

# 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

1879.

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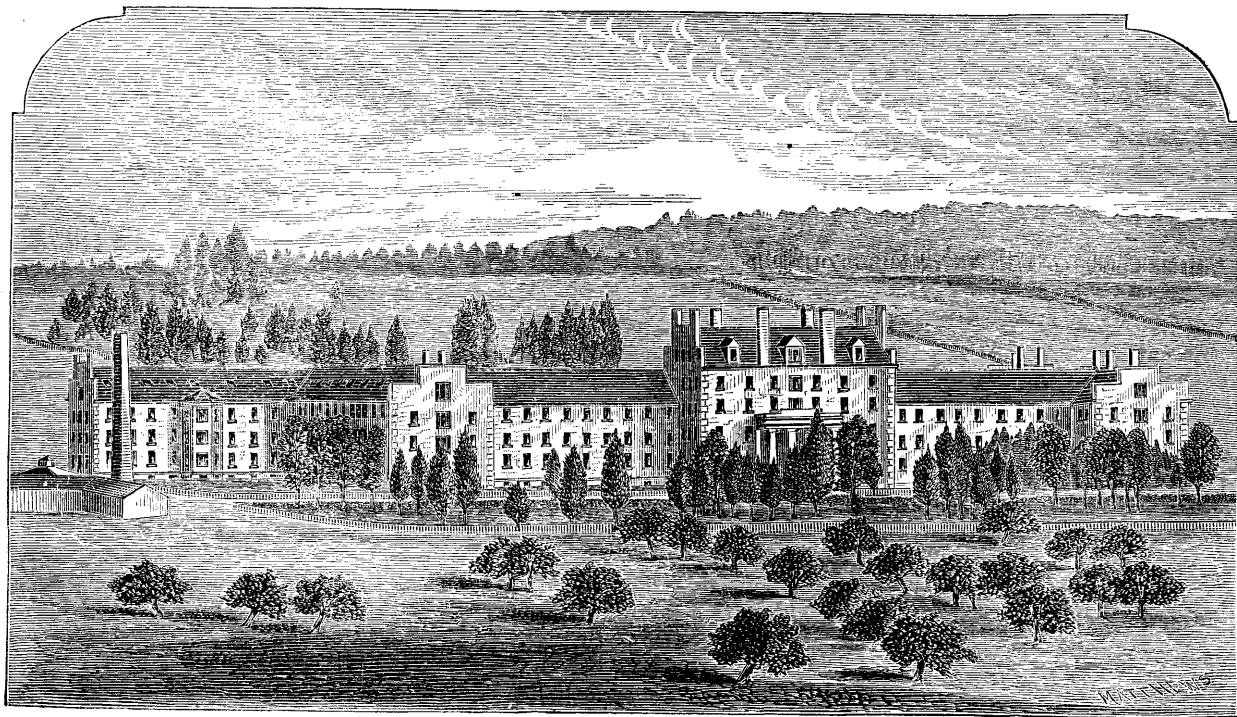
VOLUME I.

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AUGUSTA:

SPRAGUE & SON, PRINTERS TO THE STATE.

1880.



MAINE INSANE HOSPITAL.

REPORTS

OF THE

TRUSTEES AND RESIDENT OFFICERS

OF THE

MAINE INSANE HOSPITAL.

DECEMBER 1, 1878.

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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.

1878.

## OFFICERS FOR 1879.

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### TRUSTEES.

E. L. PATTANGALL, PEMBROKE, *President*.  
H. A. SHOREY, BRIDGTON, *Secretary*.  
E. W. WOODBURY, BETHEL.  
FRED E. RICHARDS, CAMDEN.  
DR. JOHN T. GILMAN, PORTLAND.  
DR. J. S. CUSHING, SKOWHEGAN.

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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*.  
CLARENCE E. McINTIRE, *Clerk*.  
MISS ALICE G. TWITCHELL, *Matron*.  
REV. C. F. PENNEY, *Chaplain*.  
A. B. HODGKINS, *Supervisor of Male Wards*.  
MISS HANNAH W. HAM, *Supervisor of Female Wards*.  
ASHFORD A. SAMPSON, *Foreman of Farm*.

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### STANDING COMMITTEES for 1879.

*Finance*—Woodbury, Richards, Pattangall.  
*Improvements*—Woodbury, Richards, Cushing.  
*Library*—Gilman, Harlow.

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### VISITING COMMITTEES FOR THE YEAR.

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

## TRUSTEES' REPORT.

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

In conformity with the requirements of the statutes, we herewith submit to you the Thirty-Eighth Annual Report of the Trustees of the Maine Insane Hospital, the same being for the year ending November 30, 1878.

The past year has been a very successful one in all that pertains to the several departments of the hospital. A considerable amount of the funds of the institution has been expended in making necessary improvements, and in completing others commenced in preceding years. The laundry improvements which were in progress at the time of our last report are now completed. A Standard Steam Washing Machine of large size has been put in operation, and is proving a valuable accession, increasing the efficiency of this department, which is now thoroughly well appointed, and is giving the utmost satisfaction to all interested in its operations. A section of land known as the Hoyt farm, immediately adjoining the hospital property on the south, amounting to 21 $\frac{3}{4}$  acres, and lying so near the farm buildings as to render it peculiarly valuable for our purposes, was purchased early in the spring at a cost of \$1,902.15, of E. W. Whitehouse, Esq.

The erection of a barn 100 feet long and 48 feet wide, with posts 22 feet in the clear, and slated roof, has supplied a want which the increasing productive capacity of the farm has rendered urgent. The structure is in all respects

thoroughly built, only the best materials being used, and the foundation being heavy and substantial. The cellar is furnished with a heavy concrete floor, and is arranged for the reception of manure from the stalls on the main floor, and also as an extensive piggery. The main floor is supported by twenty-one heavy iron pillars, is provided with stalls for fifty or more head of cattle, and furnished with the modern improvements in this class of buildings. The whole amount expended upon this building has been \$5,067.96.

During the long drought in the autumn we constructed a stone dam 6 feet wide at the bottom, 4 feet at the top, and 8 feet in height, laid in cement, the length being 250 feet. The stone work is covered with a heavy embankment of earth, and provided with a suitable waste-way, also of stone and cement. The design is to hold the water in a natural basin south of the first impounding reservoir, agreeably to the original plan. These reservoirs are connected by a pipe laid below frost, and provided with suitable gates. The cost has been about \$500, and we have thereby greatly increased the capacity of our water storage.

The farm now contains about 340 acres, and is in a good state of cultivation. During the past year 160 rods of stone underdrain has been laid, and of this kind of drain there is now about two miles on the farm. About 80 acres of pasture has been greatly improved by the removal of large amounts of stone, stumps and other debris, being thoroughly harrowed and top-dressed with ground bone and unleached wood ashes, and seeded down with grass and winter rye. The hay crop of 275 tons was the largest ever produced on the farm, as was also the potato crop of 2,738 bushels. The crops would have been heavier but for the severe drought, but, as will be seen in the Steward and Treasurer's report, they were all large. The following table, being a comparative statement of the principal products of the farm for the years 1874 and 1878, shows the increase in the productive capacity of the farm in the interval.

## COMPARATIVE STATEMENT.

ARTICLES.	1874.	1878.
Hay, tons of.....	147	275
Corn fodder, ".....	6	8
Straw, ".....	15	17
Squashes, pounds of.....	7,877	17,949
Tomatoes, ".....	4,192	7,485
Sweet corn, ears of.....	7,598	16,634
Cucumbers, number of.....	4,719	8,317
Milk, gallons of.....	7,631	10,178
Green peas and beans, bushels of...	102	228
Parsnips, bushels of.....	12	44
Turnips, ".....	140	1,151
Barley, ".....	257	222
Carrots, ".....	150	-
Oats, ".....	-	64
Beet greens, ".....	74	50
Apples, ".....	202	761
Potatoes, ".....	1,396	2,738
Beets, ".....	222	1,519
Cabbages, pounds.....	10,000	19,170
Lettuce, heads.....	2,650	11,900
Cider, barrels.....	17	-
Pickles, ".....	.18	40
Pigs sold for cash.....	\$83 65	\$1,005 49
Onions, bushels.....	-	198

We are of opinion that the increased production on this farm, at a comparatively small outlay for fertilizers other than such as are made on the farm, clearly demonstrates that farming in this State may be made successful. Hence we fail to agree with the conclusions of a former Secretary of the Board of Agriculture, who very plainly intimates in his report that, "while men might live by farming in Maine, they could hardly expect to thrive."

The stock on the farm is largely increased and improved by the disposal of the poorer animals, and by replacing them through purchases and by raising on the farm animals better fitted for the uses of the institution. A reference to the report of the Steward and Treasurer will show that a large



sum has been realized from the sale of young swine, and we find about 400 of these animals of all ages still in the pens. Mr. Ashford A. Sampson, the very energetic foreman of the farm, has been untiring in his efforts, which have contributed largely to the successful result of our operations, and much credit is due him for the interest he has taken in this department.

Within the past three years we have expended from the current income of the hospital for permanent and extraordinary improvements, \$36,258.83, viz.: on water works \$17,015.20, finishing and furnishing chapel building \$3,310.40, ventilation \$4,288.69, laundry improvements \$4,048.43, piano for chapel \$626, land purchased \$1,902.15, and new barn \$5,067.96. The inquiry may be interesting as to the propriety of this large outlay, and whether the practical results warrant the expenditure. We believe that the comfort, healthfulness and convenience of the patients, the protection of life and property from destruction by fire, the interests of public economy, and the future usefulness of the Hospital are greatly subserved thereby. We would respectfully call your attention to these considerations for proof of the wisdom of the course we have pursued.

When we take into consideration the large amount of our income which has been expended for extraordinary improvements, and the prospective low price of supplies, we fully concur with the Superintendent that the price of board may be reduced to \$3.50 per week. We believe this can be done without any diminution of the comforts and luxuries afforded the patients, and without impairing the efficiency of the working force of the hospital. We do not anticipate any large drafts upon our funds in the immediate future.

A reference to the Superintendent's report shows a daily average of 415 patients for the year, which exceeds the daily average of the preceding year by 4. Remaining at the close of the year 418, an excess of 2 patients over the number remaining at the close of last year. We believe that none have been denied admission for want of accommodation, and it is

evident that there has been no injury to the health of patients on account of lack of room. The mortuary record of the Superintendent shows no increase in the death rate. In fact, the number of deaths has been less than in each of several preceding years, when there were a less number of patients in the hospital. While we do not doubt that there are many persons of unsound mind in the State who cannot be accommodated in the hospital, we also believe that so long as the law of 1874, requiring the discharge of imbeciles, remains in force, further expenditure of money for the erection of buildings for the accommodation of the insane would be unnecessary and inexpedient.

The laws in relation to the management of the Hospital, commitments thereto, the expense therein and by whom paid, have been codified. These with the rules and regulations of the Hospital have been printed in pamphlet form, and a copy sent to each city and town in the State.

We have given the hospital something more of supervision during the past year than formerly, having held a full meeting of the Board of Trustees at the commencement of each quarter. At each of these meetings, as also in all the monthly visits made by a committee of two members of this board, we have invariably found the several departments of the hospital being well conducted. The patients were receiving all necessary care and attention, their food abundant and of good quality, the sick being especially cared for, and every effort that experience and skill could dictate being made for their recovery.

The finances of the institution have been carefully and judiciously managed. The receipts from towns and individuals for support of patients have been \$6,404.79 less than for the preceding year. This was owing to the reduction of the price of board at the last annual meeting, from \$4.00 to \$3.75 per week. To Mr. C. B. Lakin, the Treasurer of the Institution, who has given especial attention to the finances, we are greatly indebted for the successful completion of the various improvements made, and for the present favorable condition of the financial affairs of the hospital.

Early in the year the efficiency of the clerical force of the hospital was seriously impaired, by the death of the faithful and accurate clerk, Mr. Wm. W. McLauchlan, Jr., of Pembroke. During a long term of service he had rendered himself almost indispensable in the office work, and endeared himself to all by his sterling integrity and conscientious discharge of every trust. The place has been supplied by the appointment of Mr. Clarence E. McIntire of Camden.

You are very respectfully referred to the report of our excellent Chaplain, for very much that is interesting, pertaining to the duties of his office.

The report of the Committee on Library is herewith respectfully presented. It contains full information relative to the condition of the library, financially and otherwise.

In closing our report, we feel to congratulate the people of the State upon the successful completion of the system of improvements commenced four years ago, and the continued watchful care and efficient conduct of the officers of the institution. It is also a source of great pleasure to us to state in this connection, that we have every reason to believe the hospital possesses a superior corps of attendants and employees in every department of the service.

The friends of that unfortunate class which requires the benefits of this humane institution, may rest assured that, whatever watchful kindness enlightened by experience can suggest, and all that patient energy and skill can accomplish for their welfare, will be done without stint or complaint.

In view of the general confidence in which the hospital is held by the public, we entertain no doubt that it will continue to receive from an appreciative people all the aid necessary for its highest usefulness.

E. L. PATTANGALL,	} Trustees.
E. W. WOODBURY,	
JOHN T. GILMAN,	
FRED E. RICHARDS,	
H. A. SHOREY,	
J. S. CUSHING,	

## SUPERINTENDENT'S REPORT.

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*To the Board of Trustees of the  
Maine Insane Hospital:*

GENTLEMEN,—The record of days, weeks and months of another hospital year has been made, and in obedience to law we again respectfully submit to you the annual report of the Maine Insane Hospital.

The incidents and events of this quickly-moving cycle have varied but little from others which have preceded it. The work has been mostly routine and general.

In the providence of God a degree of immunity from casualty and sickness has been enjoyed equal to, and perhaps greater than for any similar period in the history of the institution.

Many have been received and treated, and some have recovered their health and mental soundness. Others have improved, or been calmed, soothed and comforted, while many have refused to be comforted. Some have paid the debt of nature, thereby released from an earthly life strange and mysterious, and entered upon an inheritance where clouds and darkness no more overshadow the reason.

### ADMISSIONS AND DISCHARGES.

At the commencement of the year there were four hundred and sixteen patients in the Hospital—two hundred and sixteen males and two hundred females. There have been admitted since, one hundred and eighty-eight—one hundred and five males and eighty-three females—making a total under treatment of six hundred and four—three hundred and twenty-one males and two hundred and eighty-three females.

The number of patients admitted each month is as follows : thirteen males and eight females in January, two males and two females in February, four males and eight females in March, eight males and eight females in April, ten males and eleven females in May, nine males and three females in June, seven males and six females in July, seven males and eleven females in August, thirteen males and two females in September, eleven males and seven females in October, three males and three females in November, thirteen males and eight females in December.

There have been discharged during the year one hundred and eighty-six—one hundred and five males and eighty-one females—leaving in the Hospital at the close of the year four hundred and eighteen patients.

#### THE CONDITION OF THOSE DISCHARGED

was as follows: Recovered, fifty-six—twenty-nine males and twenty-seven females; improved, forty-five—twenty-four males and twenty-one females; unimproved, thirty-seven—twenty-one males and sixteen females; died, thirty-two males and sixteen females. One patient committed by order of court proved not insane, and was removed for trial.

Of the fifty-six discharged recovered, thirty-three were on the first admission, fifteen on the second, six on the third, one on the fourth, and one on the fifth.

#### THE AVERAGE TIME IN THE HOSPITAL

of those who recovered was about twenty-five weeks, the longest time two hundred and five, and the shortest time four weeks.

The crowded state of the Hospital has rendered it necessary to send home quite a number of improved cases that would probably have recovered if continued under treatment, in order to make room for those more urgent and needy of hospital care. This has obviously served to lessen the number of recoveries. The comparative number of *unimproved*

is made larger by the discharges required under the law for the removal of imbecile and demented patients.

### THE CAUSES OF DEATH

were as follows: general paralysis, fourteen; consumption, eleven; chronic insanity, eight; exhaustive mania, six; paralysis, two; marasmus, two; heart disease, one; epilepsy, one; old age, one; dropsy, one; apoplexy, one; suicide, one. The number of deaths varies but little from that of previous years. In reviewing their causes, it will be observed that nearly one-third of all who died had that fatal disease, *general paresis*, from which no one escapes when once a victim, save through the portals of the grave. It is a form of brain and nervous disease which is alarmingly on the increase, and calls loudly for something to be done if possible to prevent its inception. This, I conceive, can only be done by habits of right living, which embraces a sober, temperate life in all things—temperate in eating, drinking, sleeping and working.

The next prolific cause of death appears to be *phthisis pulmonalis*, or consumption, being the cause of nearly one-fourth of the deaths. This disease is found to be very prevalent among insane persons, though as a rule in a dormant or latent state, rising only to complete its destructive work a few days or weeks prior to dissolution, when the weakened, attenuated frame can least resist the force. It may be said in this connection that latent tubercles in the lungs may account for not a few of the many cases of insanity which come to light every year. In all such there must necessarily be deficient nutrition of the brain and nervous system, and where there is a predisposition to insanity, it will be quite likely to develop.

There were five deaths in January, three in February, two in March, two in April, three in May, two in June, three in July, five in August, six in September, six in October, six in November, and five in December.

The average age of those who have died was forty-six. The youngest was twenty-one, the oldest seventy-four. Four were between seventy and eighty, four between sixty and seventy, eight between fifty and sixty, twelve between forty and fifty, fifteen between thirty and forty, and six between twenty and thirty.

#### THE ASSIGNED CAUSES OF INSANITY

are as follows: Ill-health, thirty-two; intemperance, twenty-six; masturbation, ten; puerperal, ten; critical period of life, nine; domestic trouble, ten; epilepsy, eight; sun-stroke, five; loss of property, four; abuse of husband, four; injury of head, four; injury of spine, two; paralysis, two; embarrassment in business, four; over-exertion, two; suppressed eruption, two; excessive use of tobacco, two; disappointed affection, two; undue grief, two; religious excitement, two; old age, one; lawsuit, one; fright, one; abortion, one; venereal, one; lewdness, one; apoplexy, one; spiritualism, one; unknown, thirty-eight.

#### THE CIVIL CONDITION

of those admitted during the year appears as follows: Forty-four males and forty-four females are married; forty-six males and twenty-seven females are single; ten are widows and seven are widowers.

#### TOTAL NUMBER OF ADMISSIONS AND DISCHARGES.

The Hospital has been in operation since October, 1840. In the meantime five thousand one hundred and sixty patients have enjoyed its benefits. Four thousand seven hundred and forty-two have been discharged. Of these, two thousand and thirty-five recovered, nine hundred and twelve improved, seven hundred and ninety-eight were unimproved, and nine hundred and ninety-seven have died.

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

YEAR.	Admitted.	Discharged.	Whole number 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
1876 7.....	194	183	599	72	35	28	46	423	397	416	411
1877 8.....	188	186	604	56	45	37	48	423	406	418	415

#### DAILY AVERAGE NUMBER AND SUPPORT OF PATIENTS.

The average number of patients, daily, for the year, has been four hundred and fifteen—greater than for any previous year. They have received aid and support, as follows: Thirty-three have been supported wholly by their own means or that of friends, 50 entirely by the State, and 335 have received State aid of \$1.50 per week, as provided by statute; cities, towns or individuals paying the balance.



## THE MEDICAL TREATMENT

of patients continues essentially the same as in previous years. Little can be expected by way of restoration to mental soundness, while the physical health remains in an abnormal state, as it is in a greater or less degree in all cases of insanity. Hence, particular attention is paid to the physical condition of patients coming to the Hospital. Having put the body in the best possible hygienic state, by frequent ablutions of the skin, and administering depurating medicine for the digestive organs, a course of medicine is prescribed with the view of improving the general health and quieting the nervous irritation, the prescription being made on general principles depending on the case at hand. Cleanliness of the body is the first order of treatment. It is well known that the insane are proverbial for the neglect of this most important hygienic condition, often going weeks and months without a bath or change of raiment. Some are religiously scrupulous about the use of water upon their persons, and strenuously oppose the use of a razor or shears upon the beard and hair.

## MORAL TREATMENT.

Among the many appliances employed in the moral treatment of the insane, there is none perhaps which deserves a wider note than that of music. Taken in its widest sense, it is one of the grand component parts of the soul. It feeds and thrives upon it. Without it the soul would be abnormal, and would dwarf and degenerate. Every people and nation has its music; every living thing possesses an element of melody, it may be harmonious or discordant. It rises from the gurgling brook, nature's lowest tone, to the finest, sharpest note of the tiniest insect. Bird and beast, insect and fowl, send forth their characteristic sounds. As man is at the head of all created things, so the human voice exceeds all other melody. Musical sounds, whether voiced or vibrating from instruments skilfully played, or reverberating from

nature's sweetest notes, all have their influence upon man. They address themselves directly to the soul. They mould and fashion it, and make it largely what it is to be—the fullness of the life beyond.

It is obvious that all moral influence, all moral treatment of the insane, must be applied through one or more of the five senses—avenues leading from the outer world to the citadel of the soul. To reach this profound, mysterious abode, we have to pass its windows and portals in order to address the remedial agents directly to the disordered parts.

Hitherto attention has been given mostly to providing objects pleasing to the eye of the insane—objects that will attract and divert thought through the sense of sight. The large and elegant buildings so liberally provided for the insane in almost every State, situated in the midst of beautiful scenery of hill and dale, woodland and plain, river or lake, serve admirably the purpose desired. So also, the internal arrangements, where everything pertaining to the various hospital apartments is provided as far as possible with reference to the pleasure of the visual organs, that the weary, restless mind may repose on the beauty thereof; but to obtain a fuller and more complete effect, the sense of hearing needs to be provided with healthful aliment. This sense, scarcely second to any other, has perhaps been too much neglected in moral appliances. It ought, to say the least, to receive a larger share of attention.

As hearing and seeing are of all the others the paramount senses, and being more or less in direct communication with each other, lending mutual aid and support in their varied functions, the best moral food should be provided, and we know of none better adapted to the insane than that of good music. All sounds, of whatever nature, excite mental action. Pleasing sounds are healthful, and contribute to nourish the mind. The favorable effect of music on the sick, especially the nervous and insane, has long been recognized. It was the harp of David that quelled the mental perturbation of King Saul. What light is to the eye, sound is to the ear.

What a beautiful picture, a landscape, a painting or statue is to the eye, harmony and rhythm of sound are to the ear. One through the windows of the soul paints upon the retina, the other through its portals vibrates on its tympanum and stirs the emotions of beauty and pleasure. The soothing, quieting effect of a concert, or select reading and recitation when pleasingly voiced, is well known to all familiar with hospital and asylum entertainments. The patients are never more quiet and happy than when listening to one of these. As the effects of music become better known as a potent influence on minds diseased, it will, we believe, become more generally employed in hospital treatment.

#### CHAPEL SERVICE

has been regularly held every Sunday afternoon, conducted by our most acceptable Chaplain, Rev. C. F. Penney. This service is sweet and soothing to all who believe and love the cause of the Master. We should be very loth to dispense with an auxiliary of such vital importance. It is more of a medicine to the wounded soul than drugs are to the damaged body. A good proportion of the household are accustomed to attend. All patients who feel inclined, and can exercise a fair degree of self-control, have the privilege of going to the service.

The well recognized effect of the truths of the gospel rightly applied to the mind, sane or insane, is to purify the heart and elevate the soul. The spirit of Christ rooted and grounded within, not only keeps many from the surging stream towards which they are drifting, but it helps those to emerge who have fallen beneath the turbid waters. No greater error is abroad than the one so prevalent in many minds that the christian religion is a cause of insanity. The unnatural, unhealthy, morbid religious thought, so often seen among the insane, arises from melancholia, and has its root in physical disease.

## THE LIBRARY

has received accessions of books provided by the Black and McLellan bequests. These, with the newspapers and periodicals received weekly, numbering nearly two hundred, afford all needed reading matter for the household.

## THE FARM

department of the Hospital continues to be kept at the highest point of interest. Under the general care of the Mr. Lakin, and the direct care of Mr. Sampson, the efficient farmer, all pertaining to this important branch has been well conducted, and speaks for itself, as may be seen by the report of the Steward and Treasurer. More hay, more grain, and more vegetables have been produced, notwithstanding the drouth, than in any previous year. The work of farm improvements which has been carried on, has been of no inconsiderable amount. Many rods of ditching have been made, additional to what has been done before. The large pasture east, sixty or more acres, has been renovated, the rocks and stumps dug and removed, rough places smoothed, the mossy knolls harrowed, and the whole being dressed with ashes and bone dust, and seeded, promises to make a much more productive grazing field than it has done heretofore.

The purchase of the Hoyt land is a most valuable accession to the farm. It was very much needed for pasturage, and being in close proximity to the farm buildings, it is accessible and quite convenient for summer feeding.

## ADDITIONAL BARN ROOM,

to which allusion was made last year as being necessary, has been provided. A large, spacious barn, with modern improvements, has been erected and finished in the most thorough, workmanlike manner, for storing hay and the accommodation of stock and swine. It is 100 x 48 feet, 16 feet posts, and has a roomy stable on either side of the main

floor, and a basement cellar thoroughly concreted. It is conveniently located with reference to all other farm buildings, and will prove a great accession to this department of the Institution.

#### THE WATER SUPPLY

from the old and new works has been all that could be desired, indeed, a surplus has run to waste much of the time, except a period between the last week in August and the last week of October, when the drouth caused considerable shortness. This was unexpected, though not surprising, when taken in connection with the fact revealed by actual record that the month of July last was the driest July that has occurred in the last forty years, and the quarter only equalled in dryness four times during the same period. To avoid a recurrence of a similar nature another reservoir has been commenced between the two now in use, by building a dam across a ravine two hundred and fifty feet long. This when finished, will hold a million more gallons of water, a quantity sufficient it is hoped to tide over the supply for any two months drouth which may occur.

#### THE LAUNDRY

facilities have been increased by the introduction of a new wash machine—No. 1 Eccentric Washer, from the Standard Laundry Machinery Co., 32 Day St., N. Y. It is an excellent machine, and is doing the work for which it was designed in fine order.

#### IMPROVEMENTS NEEDED

or the ensuing year are, first, a new coal shed, second, extensive painting of the farm buildings, and third, a green house. It is hoped the time is not distant when the grounds in front of the Hospital will be turned into beautiful terraces from the river up to the building. It is also hoped that the newly discovered means of lighting by electricity will soon supersede the annoyance of poor gas.

## ADDITIONAL ACCOMMODATIONS FOR PATIENTS.

The necessity for more room for patients is unabated. The need is growing more and more urgent every year. There are calls of humanity from nearly every city and town in the State for an increase of hospital room. Numbers have been discharged every year for the last five years who needed the care of a well regulated asylum. Although demented and imbecile are generally safe to go out, they have not, as a rule, been made as comfortable since their removal as they were here. Nearly one hundred of this class have been removed since the law was approved, providing for the discharge of idiotic and imbecile patients. Some were taken home with their friends, some to alms-houses, and others were permitted to roam from place to place, finding shelter and lodging wherever night overtook them, and eating such food as the providential hand of charity extended.

It is gratifying to say that this subject was favorably considered by the Governor in his last annual message, and that many of the Legislature endorsed his recommendation. It is hoped that when the matter comes before the next Legislature, it will receive all due consideration. While we would not be understood as objecting to the establishment of another Hospital elsewhere in the State, it is a question whether the time has come when it is necessary to engage in so large and costly an enterprise as this would involve.

In our view of the matter, the plan we suggested in our last two reports is entirely feasible and more economical, which is, to erect a pavilion in the rear of the east wing, large enough to accommodate fifty female patients. This need not be expensive, as it would be for a class of mildly insane. Twelve or fifteen thousand dollars, we judge, would be sufficient for such a building.

We would renew the recommendation of last year for removing the brick building in front to a convenient place east of the third male wing.

## HOSPITAL FINANCES.

It is believed that the finances of the Hospital are in a healthy and entirely satisfactory condition, which reflects much credit upon the Steward and Treasurer, Mr. C. B. Lakin. It will be seen by reference to his report, that quite a considerable sum has been expended for the various improvements which have been made, besides paying for the ordinary running expenses of the Hospital.

With the experience of the past year, and in the belief that the price of labor and provisions will not be any higher for the year to come, it may be a question for consideration, whether the price of board may not be reduced, and still all needed things be done for the comfort and restoration of the patients. I would therefore suggest that the price of board be changed from \$3.75 to \$3.50 per week.

## AMUSEMENTS.

Two or three times a week, during the long evenings of autumn, winter and spring, the patients are gathered in the chapel for entertainments. Outside of members of our own household, we have been greatly assisted by parties from Augusta and elsewhere, who have kindly contributed to make the occasions interesting, and we make the following acknowledgments :

To Dr. George Twitchell and company of Fairfield, for a pleasing concert.

To the Automatic Warblers of Augusta, for an evening's entertainment.

To Mrs. L. B. Fuller of Boston and Miss Mary M. Tucker of Wiscasset, for select readings and recitations.

To the Aldelphian Amateur Dramatic Club of Hallowell, assisted by the Quartette Club, and the United Friends' Dramatic Club of Augusta.

To the Home Minstrels of Togus, and Band under the leadership of Prof. Wales ; also to the latter for an open air concert in the park, on a pleasant afternoon in August.

To Mr. Ed. Sands of Saco, who spent an evening with the patients, exhibiting his stereopticon, with a fine collection of views both foreign and domestic.

To Mr. Robertson, the popular teacher of the Grammar School, and pupils, for a fine dramatic entertainment.

To those scholars from the High School, who gave one of their best exhibitions.

To the Augusta Band, under the leadership of Prof. Hagan, for a concert in our chapel.

On the Fourth of July the exercises in the park were made very interesting by the eloquent oration of Maj. Myrick of Augusta, to whom, in behalf of all present, we extend hearty thanks.

To the resident officers, Dr. Sanborn, Dr. Neal, Mr. Lakin and Miss Twitchell, who have given great attention in getting up entertainments, much credit is due for extra work in this direction. Especially would we mention the young men who compose the orchestra, who have so cheerfully furnished music whenever desired.

In this connection we would express our thanks to Mr. Samuel Stetson of Stetson, for a valuable telescope which he kindly presented to the Hospital for the benefit of the patients. It is an instrument of first quality, and will afford much pleasure to those who like to gaze at the stars or other distant objects.

To the Board of Trustees I would here take occasion to express my hearty appreciation of the kind sympathy and co-operative influence which each has manifested in behalf of the great work which we are striving to make successful.

To my fellow companions in office I am under renewed obligations for the support and courteous bearing they have manifested in the varied and arduous duties of the Institution.

We have the same official organization as at the commencement of the year, except the office of clerk, which we are pained to say has been vacated by the sickness and death of Wm. W. McLauchlan, Jr., who so ably filled the position for nearly six years. In the death of this young man the Institution



has sustained a loss which few can appreciate save those acquainted with his qualities of character and ability for business. Though but sixteen years of age when he entered upon the duties of the office, he was soon found to be master of the situation, which he only yielded when compelled to by the fell disease, consumption.

In conclusion, we once more commend the Hospital with all its most vital interests, to the watchful care of an all wise Providence who knows and sees the end from the beginning, and who will raise up benevolent friends to provide and care for this largely increasing class of unfortunates.

Respectfully submitted.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, }  
Augusta, November 30, 1878. }

## STEWARD AND TREASURER'S REPORT.

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—I herewith present the financial report of the Maine Insane Hospital for the year ending November 30, 1878.

The bountiful crops of another fruitful season, combined with the continued appreciation of the purchasing power of the currency, and the faithful service of an excellent corps of employés, have enabled us to live comfortably, within our income, and to make important repairs and improvements upon the hospital premises; to erect a building much needed for farm progress, and to make an important purchase of real estate. While we have been greatly blessed in many ways, we have met a most serious loss in the death of Mr. W.W. McLauchlan, Jr., your ever faithful and efficient clerk. Endowed with remarkable qualities of person and mind, with a high spirit of manly nobility, he was one of that type, who, if they reach maturer years upon earth, become pillars of strength in the affairs of men. It is great matter of consolation to his friends, that he passed away with his faithful heart full of the Christian's hope, and we doubt not that he has entered upon scenes of greater usefulness in the service of Him who "doeth all things well."

I desire, gentlemen, to express to yourselves and the Superintendent my deep sense of obligation for your wise counsels and kindly bearing toward me, and to the resident officers and employés for their ready assistance in our labors for the welfare of the institution and its wards.

*Financial Affairs.*

RECEIPTS OF CASH.	
Balance cash from last year .....	\$3,470 32
From towns and individuals for support of patients .....	52,589 37
“ sale of rubber blanket .....	1 25
“ “ horse .....	135 00
“ boarding laborers .....	14 00
“ sale of vegetables .....	47 82
“ “ barley .....	5 31
“ house rent .....	75 00
“ telegrams .....	13 84
“ sale of hides, tallow and bones .....	338 05
“ “ lead, rags and iron .....	81 94
“ “ horse-sled .....	6 00
“ “ medicine .....	1 40
“ “ horse blanket .....	5 00
“ goods returned to shipper .....	14 00
“ service of stock animals .....	22 00
“ sale of honey boxes .....	1 07
“ “ rough tripe .....	4 40
“ “ telegraph supplies .....	93
“ “ potatoes .....	4 50
“ State for support of patients .....	36,141 08
“ sale of garden seeds .....	94
“ discounts .....	85 41
“ sale of pigs .....	1,005 49
“ “ farm stock .....	170 00
“ “ cultivator .....	4 50
“ “ pump .....	1 00
“ interest on deposits .....	30 00
	\$94,269 62

DISBURSEMENTS OF CASH.	
Paid for flour .....	\$5,778 20
“ molasses and syrup .....	1,370 60
“ tea .....	663 85
“ sugar .....	3,541 65
“ coffee .....	951 99
“ rice .....	285 92
“ oat meal .....	77 10
“ crushed wheat .....	40 69
“ turkeys and chickens .....	178 92
“ oysters and clams .....	371 05
“ milk .....	1,185 78
“ salt .....	92 70
“ sweet potatoes .....	15 96

*Financial Affairs—Continued.*

Paid for crackers and pilot bread .....	\$346 48
“ lard .....	338 75
“ vinegar .....	176 27
“ berries .....	274 38
“ honey .....	71 74
“ crockery ware .....	632 26
“ glass ware .....	38 75
“ tin ware .....	484 85
“ blankets .....	245 80
“ boots and shoes .....	752 40
“ hardware .....	152 79
“ carpets .....	58 21
“ postage .....	374 80
“ stationery and blank books .....	185 63
“ revenue stamps .....	12 60
“ telegrams .....	32 98
“ telephones and lines .....	200 00
“ tobacco .....	93 40
“ coffins and robes .....	252 50
“ insurance .....	63 00
“ illuminating gas .....	1,928 44
“ oil for lanterns and lubricating ..	156 26
“ travelling expenses of Steward and Treasurer .....	150 50
“ wood .....	133 37
“ starch .....	51 02
“ freight charges .....	605 52
“ seeds .....	234 78
“ fertilizers .....	723 26
“ harnesses, robes and blankets ..	46 65
“ repairing carriages and sleighs ..	201 78
“ window glass .....	20 00
“ repairing furniture .....	22 87
“ paints, oils and wall paper .....	506 00
“ carriages and sleighs .....	247 50
“ flower plants and seeds .....	49 80
“ confectionery .....	80 67
“ cocoa .....	97 55
“ hops and malt .....	14 85
“ cutting and storing ice .....	287 87
“ cutlery and spoons .....	53 42
“ corn starch and tapioca .....	74 01
“ farm stock .....	557 65
“ printing .....	121 65
“ corn and meal .....	1,804 19
“ soap .....	479 04
“ horses for hospital .....	175 00
“ spices and extracts .....	177 23

*Financial Affairs—Concluded.*

Paid for furniture .....	\$1,017 91	
“ steam, gas and water pipes and fitting.....	488 54	
“ cash returned to patients.....	48 83	
“ soda and cream tartar .....	111 90	
“ cheese .....	326 48	
“ beans and peas.....	427 12	
“ supplies for engine-house and laundry.....	301 83	
“ medical supplies.....	582 78	
“ potatoes .....	288 06	
“ dry goods and clothing.....	3,008 45	
“ amusements.....	114 35	
“ fruit.....	979 43	
“ laundry improvements.....	2,722 09	
“ farming tools.....	171 02	
“ coal.....	6,879 49	
“ fish.....	1,460 69	
“ physicians’ examination of patients.....	16 00	
“ labor for farm.....	3,170 24	
“ eggs.....	683 14	
“ meats .....	6,098 73	
“ newspapers and periodicals..	137 10	
“ straw for beds.....	693 00	
“ repairs and improvements.....	3,002 16	
“ tools and implements for hospital express & transportation charged to patients.....	607 49	
“ labor for hospital .....	110 93	
“ butter .....	18,110 95	
“ butter .....	4,550 75	
“ blacksmith work for 1877.....	149 12	
“ charcoal .....	83 83	
“ revising and printing rules, regulations and laws.....	155 00	
“ new barn.....	5,067 96	
“ ox cart.....	29 50	
“ horse cart.....	48 00	
“ pasturing stock, for 1877.....	54 75	
“ repairing boots and shoes.....	15 60	
“ land purchased of E. W. Whitehouse, Esq.....	1,902 15	
“ millinery goods .....	4 16	
“ repairing tin ware.....	30 48	
“ repairing harnesses.....	58 70	
		\$92,051 59
Balance cash on hand .....	-	2,218 03
		<u>\$94,269 62</u>

*Statement of Resources and Liabilities.*

RESOURCES.		
Cash on hand.....	\$2,218 03	
Due from State for support of patients...	9,135 86	
"    towns and individuals for sup- port of patients .....	14,929 31	\$26,283 20
Provisions & groceries on hand, per inv'y	3,734 64	
Tin ware on hand, per inventory.....	243 29	
Crockery and glass ware on hand, pr. inv'y	340 84	
Dry goods on hand, per inventory.....	2,638 97	
Medical supplies on hand, per inventory..	924 96	
Coal on hand, per inventory... ..	6,300 00	14,182 70
		<u>\$40,465 90</u>

LIABILITIES.		
Due for groceries and provisions.....	\$1,127 26	
"    furniture.....	54 95	
"    corn and meal.....	211 50	
"    tools and implements for hospital	156 38	
"    crockery ware.....	75 79	
"    dry goods and clothing.....	310 80	
"    freights.....	28 30	
"    blacksmith work for 1878.....	123 74	
"    repairing harnesses.....	10 95	\$2,099 67
Due employees per pay roll.....		4,506 95
		6,606 62
Net resources.....		<u>33,859 28</u>
		<u>\$40,465 90</u>

*Statement of Farm Operations.*

FARM, DR.		
To live stock, per inventory Nov. 30, 1877	\$4,376	00
farming tools, pr. inventory " "	1,790	10
hay, grain, &c., pr. invent'y " "	3,060	50
paid for labor.....	3,170	24
" seeds.....	233	78
" live stock..	557	65
" farming tools..	171	02
" corn, meal and feed.....	254	86
" blacksmith work.....	64	06
" fertilizers*.....	723	26
" threshing grain.....	13	66
boarding farm laborers, at \$3 per week .....	1,251	43
boarding threshers.....	2	00
		\$15,668 56
Net profit†.....		4,920 57
		<u>\$20,589 13</u>

FARM, CR.		
By live stock on hand, present inventory.	\$5,858	00
farming tools on hand, present inven'y	1,785	30
hay, grain, &c., on hand, present invn'y	2,699	50
beef furnished to hospital.....	428	44
pork furnished to hospital.....	393	50
cash from sales of pigs.....	1,005	49
cash from sales of hides and tallow...	28	49
cash from sales of live stock.....	140	00
cash from sale of vegetables.....	47	82
cash from sale of tripe.....	4	40
cash from sale of garden seeds.....		94
cash from sale of old cultivator.....	4	50
farm products furnished to hospital, per schedule.....	6,102	35
labor and trucking for hospital.....	2,090	40
		<u>\$20,589 13</u>

\* The greater portion of this item went into permanent improvements in pasture, and consequently did not affect the crop of 1878.

† No account is made of permanent improvements.

Very respectfully submitted.

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

MAINE INSANE HOSPITAL, }  
Augusta, November 30, 1878. }

## CHAPLAIN'S REPORT.

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN :—As I sit down to prepare a brief statement of my work as Chaplain of the Hospital, for the past year, I am reminded that this is the tenth annual report which I have been called upon to present.

It is to me a matter of profound gratitude that I have had, through your appointment for so many successive years, the opportunity as well as privilege of ministering, as best I could, to that unfortunate class of our fellow citizens who find here a temporary home for restraint and cure. Surely none need more the comforts and hope of the Christian religion than those who are the weekly attendants on the Sabbath service here; who, while the intellect is disordered, have a heart susceptible to the gospel of love, sympathy and hope, and whom the ministry of the Word is peculiarly adapted to soothe and cheer. I can but hope that many retire from the service of the chapel, with their way less dark, more clear in mental vision, and in closer sympathy with the Great Sufferer, whose words are like cool water to a thirsty soul, or like the shadow of a great rock in a weary land.

In the ordinary routine of Sabbath service, nothing has occurred to make this report differ materially from those of other years. Religious services have been conducted in the chapel each Sabbath during the year either by myself or an acceptable substitute. The number attending these services is uniformly large. A very pleasant feature of this service is the quietness and decorum of the patients in attendance. With the exception of an occasional interruption, the general



behavior of those present would compare favorably with any congregation assembled for a like purpose. This, considering the exceptional and abnormal condition of those present, is always the surprise and wonder of visitors who for the first time find a place in the congregation. 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.

As reported last year, we have found our chapel more and more valuable with each returning Sabbath. Its light, airy cheerfulness, in contrast with the room occupied so many years, makes the change very grateful. The choir, under the leadership of Mr. A. B. Hodgkins, has been invaluable in our Sabbath service.

In conclusion, I may say that I have always found in the worthy Superintendent and all the officers of the Institution, ready and efficient helpers in the department with which your appointment has honored me so many years. And I am again happy to testify to the rare ability and wisdom with which, so far as I can judge, the affairs of the Hospital are managed by those to whose hands you have intrusted it.

Respectfully submitted.

C. F. PENNEY, *Chaplain.*

AUGUSTA, Dec. 5, 1878.

## REPORT OF COMMITTEE ON HOSPITAL LIBRARY.

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*To the Board of Trustees of the Maine Insane Hospital:*

GENTLEMEN:—Your Committee on the Library for the year ending November 30, 1878, have attended to the duties assigned to them, and ask leave to report:

RECEIPTS.	Dr.
1877—Dec. 1. To cash on hand.....	\$29 05
1878—March 18. To cash for coupons.....	96 00
“ Sept. 20. “ “ “.....	96 00
	\$221 05

DISBURSEMENTS.	Cr.
1878—Jan. 19. Paid Harper Brothers.....	\$3 20
“ “ “ Scribner’s Monthly.....	3 20
“ Jan. 31. “ for book.....	2 25
“ April 14. “ “ books and other expenses	118 81
“ Sept. 10. “ “ “.....	33 78
“ Oct. 23. “ “ book.....	1 50
To balance.....	58 31
	\$221 05

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

## APPENDIX.

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### 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 woolen cloth, two pairs woolen 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 — 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.

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### [FORM OF CERTIFICATE AND ORDER OF 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.

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[ FORM OF BOND FOR SUPPORT. ]

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

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

[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 relatives 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 passions? 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 suppression of evacuations, eruptions, sores, &c., injuries, epilepsy, palsy, &c.
17. What cause or causes are supposed to have induced the attack?
18. What curative means have been tried? State if blood-letting has been resorted to, if so to what extent?