is the insanity which occurs in persons who had previously been much addicted to drinking, but who had become and had been for years abstemious. The weakened brain is easily upset by any moral cause, and a permanent melancholia often results. There is chronic alcoholism and general paralysis.

In addition to the above direct effects, intemperance in numberless cases produces insanity indirectly by establishing and transmitting a proclivity to nervous disorder, and by awakening or developing such proclivity where it already exists. It may sometimes be only one of the early symptoms of insanity and an indication that the person is losing control over himself, and is easily led away by opportunity and temptation. In this way it is one of the first noted of the moral changes that take place at the beginning of general paralysis.

Lastly, intemperance may be the result of insanity. This is shown in dipsomania, which while sometimes due to the vice alone is habitually associated with some form of inherited neurosis; and this association is so constant that the intemperance must be regarded at least ultimately as the result rather than the cause of insanity."

Perhaps the most lamentable feature in this whole matter is the fact that the effects of the use of alcohol descends to the succeeding generation—that the present people are not the only sufferers. It is a truth not to be disguised, that the children of the intemperate have a nervous organization that is more susceptible, more within the scope and influence of other exciting causes of insanity than those who have no such ancestry. If downright disease does not develop in the offspring of intemperate parents there will be found a weakened nerve force, and a lower order of intellectual power. Epilepsy and idiocy are frequent growths in children whose father and mother, or both, had alcohol in their veins when the poor unfortunates were begotten. Said a distressed mother who accompanied her son to the Asylum, "he acts just as his father did when he had been drinking."

If we would hinder and prevent a degeneration of the race, let the use of Alcohol as a beverage be forever proscribed. If we want our children born with strong healthy brains and a sound nervous system—if we would elevate the moral, physical and intellectual tone of a people, let us see to it that Alcohol in none of its manifold forms is allowed to go into the stomach, thence into the blood, and poured out upon the brain.

Let not the mother nurse her infant on milk secreted by glands fed from alcoholized blood, which she little thinks has been made in part from the alcohol which she took before dinner in the form of whiskey, ale or porter, to give her strength and relieve a sense of faintness.

With no intemperance in the land, the third or fourth generation would be vastly more free from the ills of life than the present race now is, and the intellectual and moral tone would exist upon a higher plane than we now see it.

An abundant supply of good, pure water, to an institution like this is as necessary and important as any other element in nature. This, with the exception of two or three months in the driest season of the year, has been the good fortune of the hospital, since the three inch iron aqueduct was laid from the large spring a mile and a quarter east to the basement of the building. Rising to the receiving cisterns in the attic of the wings, soft spring water has gravitated there night and day for the last twenty-four years, without the expense of a dollar being required on the main aqueduct.

As the hospital has increased in size and accommodations, requiring an additional supply of water, work has been done from time to time about the spring by throwing a dam across the water course, in order to save as much surface water as possible from the extended water shed above and around the fountain. This was well begun by a former Steward, the late T. C. Allen, and faithfully completed by the present incumbent of that office. While we have a supply of water for ordinary purposes during the wet seasons, yet, as a means of protection against fire, and a shortness in case of extreme drouth, this was inadequate, and it became necessary to seek further supply elsewhere. A project was started by our energetic Steward more than a year ago, and during the winter the attention of the Legislative committee was called to it, who unanimously approved the plan.

It was not however deemed expedient to commence so important a work without first submitting the whole scheme to competent engineers. Accordingly two as practical and skilful engineers as could be found in New England were employed to examine the premises and report upon the same. It was gratifying to find that although they made separate examinations and surveys, they did not differ essentially on any of the practical points, and fully endorsed Mr. Lakin's project.

From your Committee on Water, who have had the matter in charge, we shall have a full report of the progress and success of the great and important work. Suffice it to say, that when this plan has been fully carried out and the work completed, this will be the best protected against fire of any hospital in the country.

The amount of work that has been done the past year in the way of additions, renewals and improvements, has exceeded that of any previous one. The new water works have involved the heaviest outlay of any improvement, and promise to be of the greatest benefit to the hospital. The renewals of furniture, floors and steam pipes in the air chambers of the warming apparatus, have been quite extensive. The addition of modern and approved kitchen furniture has been put in, rendering that department equal to any other known culinary arrangements. Such pieces of furniture as were available in the old kitchen were removed to the new one, which was opened and put in operation in June last.

The tram-way leading from the new kitchen basement to the various elevators of the different dining-rooms of the wings, has been built; also the large elevator for raising supplies to and lowering food from the kitchen to the portable distributing cars.

The room formerly occupied as a chapel, in the centre building, has been divided and furnished for sleeping apartments, of which we were previously much in need.

The old kitchen has been stripped, renovated and fitted up as a dining-room for the accommodation of employees. It is in easy communication with the new kitchen, and is well adapted to the purpose for which it was designed.

The old store-room, opposite the officers' dining-room, and the employees' dining-room, opposite the old chapel, have been converted into apartments for specially sick patients, where they can be retired from the general wards and specially watched over and nursed. This is a convenience of which we have long felt a need, and we are happy that it is now so well supplied. All of these sick rooms, sleeping rooms, matron's parlor, and superintendent's office, in the centre building, together with the rooms for the farm hands in the new building, have been well furnished and are now in excellent order.

The seamstress' room, in the new building, has been fitted up, and is now occupied. This relieves a portion of the north wing, which was occupied for that purpose.

The apartment for repairing clothes and bedding, which had

always been in the centre building, has been removed to a room in the attic of the east wing for females. It is of easy access for female patients, who go there to assist in the work. The room vacated by this move has been enlarged, renovated and fitted up as a chamber for the Assistant Superintendent.

The rear portico of the main building, on the north and south tram-ways, has been neatly finished with frames and windows, as a shield against storms and cold.

The ceiling of the laundry being lathed and plastered, had much decayed, and fallen from the constant dampness. It has all been removed, substantially ceiled with boards and painted.

The grading in the rear of the centre building has been well begun, and will be easily finished another season.

The cellar under the kitchen building has been enlarged by the removal of heavy rock, and the bottom nicely cemented.

Portions of the buildings which needed re-painting to protect them against the weather, have been attended to. The house painter has been kept busy with his brush and paint, and the usual amount of whitewash has been applied to the ceiling of the wards, and several of the rooms in the main building have been re-papered.

The improvements on the farm have steadily progressed. Some fifteen or more acres of old pasture land have been cleared of rocks, ploughed and made ready for tillage another year. The work of ditching in the low lands, so well begun in the two years past, has been continued.

We have often alluded in former reports to our farm advantages, but they have apparently been greater the past year than ever before. The male patients who were able and willing, have had abundant opportunity to go out and assist the farm hands in doing the varied kinds of work as it came along during the seasons of seed time and harvest. The products, as a reward for the labor, have been large and of most excellent quality. The hay and grain, potatoes and garden vegetables, have grown in abundance. Our tables have been furnished with the best of everything which comes from such a source. By reference to the Steward's report it will be seen that the land is responding well to the treatment it is receiving from the hands of Mr. Sampson the head farmer.

As a means of cure to the patients, we regard the exercise which they derive from out-door work, one of the most potent auxiliaries

we have at our command. While the work is all free and voluntary by those who go out, no one being required to work against his inclination, only a few comparatively derive the needed benefit. There are as many more who are able but not inclined to work, who would be equally benefited if some wholesome measure could be devised to constrain them, without oppression, to labor two or three hours each a day, but at present we have to be content in treating this class with getting them out to walk for exercise, by having them go to the park or take a stroll in the fields. The females who are able and feel disposed assist about house, some in the seamstress room, some at the laundry, and some in the kitchen or other parts of the house. In the afternoon all who can be persuaded go to walk in the park or ride about town.

To keep a household like this in well directed motion, such as is profitable for mind and body, requires tact and skill, and we know of nothing as a means to an end so good as moderate manual labor out of doors. It combines exercise, diversion and amusement. Next to this is walking or riding, mixed with amusement. Idleness and stagnation lead to death, and nature abhors them as she does a vacuum.

The new chapel and assembly-room was formally opened with appropriate exercises on the evening of Feb. 10, 1876, since which religious services have been held there on every Sabbath afternoon, conducted by our excellent Chaplain, Rev. C. F. Penney, when not otherwise provided for by him.

During the remainder of the winter and throughout the spring months, the patients, with officers and attendants and other assistants, have assembled in the commodious room, two or three evenings each week, for amusement and recreation. Much credit is due the various members of the household for the interest they have taken in providing entertainments on these occasions.

Notwithstanding the law of 1874, which provides for the removal of the demented and idiotic, there is still need of more room for patients—a need which at times during the year has been quite pressing, especially on the female side of the house. The male wings, which have always been most crowded, have been relieved by the occupation of the two wards in the brick building originally built for a chapel, both of which it has seemed best to use for males, instead of one for each sex, as was at one time

contemplated. This arrangement leaves the female wards unrelieved. To make the accommodations equal on both sides of the house, it may be deemed advisable to erect a building to accommodate thirty or forty more females, and thereby remove the pressure from the most crowded part of the hospital—the female wings. It would require but a small outlay. Probably such a building as would be needed, similar in size and of much better construction than the one in front, could be built and furnished for about three-fourths the cost of that one, which would be less than five hundred dollars for each occupant. This, in my judgment, would prove an economical expenditure, and obviate the necessity of a large outlay in building another hospital for many years to come. I would suggest that the building be located east of the female wings, convenient to the new kitchen. I would then remove the present brick building from the front to the east of the male wings, at the same relative distance from the kitchen south as the other might be north of it.

In a former report we alluded to the subject of making provision for all cases of insanity connected with crime, and suggested that a distinct and separate building or apartment be provided, either at this institution or at the State Prison, where this class could have the best care and treatment suited to their respective cases, and not subject the harmless and innocent to the influence of their association. As now situated, this class—some of whom are sent to the hospital by order of court, for observation, and some acquitted from the criminal charge by reason of insanity—have to mingle with others less unfortunate, which makes it quite unpleasant for the latter, besides retarding the progress of recovery.

We know of no way to obviate this except by the way suggested above. If deemed advisable to make separate provision on the Hospital grounds, I would suggest that a plain, simple and strong building, capable of accommodating thirty patients, which need not be expensive, be erected conveniently near the male side of the house.

Since the growth of the Hospital has reached its present size, it is found that more Laundry room is needed. I would therefore suggest that a change be made in the internal arrangement of the present building, which is deemed amply large for the purpose when properly divided. It is proposed to convert the basement

story, now but little used, into apartments for sorting, washing and drying, and turn the upper story now used for washing, drying and ironing, into apartments for ironing, airing and distributing. To do this only a small outlay will be required, and the Laundry will then be very much more convenient and satisfactory.

All who visit the various wards of the Hospital are forcibly reminded that many portions of the building are sadly deficient in ventilation. Although considerable has been done in past years to correct the deficiency, the evil still exists in a greater or less degree. To make ventilation efficient, thorough and complete throughout the whole building, which we believe can be done, will require a considerable expenditure of money. Nevertheless, it ought to be met, as the first and most important hygienic move.

We are under obligations to many friends of the Hospital for the assistance they have rendered in furnishing evening entertainments for the patients since the opening of the chapel.

By the politeness of Dr. Winn, Surgeon of the National Home, we were favored with a unique concert and exhibition by the National Home Minstrels, which was quite enjoyable to all the patients as well as others.

Prof. Pray of Gardiner, gave a lecture on legerdemain, with illustrations and explanations, which instructed and amused all who listened to him.

During the spring vacation of the public schools, Mr. Robertson, the excellent teacher of the Grammar School in Augusta, came with a class of his pupils and gave us two entertainments. The first evening they repeated the pretty little drama of "A hundred years ago," and the second evening they performed an entertaining farce, both of which were highly gratifying to all present.

Comrades of the Seth Williams Post, G. A. R., under the direction of Dr. Webster, with the Hallowell Quartette Club, gave us a fine dramatic and musical entertainment, which was well received and appreciated.

The Centennial Club connected with the Universalist Society afforded us an evening's entertainment in playing "Aunt's Charlotte's Maid," which pleased and delighted the audience.

The singing class of the Hospital, under the instruction of Dr. Hawes of Hallowell, interested the patients during their rehearsals, and at the close of the school, assisted by the Hallowell Glee Club, gave a fine concert.

Mrs. Lizzie Baston Fuller, of Boston, gave us a few evenings since, one of her popular Readings and Recitations, much to the delight of all who listened to her. She has our thanks for her kindly service.

We are grateful to the Hospital minstrel band and all other members of the household who have taken so much interest in our evening entertainments, especially those who have furnished the instrumental music, who have worked cheerfully for the amusement of the patients.

We are indebted to E. C. Allen, Esq., for some very fine chromos, engravings and mottoes.

We acknowledge the receipt of valuable garden and flower seeds from the Department of Agriculture at Washington, supposed to have been sent by the direction of Hon. Nathan Clifford.

We are indebted to Hon. Wm. Caldwell for a bushel of pears, which were distributed among the patients, much to their pleasure.

The female patients in the upper wards have again been reminded of the kindness of Mrs. Julia Field and Mrs. Althea M. Cary, by generous donations of fruit.

For the various expressions of friendship and esteem manifested by my associates in office, and by all connected with the Hospital during the year, I am specially grateful. All, with few exceptions, have labored for the good of the Institution, and have been faithful in the varied positions in which they have acted.

To the Board of Trustees and all who have visited the Hospital officially, I am sincerely grateful for the encouragement which I have received in my responsible position.

With thanks to our Heavenly Father for the immunities and blessings of the year, we again invoke His divine favor upon the health and prosperity of the Maine Insane Hospital, as we enter anew upon our chosen work.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }
Augusta, November 30, 1876. }

STEWARD AND TREASURER'S REPORT.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—Herewith is presented my financial statement for the year ending November 30, 1876.

The continued favorable ruling of the markets and the very pleasant weather of the past summer season, have materially contributed to the success of the works of improvement in which we have been engaged. Several economical measures have been perfected, reducing to some extent the expenditures for certain commodities, and the production of the farm have supplied many others.

In the departments in my charge all have been busily employed, and while all have been so faithful as to merit my highest approval, I feel constrained to mention the especially meritorious services of Mr. McLauchlan, the clerk, and Mr. Sampson, the foreman of the farm.

To the Superintendent and the other resident officers, and to yourselves, gentlemen, I would tender my thanks for many kind and friendly acts.

Financial Affairs.

| RECEIPTS. | |
|---|------------|
| Balance cash from last report..... | \$5,367 03 |
| From State for support of patients..... | 34,801 12 |
| “ towns and individuals for support of patients | 54,241 33 |
| “ house rent | 92 50 |
| “ discounts | 89 09 |
| “ breaking roads..... | 15 00 |
| “ telegrams | 40 72 |
| “ service of stock animals..... | 52 25 |
| “ trucking | 22 02 |
| “ sale of medicine | 1 69 |
| “ “ tripe..... | 6 00 |
| “ “ calves | 19 00 |
| “ “ anvil..... | 3 45 |

Financial Affairs, (Continued.)

| | | |
|---|----------|-------------|
| From sale of dry goods | \$10 15 | |
| “ “ old boilers..... | 271 00 | |
| “ “ pigs | 1,116 71 | |
| “ “ honey jars..... | 1 08 | |
| “ “ fowls..... | 1 00 | |
| “ “ hides, tallow and bones | 466 30 | |
| “ “ horses..... | 140 00 | |
| “ “ rags, lead and iron..... | 52 68 | |
| “ “ pork | 404 68 | |
| “ “ vegetables | 2 42 | |
| “ “ coal tar | 7 50 | |
| “ “ charcoal | 1 00 | |
| “ “ grindstone | 1 00 | |
| “ merchandise returned | 19 41 | |
| “ interest on deposits | 150 00 | |
| “ appropriation for steam boilers | 2,600 00 | |
| | | \$99,996 13 |

| DISBURSEMENTS. | | |
|---------------------------------|------------|--|
| Paid for flour | \$3,193 35 | |
| “ sugar | 2,586 93 | |
| “ molasses and syrup..... | 942 23 | |
| “ tea..... | 603 59 | |
| “ coffee | 1,350 53 | |
| “ rice | 156 09 | |
| “ oat meal..... | 85 06 | |
| “ crushed wheat..... | 68 13 | |
| “ cheese..... | 342 24 | |
| “ turkeys and chickens | 243 37 | |
| “ oysters and clams..... | 442 40 | |
| “ milk | 370 22 | |
| “ beans and peas | 282 10 | |
| “ salt..... | 107 07 | |
| “ sweet potatoes..... | 32 18 | |
| “ crackers and pilot bread..... | 319 84 | |
| “ vinegar and cider..... | 167 21 | |
| “ soda and cream tartar..... | 149 83 | |
| “ crockery..... | 750 68 | |
| “ carpets | 737 45 | |
| “ pictures | 16 45 | |
| “ eggs..... | 582 77 | |
| “ medical supplies..... | 598 10 | |
| “ blankets..... | 481 45 | |
| “ boots and shoes | 823 93 | |
| “ stationery..... | 114 94 | |
| “ postage..... | 205 24 | |

Financial Affairs, (Continued.)

| | |
|--|-----------|
| Paid for revenue stamps..... | \$18 80 |
| “ telegrams..... | 31 84 |
| “ telegraph instruments and supplies | 31 65 |
| “ tobacco..... | 249 44 |
| “ straw for beds..... | 600 55 |
| “ insurance..... | 180 00 |
| “ illuminating gas..... | 2,061 44 |
| “ oils for lanterns and lubricating .. | 402 86 |
| “ travelling expenses of Steward and | |
| “ Treasurer..... | 67 74 |
| “ starch..... | 82 34 |
| “ cash returned to patients..... | 143 64 |
| “ freight charges..... | 537 16 |
| “ blacksmith work..... | 344 14 |
| “ seeds..... | 193 51 |
| “ fertilizers..... | 189 60 |
| “ harnesses, robes and blankets.... | 153 59 |
| “ repairing carriages and sleighs... . | 282 42 |
| “ express charges..... | 53 93 |
| “ lumber..... | 624 70 |
| “ bricks and sand..... | 46 15 |
| “ supplies for engine house and laun- | |
| “ dry..... | 398 59 |
| “ labor and materials for painting .. | 916 02 |
| “ steam, gas and water pipes and | |
| “ fittings..... | 884 29 |
| “ lime and cement..... | 145 45 |
| “ settees for halls..... | 521 58 |
| “ flower plants and seeds..... | 118 67 |
| “ confectionery..... | 119 15 |
| “ cocoa..... | 94 72 |
| “ machinists' and founders' labor and | |
| “ materials..... | 42 36 |
| “ cutting and storing ice..... | 105 25 |
| “ cutlery..... | 5 50 |
| “ farm stock..... | 306 00 |
| “ repairs and improvements..... | 2,478 56 |
| “ corn starch and tapioca..... | 67 74 |
| “ coach hire..... | 30 00 |
| “ amusements..... | 52 20 |
| “ potatoes..... | 494 31 |
| “ labor for hospital..... | 16,332 38 |
| “ express and transportation charged | |
| “ to patients..... | 191 13 |
| “ newspapers and periodicals..... | 109 10 |
| “ fruit..... | 914 29 |
| “ farming tools..... | 418 60 |
| “ corn and meal..... | 1,890 87 |

Financial Affairs, (Concluded.)

| | | |
|--|------------|--------------------|
| Paid for labor for farm..... | \$3,105 37 | |
| “ coal..... | 7,236 77 | |
| “ soap..... | 307 06 | |
| “ tools and implements for hospital. | 1,140 89 | |
| “ fish..... | 1,801 79 | |
| “ horses for hospital..... | 400 00 | |
| “ meats..... | 8,356 23 | |
| “ spices and extracts..... | 165 86 | |
| “ dry goods and clothing..... | 4,095 40 | |
| “ furniture..... | 1,180 58 | |
| “ butter..... | 5,566 12 | |
| “ lard..... | 438 68 | |
| “ matches..... | 60 00 | |
| “ tinware..... | 63 10 | |
| “ hardware..... | 212 76 | |
| “ billiard table furniture..... | 20 00 | |
| “ coffins and robes..... | 507 50 | |
| “ repairing furniture..... | 142 94 | |
| “ pickles and ketchup..... | 54 75 | |
| “ finishing and furnishing of new building..... | 3,310 40 | |
| “ water works..... | 9,089 15 | |
| “ berries..... | 529 42 | |
| “ truckage..... | 10 60 | |
| “ hops and malt..... | 7 00 | |
| “ honey..... | 72 94 | |
| “ window glass .. | 17 15 | |
| “ flower pots..... | 20 00 | |
| “ pasturing stock..... | 22 50 | |
| “ onions..... | 7 00 | |
| Balance in favor of hospital..... | | \$96,627 60 |
| | | 3,368 53 |
| | | <u>\$99,996 13</u> |

Statement of Resources and Liabilities.

| RESOURCES. | | |
|--|---------|-------------|
| Cash on hand..... | \$3,368 | 53 |
| Due from State for support of patients.... | 8,691 | 58 |
| " towns and individuals for sup- port of patients..... | 18,448 | 42 |
| Due on personal accounts | 102 | 44 |
| Provisions and groceries on hand, pr. in'vy | 3,572 | 18 |
| Dry goods on hand, per inventory | 2,251 | 05 |
| Tin ware on hand, per inventory..... | 149 | 61 |
| Grockery and glass ware on hand, pr. in'vy | 403 | 97 |
| Medical supplies on hand, per inventory.. | 983 | 03 |
| Coal on hand, per inventory..... | 5,650 | 00 |
| Wood on hand, per inventory | 125 | 00 |
| | | \$43,745 81 |

| LIABILITIES. | | |
|---|---------|-------------|
| Due for groceries and provisions..... | \$1,945 | 14 |
| " corn and meal..... | 158 | 63 |
| " fish, oysters and clams.. | 295 | 08 |
| " hardware..... | 70 | 58 |
| " pipe and fittings..... | 27 | 46 |
| " tools and implements..... | 86 | 85 |
| " furniture..... | 81 | 47 |
| " lumber | 284 | 83 |
| " water works..... | 887 | 65 |
| " printing and stationery..... | 65 | 00 |
| " labor for hospital.... | 344 | 74 |
| " for boots and shoes..... | 91 | 00 |
| " blank books | 42 | 00 |
| " telegraph despatches | 13 | 39 |
| " repairing carriages and sleighs... | 27 | 90 |
| | | \$4,421 72 |
| Due employes per pay roll..... | | 4,663 50 |
| | | 9,085 22 |
| Net resources | | 34,660 59 |
| | | \$43,745 81 |

Very respectfully submitted.

C. B. LAKIN, *Steward and Treasurer.*

AUGUSTA, Nov. 30, 1876.

MAINE INSANE HOSPITAL,
AUGUSTA, Dec. 21, 1876. }

The undersigned, to whom was referred the report of the Steward and Treasurer, hereby certify that they have examined the same and find it correct and properly avouched.

H. A. SHOREY,
A. G. WAKEFIELD, } *Committee.*

FARM PRODUCTS, 1876.

9,712 pounds pork.
452 pigs.
6 calves.
60 bushels parsnips.
27 bushels beet greens.
1,150 heads lettuce.
1,306 bushels beets.
51 bushels beans.
29 bushels peas.
7,508 cucumbers.
1 bushel cucumbers.
17,172½ pounds squash.
6,724 pounds tomatoes.
66 barrels apples.
8,200 ears sweet corn.
337½ bushels turnips.
62 bushels onions.
2,214 bushels potatoes.
9,500 heads cabbage.
23½ barrels cucumber pickles.
253 bushels barley.
5 bushels dry peas.
3 bushels dry beans.
253 tons hay.
23 tons straw.
14 tons corn fodder.
9,461 gallons milk.
31 doz. horse radish.
13 barrels cider.

CHAPLAIN'S REPORT.

To the Trustees of the Maine Insane Hospital :

GENTLEMEN :—In the important trust with which I am charged, as Chaplain, is included the duty of making a brief annual report.

The opening of the year was signalled by the completion and dedication of the Hall, devoted, among other important uses, for chapel services. The importance and necessity of such a place for the uses to which it was publicly dedicated, made the event a memorable one in the history of the institution.

On the evening of February 10th, the beautiful hall was filled with members of the State government, citizens of Augusta, and patients, all happy in being present and aiding in the services of the occasion. The exercises of the evening were as follows : An anthem was sung by a select choir, under the direction of Dr. Hawes of Hallowell—"Let every heart rejoice and sing." The dedicatory prayer was then offered by the Chaplain. Remarks were made by Capt. E. L. Pattangall, President of the Board of Trustees, Judge E. W. Woodbury of the Board, and Dr. Harlow, Superintendent. The choir then sung the following beautiful original hymn, composed for the occasion by Mrs. Neal, wife of Dr. Neal of the Hospital :

With grateful hearts to thee, O God !
Enthroned in matchless power,
We come with voice of prayer and praise,
In this auspicious hour.

Thou of thy goodness hast prepared
For all thy needy here,
O, let our glad thanksgiving rise
Unto thy willing ear !

These goodly walls, this chapel fair,
To thee we consecrate;
Here may thy presence healing bring
To shadowed souls who wait,—

As Israel's stricken king of old,
 When the entrancing swell
 Of David's softly sounding harp
 Broke the unholy spell.

The distant home seems nearer now,
 And fireside voices call,
 The golden links, affections strong,
 That bind each heart to all.

The Saviour while on earth revealed
 Humanity's broad claim,—
 Though reason's wrapped in sombre cloud
 The soul lives on the same.

In harmony of love and trust,
 And Charity's warm hand,
 God bless the day that sent this Light
 To cheer a suffering band.

Remarks followed by Rev. Dr. Quinby of Augusta, His Excellency Gov. Connor, Hon. W. H. Stevens of the Senate, and E. F. Pillsbury, Esq., of Augusta. The exercises were interspersed with singing by the Hallowell Quintette Club and the choir.

The presentation of an elegant gold-headed cane to the Superintendent, Dr. Harlow, who has been in continuous service for a quarter of a century, and of a silver ice pitcher and salver to his estimable wife, were not the least interesting exercises of the occasion.

The occupancy of the chapel for religious services commenced on the Sabbath following, February 12th, and every Sabbath afternoon since, a large and decorous audience has gathered in the place for the worship and praise of God. As was anticipated, the attendance has more than doubled, averaging at least one hundred and fifty persons for each service. A new choir has also been organized, under the leadership of Mr. A. B. Hodgkins, composed of officers and others connected with the Hospital, which adds very much to the interest of the Sabbath service. The organist, Miss Alice Twitchell, has faithfully and acceptably filled the place for the last two years.

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.

In other reports I have spoken of the value of the Sabbath service to those in attendance; let me add, that each year of my

chaplaincy, the eighth of which is now closing, makes more and more apparent to me the value of a religious service for the unfortunate class of persons attendant on them here. As a mere sanitary measure, it is worth ten-fold its cost to the institution. Its higher results cannot be estimated.

In conclusion I desire again to bear testimony to the kind and respectful consideration which I have met with in all my intercourse with those connected with the institution. I regard its affairs as administered with rare ability and wisdom. I know that to meet the requirements contemplated by those who founded it is indeed a difficult task. But that they are met in an eminent degree by those in whose hands the administration of the affairs of the Hospital is placed, my opportunities for observation have fully convinced me.

Respectfully submitted.

C. F. PENNEY, *Chaplain.*

AUGUSTA, December, 1876.

REPORT OF COMMITTEE ON HOSPITAL LIBRARY.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN:—The undersigned, having been appointed Committee on Libraries at the last annual meeting of the Board, have attended to the duties assigned them, and ask leave to report:

The State of Maine Bonds, in which the Black and McLellan bequests were originally invested, matured March 1st, 1876, and it became necessary to seek a new investment for the money. In the judgment of your Committee it was deemed advisable to purchase \$2,000 in six per cent. Portland and Kennebec R. R. Bonds, and \$1,200 in six per cent. St. Johnsbury town Bonds.

The interest accrued on the Maine Bonds to the time of maturity, and the balance on hand at the commencement of the year, with cash from other sources, have been expended for books.

The following are the receipts and disbursements:

| | RECEIPTS. | Dr. |
|---|----------------|------------|
| 1876—Dec. 1. To cash on hand..... | | \$5 57 |
| “ Dec. 22. To cash of Hospital Treas. for 15 vols. “ Songs for the Sanctuary”..... | | 27 00 |
| “ June 7. To Interest Coupons | | 90 00 |
| “ Sept. 15. State of Maine Bonds matured..... | | 3,000 00 |
| “ Nov. 30. To cash from Box..... | | 1 23 |
| | | \$3,123 80 |
| | DISBURSEMENTS. | Cr. |
| Paid for books and other expenses..... | | \$97 07 |
| Paid for bonds..... | | 3,023 67 |
| Balance to new account | | 3 06 |
| | | \$3,123 80 |

JOHN T. GILMAN,
H. M. HARLOW.

REPORT OF BUILDING COMMITTEE.

STATE OF MAINE. }
Augusta, December 20, 1876. }

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

The Committee of the Trustees, to whom was committed the disbursement of money appropriated by resolve approved February 23, 1876, amounting to six thousand dollars, for finishing and furnishing the new building, and the repayment to hospital fund of twenty-six hundred dollars advanced for boilers, have attended to that duty and report.

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

| 1876. | DR. | |
|-----------|--|------------|
| March 31. | To discount on gas fixtures from account | |
| | 1875 | \$31 02 |
| April 26. | To Cash on warrant..... | 2,000 00 |
| June 2. | “ “ | 3,000 00 |
| Oct. 30. | “ “ | 1,000 00 |
| | | \$6,031 02 |

| | CR. | |
|-----------|---|------------|
| April 29. | To paid Williamson & Greenwood..... | \$406 19 |
| May 1. | “ Walworth Manufacturing Co..... | 176 75 |
| | “ Glover & Willcomb..... | 41 04 |
| | “ E. Whiteley..... | 714 25 |
| July 27. | “ Walworth Manufacturing Co..... | 201 36 |
| | “ Thomas Lambard..... | 63 32 |
| | “ The John Robeling's Sons Co..... | 16 90 |
| Aug. 2. | “ J. P. Wyman..... | 415 31 |
| | 3. “ Williamson & Greenwood..... | 678 16 |
| | 30. “ C. B. Lakin, on account of boilers. | 2,600 00 |
| Oct. 2. | “ S. S. Brooks & Co..... | 439 96 |
| Nov. 28. | “ McClench & Co..... | 277 78 |
| | | \$6,031 02 |

As we proceeded with the finishing and furnishing the new building, we found it necessary to commence a system of drainage, which when completed, so that it would satisfactorily remove all offensive matter from the kitchen and other offices, required the laying of two hundred and fifty feet of eight-inch vitrified drain pipe from four to nine feet in depth, securing so much fall that rapid and complete drainage is effected. This, with the excavations of the basement, and the work in and about the building and furnishing the same, caused an expenditure of three thousand three hundred ten dollars and forty cents (\$3,310.40) above the appropriation, which has been paid from the current funds of the Hospital, and expended under the immediate supervision of the Steward and Treasurer. These improvements have fully met the expectations of the Committee and resident officers, and justify the large expenditure. The improved cooking apparatus and Whitely's coffee and tea boilers very much facilitate the work in the kitchen, and have demonstrated the gratifying result of a saving in the articles of coffee and tea alone, in the first six months, of more than four hundred dollars. We have now one of the best kitchens, in all its appointments, to be found in New England.

E. W. WOODBURY,
JOHN W. CHASE.

WATER COMMITTEE'S REPORT.

To the Board of Trustees of the Maine Insane Hospital:

The undersigned, a committee of Trustees to superintend the introduction of pure water for the general use of the Hospital and stables, and for a protection against fire, have attended to that duty and report. Agreeable to plans submitted by Mr. James B. Francis, a distinguished hydraulic engineer of Lowell, Mass., and Mr. Luther H. Eaton, a civil engineer of Bangor, Me., and adopted by the Board, work was commenced on the impounding reservoir the 1st day of August, under the immediate supervision of Mr. Ashford A. Sampson, the efficient foreman of the farm, under the general direction of Mr. C. B. Lakin, our Steward and Treasurer. This reservoir is 450 feet in length by 65 feet in breadth, and is excavated into the clay soil to the depth of eight feet, causing the removal of 9,000 yards of earth, and receives the water from several living springs and the drainage of a water-shed of more than one hundred acres, and has a capacity of 1,500,000 gallons. It is provided with suitable wasteways, and a filter with brick walls twenty inches thick, filled with alternate sections of broken stone and gravel, and is 30 feet in length by 14 feet in breadth and from 12 to 16 below surface of water, with an arch sprung to receive the floor of the pump house. The water is admitted by an eight inch pipe, with a suitable screen box at the bottom of the pond, and is controlled by a gate inside the filter. The pump house is built upon the filter, of same size, at the northwest corner of the reservoir. The boiler and pump are from the works of the Knowles Steam Pump Co., Boston, Mass. We lift the water 70 feet perpendicularly, through 1,700 feet of tar-coated, cast-iron pipe, three inches in diameter, to a reservoir on "Granite Hill." This reservoir is located 3500 feet east of the hospital and 95 feet above the grade of the hospital buildings, and the water is conducted to them through an eight-inch, tar-coated, cast-iron pipe. Two hydrants, one single and one double, have been set,

and the water has been introduced into the barns, affording an abundant supply for the stock (which heretofore had to be driven to the river during the dry season), and into the basement of the hospital. The hydrants already set afford an abundant supply of water for ordinary purposes and a large measure of protection in cases of fire, and when the work is completed—for which the pipe and fixtures are purchased, and will be put in position at an early day—the facilities for flooding every ward with water will be the work of but a few minutes, and the protection against fire nearly complete.

The reservoir on "Granite Hill" is one hundred feet square and nine feet in depth from high water line, and has a capacity of 350,000 gallons. The walls are of brick, twelve inches thick, resting on the ledge, which was blasted and debris removed to secure a firm and even foundation. The average height of the wall is ten feet, and is laid in the best Newark cement, and the face washed with the same in a thorough manner. This is lined with a wall of puddled clay two feet thick, extending above and over the brick wall. These are surrounded with an earthwork embankment, outside and inside, forty feet in width at the bottom and eight feet at the top, and twelve feet the average height. The inside embankment is rip-rapped to high water line, to prevent washing.

The excavations, the 5000 feet of trenching to an average depth of six feet, the moving of the large quantities of stone, brick, cement, pipe and other materials, were all under the supervision of Mr. Ashford A. Sampson, and were performed in addition to his very successful farming operations.

The blasting was performed by Mr. Otis Pierce of Augusta, in a very skillful manner. The mason work was under the direction of Mr. H. N. Lawson, a regular employee of the hospital. The three-inch supply pipe was laid and the boiler and pump were put in position by Messrs. McClench & Co. of Hallowell. The eight-inch service pipe was laid in the trenches and throughout the basement by Mr. Cyrus Fellows of Augusta. The pipe, ties, elbows, gates, etc., were furnished by Messrs. Morris, Tasker & Co. of Boston, Mass., and are of excellent quality; but owing to serious delays in its delivery after the purchase, much embarrassment was experienced in the execution of the work, and we have to submit our report before its entire completion.

The expenditures thus far have been about \$9,000, and we have means at our disposal to complete the work without calling upon the State for any special appropriation.

Much credit is due the Superintendent, Steward and Treasurer and Mr. Sampson, for their unceasing efforts to complete the work, and which we believe, when completed, to be the most important improvement ever attempted by the Board. A large measure of our success is due to Mr. C. B. Lakin, for his indefatigable efforts from the time of its inception until the present.

E. W. WOODBURY,
JOHN W. CHASE.

December 20th, 1876.

APPENDIX.

EXTRACT FROM THE REGULATIONS OF THE HOSPITAL.

Male patients admitted into the institution, should come provided with at least three good cotton shirts, coat, vest and pants, of strong woollen cloth, two pairs woollen stockings, 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 woollens should be of dark color. It is quite desirable, also, that a Bible or Testament should not be forgotten in the outfit.

The price of board, washing, medicine and attendance is fixed at \$4.00 per week.

No person can be received without the certificates of the municipal officers of some city or town, and of two physicians, required by law.

[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 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?