

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

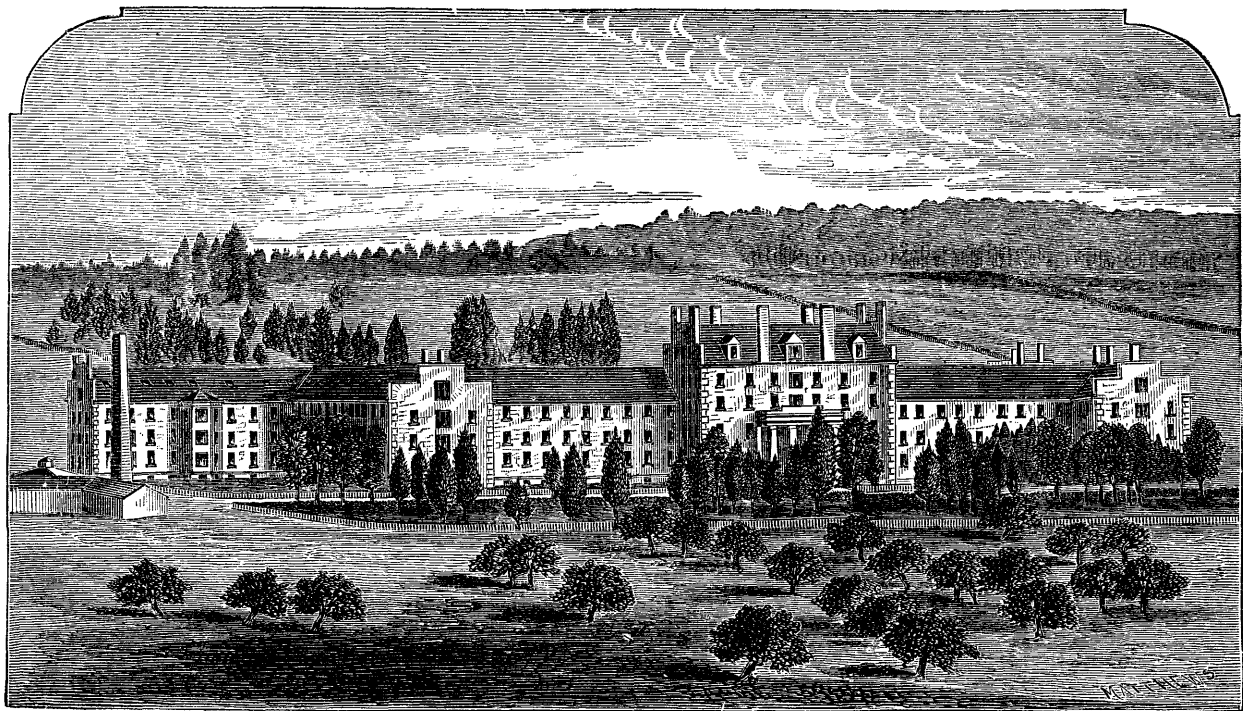
1880.

VOLUME I.

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, 1879.

Published agreeably to a Resolve approved February 25, 1871.

AUGUSTA:
E. F. PILLSBURY & CO., STATE PRINTERS.
1879.

OFFICERS FOR 1880.

TRUSTEES.

R. S. MORISON, BANGOR, *President.*
JOHN WARE, WATERTVILLE, *Secretary.*
DR. JOHN T. GILMAN, PORTLAND.
DR. A. J. FULLER, BATH.
DR. A. P. SNOW, WINTHROP.
W. D. HAYDEN, MADISON.

RESIDENT OFFICERS.

DR. H. M. HARLOW, *Superintendent.*
DR. B. T. SANBORN, *Assistant Superintendent.*
DR. E. C. NEAL, “
C. B. LAKIN, *Steward and Treasurer.*
W. W. MORSE, *Clerk.*
MISS ALICE G. TWITCHELL, *Matron.*
A. B. HODGKINS, *Supervisor of Male Wards.*
MISS HANNAH W. HAM, *Supervisor of Female Wards.*

STANDING COMMITTEES FOR 1880.

On Finance—Ware, Snow, Morison.
On Improvements—Fuller, Hayden, Gilman.
On Conference with Legislative Committee—Snow, Hayden.
On Library—Gilman, Harlow.

VISITING COMMITTEE FOR THE YEAR.

<i>January</i> —Fuller, Hayden.	<i>July</i> —Morison, Fuller.
<i>February</i> —Snow, Morison.	<i>August</i> —Hayden, Snow.
<i>March</i> —Full Board.	<i>September</i> —Full Board.
<i>April</i> —Gilman, Ware.	<i>October</i> —Fuller, Ware.
<i>May</i> —Ware, Snow.	<i>November</i> —Snow, Morison.
<i>June</i> —Full Board.	<i>December</i> —Full Board.

TRUSTEES' REPORT.

*To his Excellency, the Governor, and the
Executive Council of the State of Maine:*

In compliance with the provisions of law, the trustees have the honor to submit the thirty-ninth annual report of the condition, concerns and wants of the Insane Hospital, and our doings, for the year ending November 30th, 1879. We also hand you with this the reports of the superintendent, steward and treasurer, and other officers of the hospital, which have been submitted to us.

The trustees have held full board meetings, in March, June, September, and on date of this report; at which times we have made thorough and careful examinations of the hospital and patients; that we might know the condition and wants of the institution. We have, also, at these several visits, examined carefully and in detail, the books and vouchers of the steward and treasurer, and audited his accounts. The required monthly examinations have been made by committees appointed for that purpose, and their reports have been placed on file and recorded, as has been customary. These reports, in all cases, represent that the hospital was in as good condition as could be expected.

At our meeting in March, we discovered and experienced that the hospital was not well and properly lighted, owing to the quality of gas, or the condition of the pipes leading from the Augusta Gas Works. We also discovered, in making an examination of the hospital by night, after the patients had retired, that quite a number of them were occupying beds in the halls, because there were not rooms enough for them; thus demonstrating conclusively that the hospital was over-crowded. A special committee of the board was appointed to investigate the cause of the insufficient light, and to ascertain what, if any, arrangements could be made with the Gas Company to remedy the defect; also what it was costing for gas, and at what price the company would con-

tinue to supply the hospital; and also to inquire into the practicability and expediency of erecting gas works for the manufacture of gas on the premises. A special committee was also appointed to consider the propriety of erecting a new dormitory, for the relief of the crowded condition of the hospital, as contemplated by a resolve of the last Legislature; and to present plans and specifications for the same, at a future meeting of the board. This committee, after carefully considering what kind of a building was needed, and for what class of patients it should be used, employed Mr F. H. Fassett of Portland, to draft the plans and make the estimates of the cost of its erection. On presenting their report to the full board, the plans for the new pavilion met their entire approval; but the estimated cost of its erection was considerably above the sum named in the resolve of the Legislature, and the trustees therefore decided to delay any further action relating to the erection of a new pavilion, and refer the whole matter to the next Legislature. After a thorough examination of all the matters referred to them, as was practicable under the circumstances, the committee on gas decided to report in favor of erecting works for the manufacture of gas on the premises. This report was heartily endorsed by the full board; and the committee was charged with the duty of carrying their recommendations into effect. The same committee was also authorized to erect a new coal shed, which it was found had become a real necessity for the proper storage of the coal needed to supply the uses of the hospital. The report of the committee on these works will be found in an appendix. The trustees also authorized the steward and treasurer to erect a green-house, which is believed to be a useful auxiliary to an institution of this kind. All these works are now completed, and in successful operation. We have expended from the net revenues of the hospital, in the erection of the gas works and for everything necessary to put them into successful operation, the sum of four thousand nine hundred and ninety-four dollars and twenty-six cents; for the coal shed, nine hundred and fifty-three dollars and forty-six cents; and for the green-house, three hundred and fourteen dollars and ten cents. The average cost of gas for five years past has been nineteen hundred and eleven dollars per year, while the light has often been insufficient and unsatisfactory. We feel confident that hereafter the yearly cost, including all repairs, depreciation of works, and interest on investment for the production of gas to

thoroughly meet the wants of the hospital, will not exceed nine hundred and fifty dollars.

During the past year the crowded condition of the hospital has compelled us to discharge several inmates, who did not seem absolutely to require the strong walls of a hospital for their own safety and that of others, but who would probably have been better cared for here than they will be at their homes, in order to make room for new applicants, of a class who must be received. The superintendent has for years past urged the necessity for more hospital room; and we think that a careful inspection of the present condition of the hospital will be a more convincing argument in favor of that proposition than anything which we can say.

There seems to be a difference of opinion among the people of the State, as to whether the increased facilities required, should be supplied by making additions to the present hospital, or by erecting a new one in some other part of the State. The establishment of a new hospital involves a very large expense beyond the cost of erecting the necessary buildings. This will be apparent if we call to mind the large sums which have been expended, from time to time, for the present hospital, in the purchase and improvement of the farm, in supplying water, steam, gas, and the many other accessories to the hospital. All these are not only sufficient for the hospital as at present constituted, but would be ample for all the additions which may be necessary to accommodate all the insane of the State, until the population becomes much larger than it is now. We, therefore, incline to recommend the plan of making additions to the present hospital, rather than to commence the building of a new one. The immediate wants of the hospital would be met by the erection of a new pavilion, as contemplated by the resolve of the last Legislature, and provided for in the plans submitted by the committee of this board. If these plans are carried out, provision will be made for about forty additional female patients. The committee recommended that one floor of the new pavilion should be devoted to convalescent patients from the several wards of the hospital; and the other to private patients, able and willing to pay a liberal sum for their care and treatment. This would diminish the number of patients in the several wards, secure an opportunity for a better classification of the patients, and vacate the present rooms for private patients, which could then be used for the *sick*, and

thus supply a most urgent want of the hospital. The trustees believe that the additional pavilion, specially needed at this time, can be erected from the net resources of the hospital, without any special appropriation from the State, provided the Legislature will authorize its construction by the trustees, without limiting the cost to a specific sum, or fixing a definite date for its completion.

By provisions of law, "The officers ordering the commitment of a person unable to pay for his support, may certify in writing to the trustees that fact, and that he has no relatives liable and of sufficient ability to pay for it, and if the trustees are satisfied that such a certificate is true, the treasurer of the hospital may charge the State one dollar and fifty cents per week for his board, and deduct it from the charge made to the patient or town for his support." And, also, that the insane having no legal residence, shall be supported entirely by the State. It seems necessary that the properly attested act of the officials of the towns and cities should be accredited by each other, and the State officials; and the trustees of this hospital have been in the habit of regarding all certificates of inability to pay full board as conclusive evidence of that fact, and the treasurer has charged to the State the one dollar and fifty cents per week for all patients when the commitment papers have been accompanied with the inability certificate. But it is no doubt true that patients have been committed to this hospital and received the benefit of one dollar and fifty cents per week from the State, and subsequently the whole amount for his board has been refunded, by the patient or his friends, to the town or city committing him. There may be such cases now, as we have not regarded it our duty to investigate the truth of commitment certificates of inability to pay. It is hardly to be expected that municipal officers, in the different towns and cities throughout the State, will have the same ideas as to the ability of patients and their friends to pay, as a basis upon which to issue these certificates; nor that they will always wisely discriminate between the insane and the imbecile. It does not seem to be right that pauper imbeciles of any town or city should occupy rooms in this hospital at the expense of the State for any part of their board; and the law provides it shall not be so. At the same time the superintendent is required to receive all patients coming with the necessary commitment papers, and they can remain until discharged by the trustees. By reference to the

reports of the superintendent for years past, and his report that accompanies this, you will learn that more than three-fourths of all the patients in this hospital are supported by the State, to the extent of one dollar and fifty cents per week. The amount paid by the State for the board of this class of patients, and those without a residence, is two thirds as much as all that is paid by the cities, towns and individuals.

Individuals, towns or cities cannot well erect and equip hospitals for the care of their insane; this is a proper matter for State action; but when the State has provided suitable hospital accommodations for all the insane within her borders, and for the management, superintendence, medical service and other things necessary to the successful operation of a hospital, it would seem that everything had been done, which cannot be done as well by individuals and municipalities, as by the State. We therefore respectfully submit for your consideration, and that of the Legislature, whether it would not be good policy to so amend the laws as to require individuals, towns and cities, wishing to avail themselves of the advantages of this hospital, in the care of their insane, to pay the whole of the necessary charges for their board while at this institution. This would seem to place all upon an equal footing; would avoid all questions of the ability of patients to pay; would remove the temptation to send the very troublesome idiotic and imbecile to the hospital, in order to get a portion of their support from the State treasury; and would save an appropriation from the State treasury of about twenty-five thousand dollars per year.

In the discharge of our official duties, we have met the "Visiting Committee" of the hospital several times during the year, and have conferred with them upon matters relating to the welfare of the patients. We wish to express our appreciation of the judicious manner in which they have discharged their delicate duties. We respectfully refer you to the reports of the superintendent, and steward and treasurer, for full and complete information in all its details in regard to the operations of the hospital and farm; number and condition of patients; commitments; discharges; deaths; number supported in part or wholly by the State; sources of all revenue; disbursements; products of farm; inventories of supplies and property on hand; and the financial condition of the hospital at the close of this year; all of which are properly attested by committees of this board.

The reports of the other officers merit and will, no doubt,

receive your careful consideration. It is our pleasure to report that all the officers and employees of the hospital appear to have been faithful to their trusts; that the patients are as well classified and cared for perhaps as is practicable in the present crowded state of the hospital; and that the utmost economy has been the aim of all having in charge its interests.

Finally, we commend to your consideration and that of the Legislature, and of the people of the State "The Maine Insane Hospital," in the hope and conviction that it will receive the aid and care from the State that its necessities and reasonable wants demand, and humanity dictates.

R. S. MORISON,	} Trustees.
J. T. GILMAN,	
A. P. SNOW,	
JOHN WARE,	
A. J. FULLER,	
W. D. HAYDEN,	}

Insane Hospital, Augusta, Dec. 1, 1879.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Maine Insane Hospital :

GENTLEMEN:—In the providence of God, I have again the honor of submitting to you the annual report of the Maine Insane Hospital.

As we review the events of the year, we observe but little worthy of comment beyond the ordinary routine of hospital life. The work of administering to the comfort of the large class of sufferers who have been under treatment has gone steadily on with the usual results.

Throughout the entire household a remarkable degree of physical health has prevailed, and the immunity from accidents has been such as is seldom experienced.

ADMISSIONS AND DISCHARGES.

We began the year with four hundred and eighteen patients, two hundred and fourteen men and two hundred and four women. One hundred and ninety-six, one hundred and nine men and eighty-seven women, have been received since, making the whole number under treatment six hundred and fourteen, three hundred and twenty-three men and two hundred and ninety-one women.

The following are the monthly admissions during the year: Five men and ten women in December; five men and three women in January; nine men and five women in February; six men and six women in March; seven men and six women in April; thirteen men and eleven women in May; eleven men and eight women in June; thirteen men and nine women in July; seventeen men and five women in August; six men and ten women in September; eleven men and eleven women in October; six men and three women in November.

One hundred and ninety-five patients have been discharged during the year, one hundred and nine men and eighty-six women, leaving in the hospital at the close of the year four hundred and nineteen, two hundred and thirteen men and two hundred and six men.

The condition of those discharged was as follows: recovered, fifty-three, twenty-six men and twenty-seven women; improved, fifty-two, twenty-six men and twenty-six women; unimproved, sixty, thirty-eight men and twenty-two women; died, thirty, twenty-two men and eight women.

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

Forty patients, seventeen men and twenty-three women, have been discharged during the year by the advice and direction of your Board at their quarterly meetings. Thirty-five of these, sixteen men and nineteen women were discharged in accordance with the law of 1874. One man and two women of the latter number remain in the hospital uncalled for. Two men and one woman have been returned.

Owing to the crowded condition of the hospital, an unusually large number have been discharged improved, some of whom would probably have recovered, had they been permitted to remain a while longer under treatment. This, taken in connection with the fact that a large number have been discharged unimproved under the law requiring the removal of imbecile and demented patients, has served to reduce quite considerably the per cent. of recoveries.

The average time in the hospital of those who recovered was twenty-three weeks. The longest time was one hundred and thirty-nine, and the shortest four weeks.

THE MORTUARY RECORD

the past year has been much lighter than for several years previous, it being not quite five per cent. of the whole number treated, and a little over seven per cent. of the daily average number.

THE CAUSES OF DEATH

were as follows: General paralysis, eight; consumption, seven; epilepsy, three; exhaustive mania, three; dropsy, three; paralysis, three; chronic insanity, two; apoplexy, one.

General paralysis and pulmonary consumption continue prominent among the causes of death. They are both surely fatal, the latter, when connected with insanity quite as much as the former. This is the first time for many years that we have had no case of suicide to record, though nearly one-eighth of all the admissions exhibited symptoms of this form of mental disease.

Three of the deaths occurred in December, two in January, three in March, three in April, one in May, five in June, one in July, three in August, four in September, one in October, and four in November.

The average age of those who died was forty-seven. The oldest was seventy-three and the youngest twenty-four. Three were between seventy and eighty, four between sixty and seventy, five between fifty and sixty, ten between forty and fifty, seven between thirty and forty, one between twenty and thirty.

The assigned causes of insanity are as follows: Ill-health, thirty-eight; intemperance, twenty-six; domestic trouble, eleven; critical period of life, nine; puerperal condition, seven; masturbation, six; sun-stroke, six; over-exertion, six; domestic affliction, five; epilepsy, six; decay of old age, four; disappointment in business, two; injury of head, two; apoplexy, two; fright, two; financial trouble, two; typhoid fever, two; general paralysis, two; syphilis, one; property disappointment, one; excessive use of morphine, one; religious excitement, one; disease of spine, two; kick from a horse, one; suppressed eruption, one; loss of property, one; unknown, forty-nine.

THE CIVIL CONDITION

of those admitted during the year appears as follows: Forty-three men and fifty-one women are married, fifty-one men and twenty-five women are single, fifteen are widowers, and eleven are widows.

TOTAL NUMBER OF ADMISSIONS AND DISCHARGES.

Since the hospital was opened in 1840, five thousand three hundred and fifty-six patients have enjoyed its benefits, four thousand nine hundred and thirty-seven have been discharged. Of these, two thousand and eighty-eight were recovered, nine hundred and sixty-four were improved, eight hundred and fifty-eight were unimproved, ten hundred and twenty-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 Hospital on any day.....	Least No. in Hospital on any day.....	Remaining at end of year.....	Daily average No. for the year.....
1840-1.....	120	80	129	30	14	24	5	70	1	52	48
1841-2.....	89	72	141	32	16	19	5	73	50	65	59
1842-3.....	86	84	151	32	16	31	5	72	58	68	65
1843-4.....	83	75	151	30	16	23	3	79	55	75	70
1844-5.....	99	90	175	39	21	26	2	89	71	85	80
1845-6.....	102	87	187	41	22	14	5	107	80	101	93
1846.....	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	21	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
1878-9.....	196	195	614	53	52	60	30	432	399	419	415

DAILY AVERAGE NUMBER AND SUPPORT OF PATIENTS.

The daily average number of patients for the year has been four hundred and fifteen. They have received aid and support as follows: thirty-eight have been supported by their own means or that of their friends; fifty-three entirely by the State; three hundred and twenty-eight have received State aid of \$1.50 per week, as provided by statute; cities, towns and individuals paying the balance.

INCREASE OF INSANITY.

That insanity is increasing in the community is patent to all who will take the trouble to investigate the subject. It is well known that all the hospitals in the land are full, and fresh calls are coming every day for more room. We need not close our eyes and say there is no more insanity than there was when this hospital was opened for the reception of patients forty years ago. The truth is that there are five insane persons to be cared for now where there was but one then.

What has conduced to this increase is not so clear. Some persons make the sweeping assertion that the increase of hospitals has largely contributed to increase the disease. This is erroneous and unreasonable. The demand has always been far in excess of the supply. More room has often been granted after earnest and repeated calls, but never until actually needed by an overflow of patients. New cases are arising every day requiring the care and treatment of some hospital.

PREVENTION OF INSANITY.

The subject of the increase of insanity calls forth an important question: Can this increase be checked? Every one feels interested in the answer, for there is no disease so much dreaded as that of the brain. It may not therefore be amiss to offer a few words here upon the prevention of insanity.

A prevalent, but mistaken idea is that insanity is the result of some one, specific cause; whereas the real trouble is deeper and older than that, running back perhaps to an unrestrained habit or an ungoverned temperament, and the assigned is simply the exciting cause, the occasion of the final overthrow.

To lay down as a fundamental principle that the brain is the organ of the mind may, in this enlightened generation, seem unnecessary. But though men have long been willing to accept the principle in theory, their acceptance has not in the majority of cases, affected their acts. The old fact must needs be dinned into their ears until their faith in it is quickened into life.

It is a physiological law that the health and soundness of the mind depend upon the health and soundness of a vast number of brain cells. The feelings, thoughts and judgments cannot be properly carried on, if the cells of the mind-organ are crowded with fluids, loaded with effete matter, or supplied with miserable blood.

An insane, unsound mind, then, is the result of diseased brain tissues. Somewhere, at some time, a physical law has been

broken, and the consequence of that broken law will sooner or later make itself known. Always and everywhere the cardinal principle to be observed in the prevention of insanity is that mind has a physical basis. *Mens sana in cerebro sana* is undeniably true, whatever fallacy may be found in the original form of the adage. Until the dependence of mind upon brain is recognized, in act as well as thought; until the conditions of a healthy action of mind are observed as well as ascertained, insanity will continue to increase. An observance of these conditions, even after the disease has given premonitory signs of approach, may prevent the attack.

The power of the will over all forms of mental action is universally conceded. That power should be exerted to the utmost upon the slightest intimations of danger. Especially successful will be its indirect exercise in turning the attention away from the morbid circle of ideas to other subjects, and in urging the mind to become absorbed in new themes. I would emphasize the words *slightest intimation of danger*, for the loss of the power of attention is frequently an early and serious symptom.

Among the common warnings of danger, none is more significant than sleeplessness, a warning rarely considered worthy of attention by the patient, especially when the habit has for some time been encouraged.

In health there is a constant oscillation between the full and the diminished amount of blood in the brain. In other words, the two antagonistic parts of the nervous system, the cerebrum and sympathetic system, take turns in holding the power. As soon as the cerebrum becomes exhausted, and temporarily powerless, the sympathetic system, which accompanies the blood vessels, contracts about them, and shuts off the supply of blood. This is the condition while we are asleep. But in morbid wakefulness or insomnia the sympathetic system loses control over the capillaries, and as the quantity of circulating fluid is not diminished, the gray matter in the cerebrum keeps up a perpetual activity. By disregarding the conditions necessary to the production of sleep, its mechanism may soon be entirely lost.

It may be thought that when the brain requires rest, the rest will come naturally, that wakefulness is therefore an indication that sleep is needed. But here is a point at which the analogy between the action of the brain and that of other bodily organs becomes imperfect. When a muscle is weary, its want of rest is signified

by pain. When the brain is weary, so paradoxical is its nature that it will often work on and keep calling for more work without any perceptible discomfort, and even with increasing pleasure until the storm is ready to burst in full force. Then he who tacitly took pride in his so-called unlimited brain-power and his exemption from the need of sleep finds too late his mistake. It is just here, because of this peculiar action of the brain, that a great risk is incurred in not heeding the inability to sleep. Habitual wakefulness is itself a peremptory warning of danger. No time should be lost in ascertaining the cause of insomnia and in removing it.

Considerable benefit will often be derived by avoiding every form of exciting brain work for an hour or more before retiring, and by substituting for it general conversation or pleasant reading. If insomnia continues after simple remedies have been employed, the patient should consult a physician without delay, and obey to the letter his orders.

Emotional symptoms of danger are not infrequent, and always demand attention long before they are commonly regarded serious. Ungrounded forebodings of evil, of coming want and of bankruptcy are familiar forms of these symptoms. Depression followed by exaltation of spirits and irritability in the usually patient and gentle are also warning signals.

Whatever may be the special symptoms of mental disease, every form of predisposition, and of marked susceptibility to nerve or brain trouble must be regarded the first and constant warning to take care. While the predisposing cause cannot, the exciting cause may be avoided; and it is for this reason that it behooves every person to know his hereditary tendencies and natural temperament, and then intelligently to control and train them as his special needs indicate. Here the brain is under the same law as other bodily organs. Delicately constituted lungs are specially susceptible to colds and liable to pneumonia, while others, though exposed to the same conditions, escape with slight inflammation of the throat. So it is with the brain. If there is no latent predisposition to brain disease, the exciting causes are not likely to produce insanity. Possibly in its stead will be a general breakdown or paralysis. What affects one mind does not always affect another, and the peculiar temperament which a man possesses is to be his guide in warding off insanity.

A family history which contains cases of epilepsy and intem-

perance, as well as any of clearly marked insanity, should stimulate the members of that family to great care though not to anxiety.

Of the personal temperaments that need restraining, I will mention only two. First, the melancholy, he whose nature it is to see everything in its most sombre colors, to whom the side with bugbears, possibilities of failure and trouble invariably appears first, and with such force as to preclude a lasting impression of any other side. The unfortunate beings who are born with this temperament bring with them a stern duty for themselves and their associates. Using every available means to brace their spirits, they should from the beginning endeavor to cultivate the opposite frame of mind, and should stay, so far as possible, with persons who are uniformly cheerful. Insanity in the naturally melancholy will quite likely be mania, rather than melancholia, and yet it is true that the natural temperament was the predisposing cause of the disease.

The excitable temperament, which is elated and depressed over a hundred trifles, also needs to be controlled. Its extreme susceptibility to the influence of circumstances indicates a lack of balance which is liable to prove fatal. The real safety of all who possess this temperament lies in seeking "the golden mean," and in clinging to it with desperate tenacity. Mental equilibrium is to be maintained at all hazards.

In the preservation of cerebral health, perhaps it would be difficult to find three physicians more successful than those recommended in the fifteenth century. Drs. Merriman, Quiet and Diet are no less in demand to-day, than they were three hundred years ago.

A habit of cheerfulness, whether natural or acquired, is a powerful preventive of melancholia, one of the most distressing forms of mental disorder.

To the subject of rest there is special need that a people whose watchword is rush, should give attention. Life at high pressure, however enticing and harmless it appears, however commendable the objects pursued, is nevertheless a device of Satan, for it is based upon the contradictory of all health laws. Real earnestness, a hearty devotion to one's occupation, and intense effort of brain are demanded of all who would accomplish anything good. And yet they who offer this fact as an argument for incessant work, are living, or rather dying, upon a half-truth. The other half, a positive demand for periodic rest, is equally

binding. Intervals of relaxation are necessary, if one would preserve the elasticity of his mind.

One mistake, however, should be guarded against. Rest and relaxation do not always mean mental idleness. A game of chess may require as close attention as a problem in calculus, and yet bring refreshment to the brain. The secret of rest is in variety.

While I admit that many minds are now in danger from over-exertion, I believe it is a fact that there is a class who suffer from a lack of mental occupation. I cannot urge too strongly the importance of some steady employment. Moderate but regular cultivation of the mind would prove not only an accomplishment but a safeguard against *ennui* and perhaps in time melancholia.

Under the subject of diet much has been said and still needs to be repeated, upon the use of alcoholic stimulants. Statistics have shown that in our own country and in Europe, the prevalence of intemperance is an index to that of insanity. Where not directly productive of the disease it lessens the nerve force and renders the whole nervous system susceptible to the slightest exciting cause. The moderate drinker who himself escapes insanity, bequeaths to his children, if not an intensified craving for stimulants, certainly a nervous organism to be played upon by every wind of circumstance and fortune.

But aside from the evil effects of alcohol upon the system, the whole diet bears more or less strongly upon the health of the brain. A peculiarly close intimacy exists between the stomach and brain, so that the condition of the one quickly affects that of the other. Dyspepsia may prepare the way for mental disorders. It is therefore important to guard carefully the health of the stomach.

As the nervous system is largely nitrogenous in composition, this element must be supplied in the food, or the centers of vital energy will suffer. Oats contain a large amount of nitrogen, and "it is calculated," writes an English physician, "that one ounce of oatmeal, when oxidized in the body, would give rise to energy or heat, capable of raising one hundred and fifty-two tons one foot high." In fine, a simple, nutritious diet that aids in preserving the general health will also aid in fortifying the brain against disease.

MEDICAL TREATMENT.

In the medical treatment of our patients we endeavor to keep pace with all the improvements of the day, and administer such

medicines as seem best adapted to promote their physical health. Having attended to their needs in the way of diet and therapeutical prescriptions, we then turn our attention to the various

MORAL APPLIANCES.

With a certain class there is no medicine more potent than some kind of wholesome labor, something that will occupy the senses in an agreeable manner and create new thoughts. Those who go upon the farm, in the garden or about the various adjuncts of the Hospital become interested in the respective employments of these places; their thoughts are diverted from themselves, their muscles are exercised and their sleep promoted.

The indoor patients who are unwilling and refuse to go out, are coaxed and urged to move about in the wards, and to do all they can for themselves.

Pictures are hung upon the walls to catch the eye of any who will look, and plants are distributed through the wards, making the apartments attractive and homelike. Some of the quiet, convalescent patients take them to their rooms and watch their growth and flowering. Music is furnished to cheer the sorrowing, and to enliven the spirits of all. Nothing in the moral appliances of a hospital acts more kindly than this, and our inclination is to increase the supply to a greater degree than we are now able to do. We would, if the means were at hand, place a good-sized pipe organ in the chapel hall. This would add greatly to our evening entertainments, which we regard invaluable in the moral treatment. During the autumn, winter and spring months something calculated to interest and entertain the patients has been provided on one or two evenings of each week. We can scarcely estimate the value of the grand piano which has been in use on many of these occasions for several years.

CHAPEL SERVICE.

The chapel service conducted by our wise and discreet chaplain, Rev. C. F. Penney, has been held regularly each Sunday afternoon, and a goodly number of patients and other members of the Hospital family have enjoyed the exercises. We believe that this weekly service is no unimportant auxiliary in the treatment of diseased minds. The good seed dropped judiciously from the word of God into the crevices of fractured minds cannot fail, in one way or another, to bring forth fruit. Religious truth is sure of doing good even with the insane.

LIBRARY.

The library has received its usual accession of books provided by the Black and McLellan funds. These, with the large number of newspapers purchased by the Hospital, furnish a good supply of reading matter to all who desire it.

THE FARM.

The farm continues to be an important factor in the operations of the hospital. Its fruitage the past year has been abundantly large, and of the best quality.

The products of hay, grain and roots are profitable in more ways than one. Besides keeping the oxen and horses for working and riding purposes, and the cows for milk, the care of them affords means of physical exercise for male patients who are able, willing, and sometimes anxious to work.

Connected with the farm, of equal and perhaps more value, is the large garden from which all of our culinary vegetables are derived fresh for daily use. Many of the patients work in the garden and are helped mentally as well as physically. But for the valuable products of the farm and garden, the cost of board and treatment must necessarily be much greater than it now is, to say nothing of the health-promoting labor furnished to those patients who are willing to engage therein.

The work of improvement on the farm has been continued. The tillage land, mowing fields and pastures are all in excellent condition. That they respond well to the treatment received at the hands of the head farmer Mr. Ashford Sampson, may be seen from the report of the Steward and Treasurer, Mr. Lakin, who with all his other duties gives this department his special care and attention.

WATER SUPPLY AND VENTILATION.

The supply of water which was formerly a source of anxiety seems now to be permanent and of sufficient quantity for all purposes. The additional reservoir built last year has been full the entire season and held in reserve in case of any emergency. To the plentiful supply of pure, soft water which is allowed to flush the various sewers every day, and to the improved ventilation which is working quite satisfactorily, may be attributed the excellent sanitary condition of the Hospital.

IMPROVEMENTS.

Of the needed improvements mentioned in our last report, I am happy to say that several have already been made. The most important of them has been the erection of a gas house and the introduction of works for manufacturing gas independent of the city supply. The gas is made from crude petroleum oil on the Handlen system. The works have been in operation a little over two months, and have proved thus far highly satisfactory, both in respect to illuminating power of the gas produced and in cheapness of manufacture. The gasometer is 13x27 1-2 feet, capable of holding between seven and eight thousand feet of gas, which at this season of the year is sufficient to supply the institution about four days. The gas building is of brick and thoroughly built, 62x36 feet, and conveniently located adjoining the engine house.

The next important improvement is the erection of a new coal shed in place of the old, dilapidated one, which was inadequate for holding all the necessary fuel. It is a substantial, wooden structure, 90x40 feet, and covered with an elastic soapstone roofing, as is also the gas house.

We are happy to report the establishment of a green-house which we have long cherished the hope would one day be put up. It is 30x16 feet, is situated south of the second male wing, and built on the most approved plan. It is in full operation, and will furnish an abundance of plants for the wards, besides propagating a large quantity for summer culture.

The various additions and improvements made the past year have involved considerable expense. But it has all been met, we are happy to say, without an appropriation from the State, a good commentary upon the financial management of the Hospital.

PRICE OF BOARD.

At the last annual meeting of the trustees, the price of board for patients was reduced from \$3.75 to \$3.50 per week. In our judgment, taking everything into consideration, this is about as low as it would be advisable to make it. With the same good management continued, at present prices of provision and labor, the revenue arising from the \$3.50 per week for board, will enable the treasurer to meet the expenses of all ordinary additions and improvements for several years to come, even if a new pavilion should be erected.

FUTURE WANTS.

The first great want is more room for patients. The Hospital is now crowded and has been for several years past. In view of this fact we cannot refrain from once more calling attention to the necessity of providing further accommodations, especially for the women.

It is gratifying to say that since our last report some action has been taken by the Legislature and your Board toward the accomplishment of such an object; but for good and sufficient reasons the matter was postponed for future action. At the last Legislature a resolve was passed for the erection of a pavilion to accommodate some forty women, at an expense not to exceed \$9,000.00, to be paid out of the funds of the Hospital. Finding by a plan and carefully estimated cost by Mr. F. H. Fassett, architect, of Portland, that the expense of such a building would considerably exceed the sum provided in the resolve, the matter was laid upon the table.

It is hoped that action will not be delayed longer than until another season, and that then the matter will be taken up and carried into effect at the earliest practicable moment. We suggest as in previous reports that the building be located east of the third wing for females, at a convenient distance north from the chapel building.

ACKNOWLEDGMENTS.

We would here, in behalf of the patients, make acknowledgments to the following parties who have so kindly furnished or aided in furnishing the entertainments:

To Dr. George Twitchell and the Fairfield Amusement Club, for a pleasant entertainment;

To Rev. Mr. Tilden, for his instructive lecture on "A visit to Chamouni;"

To Mr. Benedict of Brooklyn, N. Y., and Mr. John Pinkham of Augusta, for a fine musicale;

To Prof. E. K. Harlow and wife, for a vocal and instrumental concert;

To Miss Gertrude E. Moore of Boston, and Miss Ida E. Pettengill of Augusta, for fine recitations and select readings;

To Prof. Pray of Gardiner, for a sleight-of-hand performance;

To the Home Minstrels of Togus, through the politeness of Gen. Tilton, for one of their best concerts;

To the Capital Minstrels of Augusta, for a good concert ;

To Mr. Gustavus Wyman of Dayton, Ohio, for a stereoptican exhibition ;

To Miss Dora L. Brown of Brooklyn, N. Y., for select readings.

We gratefully acknowledge the receipt of several boxes of beautiful bouquets of flowers from Thomas Goodall, Esq. of Sanford, Maine, to be distributed among such patients as could appreciate them.

We would express our gratitude to Rev. Nathaniel Butler, D. D., for his Fourth of July oration in the park ; to the Riverside band who furnished music on the occasion ; to Mrs. R. S. Morrison of Bangor, for several packages of rare and beautiful house-plants for the green-house ; and to Mrs. Page of Farmingdale for a large oleander.

Much credit is due Dr. Sanborn, Dr. Neal, Mr. Lakin, Miss Twitchell, and many of the employees, for the interest they have taken in providing for the entertainment of patients. Especially would we mention the young men who compose the orchestra, and who have so cheerfully furnished the music on all occasions when desired.

I am grateful to the Trustees for their kindness to me personally, and for the great interest they have manifested in the noble work in which we are engaged. The improvements made under their direction mark the year with progress.

The courtesy and kindness received from my associates in office and from all assistants and helpers in the Hospital deserve the sentiments of a grateful heart.

HENRY M. HARLOW.

Maine Insane Hospital, }
 AUGUSTA, Nov. 30, 1879. }

STEWARD AND TREASURER'S REPORT.

TO THE TRUSTEES OF THE MAINE INSANE HOSPITAL :

Gentlemen,—I have the honor herewith to present the annual report of the receipts and expenditures, and a statement of the financial affairs of this institution for the year ending November 30, 1879. The receipts of cash, as compared with last year, have been materially diminished by the reduction in the price of board ordered at the last annual meeting of the trustees. It will, however, be observed that the reduction has been justified by the results. The general state of the markets has been very favorable throughout the year, though in the later months there has been a decidedly stronger tone, and a higher scale of prices has obtained, which, it seems probable, may continue with some regularity for an indefinite period. In anticipation of the general advance considerable purchases of supplies were effected on the lower basis, resulting in some important saving of our funds. Some reduction in the rates paid for labor made at your April meeting have reduced our expenditures, and good crops from the farm and garden have also assisted considerably in the same direction. The hospital buildings and the various appurtenances for the domestic comfort and convenience of the patients have received due attention, and are generally at the present time in a good and substantial condition, and certain minor improvements have been made in this department.

There are in your somewhat extensive system of buildings and appliances, when their peculiar uses are considered, many elements of destructibility and decay. It is only by continual care and expenditure that they can be maintained in a state of usefulness and efficiency.

The gas works and the substantial building for its accommodation; the coal shed and the greenhouse, which have been erected during the year, and all of which are now in use, have been paid for out of the current income of the institution. It is a source of pleasure that I am able to report that, while there have been provided for the comfort and welfare of the patients all articles re-

quired by yourselves and the superintendent, the ordinary repairs and improvements have been attended to, and the various permanent improvements finished and paid for; the financial affairs of the institution remain in a favorable condition.

During the year Mr. Clarence E. McIntire retired from the position of clerk to engage in other pursuits, and Mrs. E. A. Knapp relinquished that of grocery clerk for a similar purpose. Both had been faithful and efficient. The former vacancy was filled by the appointment of Mr. Wallace W. Morse, and the latter by Miss Carrie I. Bean. These persons are now very successfully performing the duties of their respective places. The inconveniences of such changes are considerable, as the duties are of some magnitude, and, in many of their details, peculiar to the service.

Permit me, gentlemen, very respectfully to thank you for your kindness in our relations, and the directions you have been pleased to give me relative to the discharge of my duties.

FINANCIAL AFFAIRS.

RECEIPTS OF CASH.		
Balance from last year.....	\$2,218	03
From towns and individuals for support of patients.....	47,946	35
sales of rubber blankets.....	2	75
sales of vegetables.....	47	62
telegrams.....	10	69
sales of hides and tallow.....	327	95
sales of lead, rags and iron.....	9	29
sale of medicine.....		25
service of stock animals.....	17	25
sale of honey boxes.....	1	20
sale of telegraph instruments.....		8
State, for support of patients.....	36,182	54
discounts.....	65	63
sale of pigs.....	1,167	95
sale of farm stock.....		25
sale of barrels.....		2
sale of camisoles.....		2
sale of old horse rake.....		4
interest on deposits.....	175	00
		88,214 34

DISBURSEMENTS OF CASH.		
Paid for flour.....	\$5,130	55
molasses and syrup.....	825	16
tea.....	701	02
sugar.....	3,394	09
coffee.....	1,054	25
rice.....	281	26
oatmeal.....	64	37
crushed wheat.....	23	25
turkeys and chickens.....	146	72
oysters and clams.....	253	47
milk.....	1,266	82
salt.....	63	74
sweet potatoes.....	16	50
crackers and pilot bread.....	292	56
lard.....	241	63
vinegar.....	99	32
berries.....	472	03
honey.....	417	00
crockeryware.....	408	97
glassware.....	36	13
tinware.....	43	27
boots and shoes.....	803	88
hardware.....	21	61
carpets.....	89	99
postage.....	204	39
stationery and blank books.....	151	33
revenue stamps.....	21	00
telegrams.....	30	74
rent of telephones.....	86	00
tobacco.....	329	43
coffins and robes.....	322	75
insurance.....	223	00
illuminating gas.....	1,635	81
oil for lanterns and lubricating.....	161	07
traveling expenses of steward and treasurer.....	50	87
wood.....	127	00
starch.....	64	02
freights.....	566	30
seeds.....	53	44
fertilizers.....	350	65
harnesses, robes and blankets.....	49	75
repairing carriages and sleighs.....	43	60
paints, oils and wall paper.....	488	55
repairing furniture.....	73	50
flower plants and seeds.....	127	81
confectionery.....	100	77

FINANCIAL AFFAIRS.—Concluded.

DISBURSEMENTS OF CASH.—Continued.		
Paid for cocoa		\$107 52
hops and malt.....		7 50
cutting and storing ice.....		264 25
cutlery and spoons.....		88 98
corn starch and tapioca.....		77 80
farm stock		182 25
printing.....		17 25
corn and meal.....		1,814 45
soap.....		437 66
spices and extracts.....		189 96
furniture.....		387 96
steam, gas and water pipe.....		487 75
cash returned to patients.....		82 46
soda and cream tartar.....		139 83
cheese.....		40 32
beans and peas.....		320 04
supplies for engine house and laundry.....		20 19
medical supplies.....		676 64
potatoes.....		432 67
dry goods and clothing		4,301 09
amusements.....		57 48
fruit		933 39
farming tools		103 48
coal.....		4,231 85
fish.....		1,290 96
physician's examination of patients.....		26 00
labor for farm.....		2,088 95
eggs.....		670 64
meats.....		5,865 78
newspapers and periodicals.....		154 65
straw for beds		271 99
repairs and improvements.....		3,238 58
tools and implements for hospital		567 66
express and transportation of patients.....		104 69
labor for hospital.....		17,281 08
butter		3,605 95
blacksmith work for 1878		123 74
charcoal		68 32
repairing boots and shoes.....		15 95
millinery goods.....		9 12
repairing tinware.....		1 12
repairing harnesses.....		18 63
advertising.....		52 13
coal shed.....		953 46
gas works and gas house		4,994 26
green house.....		314 10
gas materials.....		109 29
insect powders.....		24 80
lobsters		24 00
matches and tapers.....		60 00
musical instruments.....		45 00
pearl barley.....		17 65
paris green		4 17
repairing musical instruments.....		4 00
repairing clocks.....		6 40
Balance—Cash on hand.....		\$78,846 11
		9,368 23
		\$88,214 34

STATEMENT OF RESOURCES AND LIABILITIES.

RESOURCES.			
Cash on hand		\$9,368 23	
Due from State for support of patients.....		9,153 88	
" towns and individuals for support of patients		13,624 64	
Provisions and groceries on hand, per inventory.....		4,706 82	
Tinware on hand, per inventory.....		30 05	
Crockery and glassware on hand, per inventory		454 05	
Dry goods on hand, per inventory.....		3,224 92	
Medical supplies on hand, per inventory.....		877 87	
Coal on hand, per inventory.....		4,000 00	
			\$45,440 46
LIABILITIES.			
Due for groceries and provisions.....		\$993 11	
repairs and improvements.....		265 54	
dry goods and clothing.....		65 86	
corn and meal.....		300 23	
medical supplies		14 21	
paints and oils.....		128 05	
freights		44 38	
blacksmith work for 1879.....		85 96	
			1,897 34
Due employees per pay roll.....			4,214 09
Net resources.....			39,329 03
			\$45,440 46

STATEMENT OF FARM OPERATIONS.

FARM.			
DR.			
To	live stock, per inventory Nov. 30, 1878.....	\$5,858 00	
	farm tools, per inventory Nov. 30, 1878.....	1,785 30	
	hay, grain, &c., per inventory Nov. 30, 1878.....	2,699 50	
	paid for labor.....	2,088 95	
	seeds.....	53 44	
	live stock.....	182 25	
	farming tools.....	103 44	
	corn, meal and feed.....	424 05	
	blacksmith work for 1878.....	17 06	
	fertilizers.....	350 65	
	threshing grain.....	30 70	
	boarding farm laborers, \$2.75 per week.....	1,178 70	
	boarding threshers.....	4 00	
	Net profit*.....		14,776 04
			4,319 51
			\$19,095 55

FARM.			
CR.			
By	live stock on hand Nov. 30, 1879, per inventory.....	\$4,217 00	
	farm tools on hand Nov. 30, 1879, per inventory.....	1,913 27	
	hay, grain, &c., on hand, Nov. 30, 1879, per inventory.....	3,261 60	
	beef furnished to hospital.....	288 77	
	pork furnished to hospital.....	331 44	
	cash from sales of pigs.....	1,167 95	
	cash from sales of hides and tallow.....	37 65	
	cash from sales of live stock.....	25 00	
	cash from sales of vegetables.....	47 62	
	cash from service of animals.....	17 25	
	farm products furnished to hospital, per schedule†.....	5,216 75	
	labor and trucking for hospital.....	1,941 25	
	hay for hospital horses.....	630 00	
			\$19,095 55

* No account is made of permanent improvements.

† Potatoes suffered severely from rot, and vines were much injured by cold in June.

Very respectfully submitted,

C. B. LAKIN,

Steward and Treasurer.

MAINE INSANE HOSPITAL, AUGUSTA, November 30, 1879.

CHAPLAIN'S REPORT.

To the Trustees of the Maine Hospital for the Insane:

GENTLEMEN:—In the important trust, with which as chaplain I have been charged during the past year, is included the duty of making a brief annual report.

Chapel services, characterized in the main by a decorum that would be creditable to any religious congregation, have been stately held on each sabbath afternoon, conducted either by myself or some acceptable substitute. Although the character of the congregation is exceptionable and abnormal, the attention for the most part is not only respectful, but marked. This is always the occasion of surprise and gratification to strangers who for the first time find a place in the congregation.

The number of patients who are present at these religious services, as attendance upon their part is wholly voluntary, indicates the appreciation in which they are held. The attendance is uniformly large, frequently numbering over two hundred. The value of this religious service is no longer a question. As a mere sanitary measure it is of great utility. The mere temporary change in the current of thinking and feeling on the part of those who attend, is worth ten fold its cost to the institution. But the result is vastly more and higher than this. A disordered intellect does not always render the heart impervious to the motives and consolations of the gospel of love and hope.

The ministry of the Word is suited to bring the suffering, discouraged and hopeless, into closer sympathy with the Great Sufferer, the consciousness of whose presence is light in darkness, strength in weakness, and support in every hour of need. And it cannot be doubted that many retire from the chapel, with fortitude reinforced, good purposes strengthened, and hope stimulated and quickened. As reported last year, the Chapel seems more and more valuable to us with each succeeding Sabbath; and has become very dear as our Bethel and place of prayer. It is a grateful contrast to the room occupied so many years for this purpose.

I am glad to make mention of the efficient choir, under the leadership of Mr. A. B. Hodgkins, which has aided so much in making the Sabbath service interesting and enjoyable. The Matron of the Hospital, Miss Alice G. Twitchell, has most acceptably filled the place of Organist for several years.

In addition to the Sunday 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 conclusion, I may say, that during the past year, as heretofore, I have found in the Superintendent and all the officers of the institution, interested, ready and efficient helpers, whose uniform courtesy and kind attention have greatly aided me in my work, often difficult and perplexing. And I am glad to testify that so far as I can judge, the management of the hospital is eminently humane and christian, and its affairs are administered with ability and wisdom.

Respectfully submitted,

C. F. PENNEY, *Chaplain.*

AUGUSTA, December 1st, 1879.

A P P E N D I X .

REPORT OF COMMITTEE ON GAS WORKS.

To the Trustees of the Maine Insane Hospital:

GENTLEMEN :—Your committee having in charge the erection of a Gas Works and a Coal Shed, have the honor to report that a contract was concluded June 18th, with the National Petroleum Gas Company, of New York, for a complete Gas Works, under the Hanlan patents, the same to be erected complete and put in operation by said company, and to be paid for only on condition that said works when in operation should prove entirely satisfactory to your committee. The company, by its manufacturing agents, immediately proceeded to the execution of its work, and your committee commenced the erection of a suitable building to accommodate the apparatus. The building as completed stands immediately west of the laundry and boiler houses, and the end walls of said buildings were utilized to form a portion of the east side of the gas house.

A thorough foundation of quarry-stone was laid by Messrs. Dutton & Pierce of Augusta, and upon this the brick walls of the building were erected under the supervision of the local officers of the institution. The building is 63 feet by 37 in size, and the walls are twenty feet high. A well 28 1-2 feet in diameter, and 15 feet deep, for the gasometer, was constructed in the north end of the building, the walls of the same being of brick, one foot in thickness, and the floor being of brick and concrete, the whole interior being thoroughly cemented and water tight. A suitable pipe for draining same was laid from the bottom of the well to the ravine near by. The gasometer has a capacity of 7,500 feet, and the bench of two retorts, and the various other appurtenances occupy the remainder of this floor. A second floor was constructed in that portion not occupied by the gasometer, to afford much needed facilities for the general repairs in the steam, water and gas departments.

The roof of the building was framed of very heavy timber to afford a support for the gasometer, which with its counterweight

is suspended therefrom. The covering used was "McCoy's elastic soapstone roofing," which was put on under contract by Messrs. Wm. Rice & Co. of Bath, Me. This roofing, as its name implies, is composed in part of soapstone reduced to a powder, and being mixed with melted rosin and other ingredients, and spread upon suitable felt, forms an impervious, elastic and durable covering which is fire proof under ordinary conditions. We have no doubt but the guaranty of the responsible parties who furnished it, that it would remain good and perfect for twenty years will be borne out by the test of time.

A brick floor laid in cement on the ground furnishes a firm and clean foundation for the operations of the business. Outside of the building and within the embankment thereof, was placed a tank composed of boiler iron, having the capacity of 1,000 gallons for the storage of oil. The entire works was completed and connected to our old system of gas piping by a four inch main, extending some 400 feet to our meter-room in the center building, and we proceeded to make and use the gas first on the 19th of September. Since that time our supply of gas has been uninterrupted, and, allowing for the deficiencies incident to inexperience in its manufacture, has from the start been quite satisfactory. For some weeks past it has been entirely so. The gas manufactured is a very pure hydro-carbon, and produces a clear, soft and steady light. The materials used are crude petroleum and water. These materials are reduced to their elements by the agency of heat, and after being mixed with a certain quantity of atmospheric air, and thoroughly washed, the gas passes over into the holder in the condition termed "fixed," and is ready for use. The iron work and all appurtenances were completed in a most perfect manner by the contractors, and the works is in all respects, so far as yet appears, thorough and efficient. The making of the gas consumes about one half of the time of one man during winter, and very much less in summer. The cost of the works as completed was \$2,500.00, and the building, finished, has cost \$2,494.26. It will require the experience of at least one year to determine with extreme accuracy the relative cost of this method of lighting as compared with the former one, but we are fully warranted in saying that a saving of at least fifty per cent. will be realized from the start, and your committee is satisfied that, in illuminating and agreeable qualities, and for safety, this gas is equal to any manufactured.

Your committee also proceeded to the erection of a coal shed immediately adjoining the gas-house on the west. This building is of wood, the timbers being heavy, and the work thorough in all respects. The posts are of cedar set from six to eight feet in the earth, the bottoms being firmly attached to heavy planks, in such a manner as to prevent the lifting action of frost. The roof is of the same materials, and was applied by the same parties who laid that of the gas-works. The size of the building is 40x90 feet, and 10 feet in height, the capacity being about 800 tons of coal. All the framing and wood work of the buildings was performed in a superior manner under the supervision of Mr. Nathaniel Noyes of Augusta. The cost of this building has amounted to \$953.46.

In the construction of these buildings, the laborers and teams of the institution have been employed to a considerable extent, and the local officers have efficiently carried out our instructions.

A. J. FULLER, }
R. S. MORISON. } *Committee.*

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 woolens should be of dark color. It is quite desirable, also, that a Bible or Testament should not be forgotten in the outfit.

The price of board, washing, medicine and attendance is fixed at — 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.

In case any patient injures or destroys any furniture or property of the hospital, the city, town, individual or state holden for the support of said patient, shall pay to the hospital, the full amount of such damage, not to exceed two hundred dollars, also in case any patient shall elope or escape from the hospital, all reasonable charges that may be incurred in returning said patient, shall be paid as above.

State aid can be allowed on any patient's account, only from date of filing the proper certificate with the treasurer of the hospital.

[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.

} *Selectmen of, or Mayor
and Aldermen of*
.....

[FORM OF BOND FOR SUPPORT.]

KNOW ALL MEN BY THESE PRESENTS, That we, ———, of ——— in the county of ——— as principal, and ——— of ——— in the county of ——— as sureties, are jointly and severally held and bound unto ——— Steward of the Insane Hospital, at Augusta, or to his successor in said office, in the sum of *Two Hundred Dollars*, to the payment of which sum, well and truly to be made to him, the said ——— or to his successors in said office, we bind ourselves, our executors and administrators, firmly by these presents.

Sealed with our Seals, and dated at ———, this ——— day of ———, A. D. 18 .

The condition of the above obligation is such, That, whereas, ——— of ———, in the county of ——— is about to be admitted as a boarder and patient to the institution aforesaid; now if the said ——— shall pay to said ——— or to his successor in said office, such sum per week for the board, washing, medicine and attendance, according to the trouble and expense incurred for said patient, as may be determined by the Trustees for the time being, not to exceed ——— and pay for all such necessary articles of clothing as shall be furnished said ——— by the said ——— or his successor, and remove the said ——— from said Institution, whenever they shall be thereto in writing requested by the Superintendent for the time being—and shall also pay a further sum, not exceeding fifty dollars, for all damages that may arise from

injury to the furniture and other property of said institution, by said —— and for reasonable charges that may be incurred in case of the elopement of said ——, payments to be made semi-annually 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 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?