

# 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

1882.

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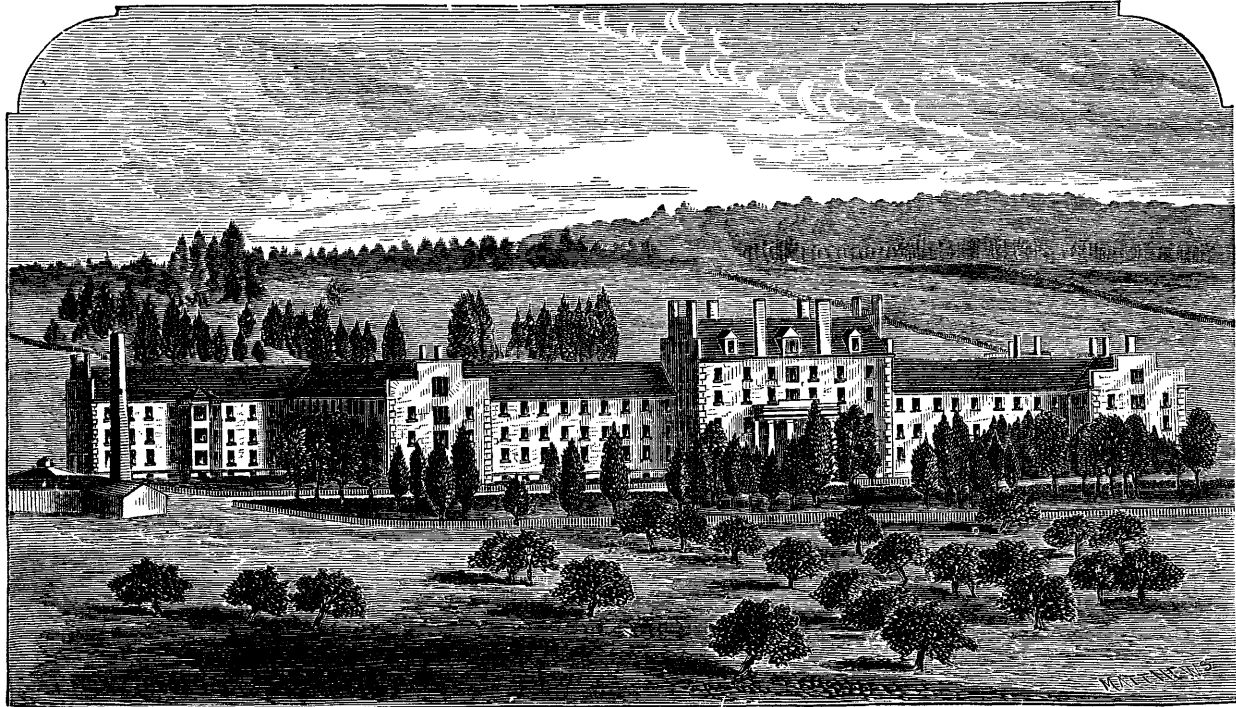
VOLUME I.

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AUGUSTA:

SPRAGUE & SON, PRINTERS TO THE STATE.

1882.



MAINE INSANE HOSPITAL.

# REPORTS

OF THE

TRUSTEES, RESIDENT OFFICERS

AND THE

VISITING COMMITTEE,

OF THE

# MAINE INSANE HOSPITAL.

DECEMBER 1, 1881.

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Published agreeably to a Resolve approved February 25, 1871.

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AUGUSTA:  
SPRAGUE & SON, PRINTERS TO THE STATE.  
1882.

## OFFICERS FOR 1882.

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### TRUSTEES.

J. S. CUSHING, M. D., SKOWHEGAN, *President*.  
J. H. MANLEY, AUGUSTA, *Secretary*.  
SILVESTER OAKES, M. D., AUBURN.  
CHARLES W. JOHNSON, M. D., EAST MACHIAS.  
MRS. C. A. QUINBY, AUGUSTA.  
R. S. MORISON, BANGOR.

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### RESIDENT OFFICERS.

DR. H. M. HARLOW, *Superintendent*.  
DR. B. T. SANBORN, *Assistant Superintendent*.  
C. B. LAKIN, *Steward and Treasurer*.  
FRANK B. CUSHING, *Clerk*.  
REV. C. F. PENNEY, *Chaplain*.  
MISS ALICE G. TWITCHELL, *Matron*.  
VERMONT R. LUCE, *Supervisor of Male Wards*.  
MISS HANNAH W. HAM, *Supervisor of Female Wards*.  
MISS EMMA C. GLIDDEN, *Head Nurse*.

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### STANDING COMMITTEES FOR 1882.

*On Finance*—Morison, Johnson, Manley.  
*On Improvements*—Cushing, Quinby, Oakes.  
*On Conference with Legislative Committee*—Manley, Quinby, Oakes.  
*On Library*—Morison, Harlow.

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### VISITING COMMITTEES FOR THE YEAR.

<i>January</i> —Oakes, Johnson.	<i>July</i> —Manley, Quinby.
<i>February</i> —Cushing, Manley.	<i>August</i> —Cushing, Oakes.
<i>March</i> —Full Board.	<i>September</i> —Full Board.
<i>April</i> —Morison, Quinby.	<i>October</i> —Johnson, Morison.
<i>May</i> —Oakes, Cushing.	<i>November</i> —Quinby, Cushing.
<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 of the State of Maine:*

The Trustees of the Maine Insane Hospital respectfully submit this, their Forty-First Annual Report.

In doing this, they take pleasure in saying that they believe the Maine Insane Hospital is gradually, year by year, reaching a higher plane of usefulness, and more completely accomplishing the high mission for which it was established. This is being effected by the united and faithful efforts of all the officials to promote the best interests of the hospital and the welfare of its inmates; by the many valuable changes and improvements made in the last few years, which have helped to perfect the internal workings of the hospital and to surround it and the patients with those associations and attractions deemed conducive to their contentment and their recovery, such as have, for the past season, daily elicited expressions of satisfaction from patients, friends and visitors.

This representation is only in unison with that in our last annual report. Favorable as it then was, the Trustees soon found that there were impressions or apprehensions existing in the minds of very many, extending even to the friends of patients, that all was not well at the Insane Hospital. Believing then, as they do now, that the Maine Insane Hospital is justly entitled to the confidence of the public and its fostering care, and, that the public mind and the friends of those who are now patients, or may be in the near future, might be relieved of all unnecessary anxiety in this direction, the Trustees deemed it advisable to ask the Legislative Hospital Committee, if desirable on their part, to make a full and

thorough investigation into all the affairs of the hospital and its general management.

It is well known to the people of this State, and in other States, that such an investigation was made, reaching back over a long series of years, and extending into the very minutia of hospital work, from the efficiency of officers and faithfulness of attendants, to the cure and treatment of its unfortunate inmates. Without going into the details of this investigation, so fresh in the minds of the people, it is sufficient to say, that the Committee, composed of intelligent and impartial men, after a long and patient hearing of all that could be said, both for and against the Institution, were able to render such a report that, in their opinion, not only vindicated it from all suspicions and aspersions but reflected great credit and honor upon all the officials of the hospital for their faithful and valuable services, which should be a source of satisfaction to our State, and to the many friends of four hundred and fifty patients, in the assurance the Committee gave, that their friends have a comfortable home, are kindly watched over and provided with all that may help to restore them to a sound mind, to their homes and to a life of usefulness.

We would, therefore, respectfully refer all those desirous of knowing the condition and workings of the Maine Insane Hospital to the report of the Legislative Hospital Committee of 1881.

The Maine Insane Hospital with its officers, is not the only institution of the kind that has been the object of unfriendly criticism and suspicion. The history of similar institutions is replete with like experiences. This must necessarily be, so long as patients, though with fevered brains, perverted reason, and morbid impressions, are yet capable of relating cunningly devised tales of abuse and neglect, too often to find credence in the minds of those unfamiliar with the characteristics of insanity, and so long, too, as dismissed attendants and disaffected spirits can throw

into the avenues of public gossip discreditable reports upon honorable transactions and unavoidable circumstances.

#### STATISTICAL RECORD.

For this record and the internal workings of the hospital the past year, we respectfully refer you to the report of the Superintendent, which we forward to you, together with that of the Steward and Treasurer and other officers.

#### THE SANITARY CONDITION

of the hospital has been good, but few deaths from epidemics, acute diseases or accidents, have occurred. One case of suicide to report, which was done in an unexpected time and manner, which illustrates the fact that the insane, though appearing in their best mood, are not to be trusted. Having made careful inquiry into all the particulars, we are satisfied that the usual care had been exercised to prevent such an accident, the details of which can be found in the report of the Visiting Committee.

Two hundred and two have been admitted the past year, a number larger than any previous year except 1871, which furnished the same number, though the daily average was only 385, with a record of 45 deaths, against 442 the past year with only 41 deaths. The general average the past year was 442, while that of 1880 was only 412, making an average increase the past year of thirty.

Of the number discharged, 54 are reported recovered, 54 improved and 40 not improved. Several cases were discharged by the Superintendent and Trustees, that could have been longer retained with profit to themselves and convenience to friends, but being of the milder type of the disease and apparently harmless, they were allowed to go, to make room for the more violent ones that were daily asking for admission. The Superintendent has been under the necessity of refusing many applications to be received into the hospital the past year, for the want of accommodations. We are sorry



to report this fact. It illustrates the want that has existed for two or three years, and for as many years has been presented by the Superintendent and Trustees in their annual reports. The great call for hospital accommodations the past year renders the demand still more pressing. The inquiry, "What shall we do with our insane," is one not to be ignored, but demands candid consideration. It is apparent to all conversant with the condition of our own hospital and those in other States, that insanity is increasing with succeeding years, and in the opinion of good judges, beyond the ratio of increase of population. The cause of this it is not our province here to discuss.

In 1861 the average number of patients for that year was only 254; in 1871, 385, and in 1881, 442, making an increase of 74 per cent. in the last two decades. This increased demand for hospital accommodations may be attributed to two causes—the increase of the malady and the fact that the people have become convinced of the good results and safety of hospital treatment, and influences which cannot be secured in the home circle. That no misapprehension may be entertained, we will say that our own State is not alone in being afflicted with the increase of mental diseases. Rhode Island Asylum for the Insane, built some nine years since, has within the last four years been enlarged by two stone additions, to accommodate one hundred more. The Insane Hospital at Danvers, built a few years since at an expense of \$1,800,000, cannot well accommodate the increase of the insane of the State for the time occupied in its construction. Several of the New York asylums, with patients numbering from ten to twelve hundred, report this past year an increase from ten to twelve a month.

These few statistics, with others that might be given, are sufficient to give prominence to the fact that the increasing demand for hospital accommodations is not confined to the limits of our own State.

In our judgment, the necessity does not as yet exist for the erection of entire

#### NEW HOSPITAL BUILDINGS

in some other locality in the State. We believe a much larger number of patients than we now have, can be well cared for and properly treated under the present hospital administration, with all the curative agencies and comforts hitherto enjoyed by others, by additions to the main buildings. We have the necessary conveniences and appliances for providing for more. We have an efficient water system, and a supply, as we hope. We have gas works not inferior to any, a spacious and well arranged laundry, bakery and kitchen appliances that can furnish a still larger supply of food, and a large and productive farm, and garden lots that are yielding a large amount of the necessary eatables and luxuries for the tables.

At the present, and for years to come, the great want of the Institution and of the State can be met by more room, in pavilions, as annexes to the main buildings, both in the accommodation of those who may hereafter ask for hospital treatment and the better classification of those already receiving it. One of the essential aids in restoring the diseased mind to its normal condition, is that the patients be judiciously classified. This is more likely to be secured by having some of the halls smaller than those of the several wings.

The prevailing sentiment of good judges seems to be, that the mildly insane, in whom early recovery may be expected, or those convalescing, should not be classified with the turbulent and incurable. While chronic and incurable cases should be provided with a comfortable home and kindly cared for, our special efforts and curative agencies should be exhausted upon those susceptible of cure. The Trustees are happy to say that the

#### NEW PAVILION

is in the process of erection, for the relief of the female side. Recognizing the pressing need for such a building for the last

two or three years, they have asked of the Legislature the permission to erect such a building, promising to do it out of the hospital funds, without cost to the State ; a thing unprecedented in the history of similar institutions, and this, too, with board at a price less than the average in other asylums.

The last three Legislatures have recognized its necessity and authorized the Trustees to furnish a suitable building for the better and further accommodations of the insane, and as often have they found their hands tied by being restricted in the amount necessary to procure it. In the summer of 1880 the Trustees found themselves under the necessity of suspending operations looking towards the erection of a pavilion that season, for the reason they were limited in cost to \$18,000, while a building, considered by them and the officers of the hospital, suitable to meet the demands of the present and near future, could not be built for less than \$24,000. In their last annual report they again asked for permission of erecting a building according to the plans and specifications presented, without restriction in cost or in time of completion, as changeable prices render cost uncertain. The Legislature said \$24,000 could be appropriated, again limiting the amount to be expended. In April last the Trustees again called for the "lowest bids" for the erection of the proposed building. Several were received, but owing to the increased cost of labor and material the lowest bid carried the cost \$1,500 above the sum fixed by the Legislature, and above what it could be built for in the summer of 1880. As they could not legally pass beyond the limits of the Legislative resolve the Trustees again found themselves thwarted in their endeavors to secure a building they had struggled so long for.

In their judgment the crowded condition of the halls did not admit of further delays ; therefore they decided to start this season such a building as could be constructed for \$24,000 or less. Upon consultation with our architect, F. H. Fasset, it was decided to drop out of our proposed plan one story, which would give us a building of two stories and French roof, to be finished for patients, in place of three stories with French

roof, to be finished when needed. The Trustees regretted to make this change but did not feel that the responsibility rested upon them. Proposals were called for the erection of a building, with the above modifications, from those who had previously sent them in. That of Nathaniel Noyes of Augusta, being \$23,450, and the lowest of all received; a contract was made with him for the erection of the building for the above sum. Mr. Noyes immediately commenced operations, and has vigorously pushed his work up to the present time. The building is now up and covered. The walls of it and those of the several rooms are made of brick, that the whole structure may be fire-proof so far as practicable. The brick and mason work has been done by Norton & Purrington of Waterville. Thus far the work, both of the foundation and superstructure, has been done in a satisfactory and substantial manner. A boiler has been placed in the cellar, preparatory to warming the building during the cold weather, that the walls may not be injured by frost.

The pavilion located east of the main building and eighty feet from the chapel, is 120 feet long, 46 in width, with a front of 51 feet in width, and when completed is to accommodate forty-two patients. The rooms are airy and light, and undoubtedly will be some of the pleasantest in the hospital. The building is designed for private patients and for those convalescent and quiet. Sorry to say, it will not be ready for occupancy before another year.

In attempting to erect this addition out of the funds of the hospital, the Trustees are aware that they have taken a heavy burden upon their shoulders, rendered so by the great advance in prices of all that enter into the running expenses of the hospital. This increase of cost this year, the price of board being the same, will reduce the net proceeds of the hospital to a very small margin, if not wholly destroy them.

If under these adverse circumstances the Trustees succeed in accomplishing what now they can only hope to do, they will be under the necessity, as was expected, of calling upon the State for funds to furnish the building. The heating

appliances, with boiler, the plumbing, an elevator and the required furniture, &c., will cost, as estimated, about \$6,000. This money will be needed the coming season. Were the Legislature to be in session the coming winter, the Trustees would ask for an appropriation of the above amount and for the above purposes. They would also press upon its consideration the importance of taking immediate steps towards the erection of a pavilion similar to the one now in the process of construction, for the relief and accommodation of the male wings. The large increase of insane on the male side for the last two years, renders the demand for more room on this side equally as imperative as that for the other wings.

They believe, also, that when the people are convinced that an actual necessity exists in this direction, moved by their humanity and sympathy for those so unfortunate as to be bereft of their reason, they will not fail to respond to a call to furnish them an asylum and a home where they can be properly treated and kindly cared for.

Though the Trustees are struggling to complete the present building without cost to the State, they are of the opinion that the true policy is for the State to supply the room required to receive the insane of the State, and let the net proceeds of the hospital be expended for the necessary repairs and improvements upon and around it.

#### IMPROVEMENTS.

For reasons already expressed, only such repairs and improvements have been made this season as the immediate interests of the hospital and the comfort of the patients demanded.

#### WATER WORKS.

Two feet of stone masonry have been added to the height of the dam of reservoir No. 2, increasing the capacity by about one million gallons, and giving now, in all the reservoirs, storage for about six million gallons exclusive of the supply available from the wells. A three-inch iron pipe has

been laid from reservoir No. 2, to the driven or artesian well, alluded to in our last report, a distance of five hundred feet. An eight-inch pipe has been driven down thirty feet and also connected. The arrangement is such that the steam pump may draw water from either reservoir or well, or all four combined. The supply of water has been abundant during every day and night since our last report.

The reservoirs were visited by a committee of the Legislature, January 28, 1881. This was at a time of extreme drouth, by reason of long continued cold weather, the snow not having yielded in the roads for sixty days previous to this visit. The committee, accompanied by a committee of the Board, measured the water and reported to the Legislature 2,000,000 gallons under the ice at that time, being a full supply for one hundred days. The addition of one million gallons capacity above stated, has cost but little, and a still larger supply can be secured, when needed, at small cost. Indeed, it is not probable that more will be required till more demand is created. We have supplied all the water needed in the erection of the new building during the summer, which has probably required about as much as will be used in that building when occupied, and a full and constant supply has been ready at any moment for all ordinary purposes and for the extinguishment of fire. That this water is good and healthy, is made evident by the good sanitary condition of the hospital for the last few years.

The record of rain fall for the last seven months ending November 30, for the years 1880 and 1881, as kept at the institution, is as follows: Seven months, ending November 30, 1880, 24.24 inches; seven months, ending November 30, 1881, 24.10 inches; excess in seven months of 1880 over 1881, 14 inches. Though by this record the amount of rain fall is nearly the same for each year, it is rather in conflict with the commonly received impression.

## FARM.

The farm, under the judicious management of Capt. Lakin and Mr. Sampson, foreman of the working force, is yearly becoming more profitable and valuable in its increased productions to the hospital. To illustrate the source of income to the hospital and the State the farm has become to be, we here insert some of its products the past season: Hay, about 260 tons, the profits of which is mainly seen in the milk and meat; milk, 19,992 gallons, milk measure, whose value, at 6 cents per quart, is \$4,798.08, all of which is consumed in the hospital, making about 2-5 of a quart to an inmate per day; pork, 15,994 lbs.; beef, 5,256 lbs.; hides, 599 lbs.; tallow, 156 lbs.; asparagus, 1,258 lbs.; lettuce, 5,901 heads; green peas, 98 bushels; spinach, 48 bushels; beet greens, 28 bushels; string beans, 100½ bushels; early cabbage, 1,087 heads; apples, 743 bushels; cucumbers, 12,942; cucumber pickles, 50 bbls.; cauliflowers, 36 heads; tomatoes, 8,131 lbs.; sweet corn, 18,363 ears; bell-peppers, 3¼ bushels; potatoes, 2,168 bushels; mangels, 1,268 bushels; English turnips, 804 bushels; table beets, 197 bushels; Hubbard squash, 12,165 lbs.; summer squash, 1,749 lbs.; onions, 427 bushels; dry peas, 15 bushels; ruta-bagas, 400 bushels; wheat, 24 bushels; barley, 374 bushels; celery heads, 443.

## STOCK.

Animals, selected in former years, having reached maturity, have very materially increased the herd of cows, and by replacing aged animals with these and animals purchased, we now have a much improved herd of about sufficient size to supply in generous quantity the milk required by the institution. In fact, no milk has been purchased since last April, and it is expected that, with possibly some small purchases of hay for a few years, the farm will carry sufficient stock to fully meet the demand for milk, unless the number of people supplied is very largely increased.

The producing of all the milk needed for hospital purposes, upon the farm, has been an object, for some years, to which the farming and the management of stock has been directed, and it is with pleasure that we report this desirable object as probably accomplished. This result will, it is expected, be maintained and, if desirable, increased. It has been reached by the introduction of improved animals and increase of the number kept, accompanied by an increase in the carrying capacity of the farm.

#### CANNING AND PRESERVING.

The canning and preserving of fruit, berries and garden vegetables, has been conducted on a much larger scale than ever before. It has been found that such condiments and luxuries as are thus provided, are much relished by the patients, and an increased demand for them has been met by an increased supply. By this process many luxuries are not only enjoyed in their season, but are extended throughout the year.

#### STEAM PUMP.

One of the steam pumps in the engine-house having been disabled, from long use, a new machine of the same capacity has been put in its place. The boiler at the pumping station having need of repairs, another of the same pattern has been put in; and we thus shall be prepared to avoid delay in supplying steam for pumping.

#### HARD WOOD FLOORS.

Experience having demonstrated the superiority of hard wood, as maple or birch, over hard pine, for floors, we caused new floors to be laid in the public office, dispensary, and Treasurer's office. As these floors do not splinter or become rough, no carpet is required with them, and they are in every way neater and more desirable for such offices, and far less expensive than carpet floors.



### WIRE AND HAIR MATTRESSES.

The use of wire spring mattresses and hair beds, alluded to in our last report, has met with such unqualified approval from the Superintendent, that we have, during the year, provided two hundred more, making the whole number in use three hundred and seventy-nine. Those first introduced, some years since, have required no repairs and are now serviceable and in good condition. The hair beds have been all manufactured at the institution with the best and cleanest materials, and the workmanship good and thorough.

### POINTING.

This work, begun a few years since, has this season been continued upon several wings of the hospital. This repair was considered essential for the suitable protection of the walls from wet and frost. In two or three years we trust this necessary and important item of repairs will be completed.

### PAINTING AND STENCILLING.

Notable improvements have been made in the interior painting and decoration of the wards. The walls of the halls have been thoroughly repainted and tinted, and an upper and lower stencil border in oil colors applied in ten of the wards and seven of the dining rooms. The effect of this is to make the halls much more pleasant and attractive.

### GREENHOUSE AND LAWNS.

In this department the provisions made in former years, have resulted in very gratifying success. In winter, many flowers are daily distributed among the patients, and in summer the lawns have been rendered very attractive, so that many patients have been tempted to spend more time out of the halls, which the Superintendent has allowed to be done when their mental condition would admit of it. A larger number of patients have visited the grounds this season than ever before.

## FINANCES.

For the condition of our finances we refer you to the report of the Treasurer and Steward, Captain Lakin, whose services still continue to be very valuable to the institution. For the completion of the new pavilion he is managing the affairs in his department with all the economy possible, and buying as closely as the markets will admit.

## CHANGE OF OFFICERS AND EMPLOYEES.

As usual, we have some changes to report in the *personel* of the hospital service. In May last, Mr. McCullum, our efficient and faithful Clerk in the Treasurer's office, resigned his position to accept one more remunerative than we were able to make ours. Captain Lakin engaged Frank B. Cushing, a recent graduate of Colby University, to fill the vacancy. After a few months of satisfactory service, by the request of the Treasurer, he was chosen Clerk by the Board and is now performing the duties of the office.

In March last, Miss M. L. Clough, occupying the position of Chief Nurse, resigned her charge and Miss Emma Glidden was appointed to her place. Thus far, she has shown herself faithful in her attendance to the wants and needs of the sick, and in a general way useful to the hospital.

In April last the Board took into consideration the propriety of increasing the medical staff of the hospital by another assistant physician. While some of the Board entertained the opinion that two experienced physicians could render all the medical aid and counsel the patients might require, yet in view of the increased number of patients, and the consequent increase of labor, and that the public might be released of all apprehensions as to the requisite medical supervision, it was finally agreed to re-establish the office of third physician. Dr. H. B. Hill of Lewiston, was appointed to the position. Dr. Hill is a young man, a graduate of Bowdoin College and of the Long Island College Hospital, and though a stranger to the Board, he came to us

well supported by good recommendations. He is a young man of scientific attainments; is manifesting a desire to make himself useful in the hospital service.

#### VISITS.

The usual monthly visits, as required by law, have been made by two of the Board—the full Board meeting quarterly. Once in three months the books, accounts and vouchers have been carefully examined by the Finance Committee and invariably found correct and in order. At these visits of inspection the Trustees have endeavored to make themselves familiar with all the internal management and condition of the hospital, as well as that of a large portion of the inmates, and all that may enter into their comfort and well being. The halls have, without exception, been found to be neat, clean and well ventilated. With the present system of heating, the halls and lodges, even in the coldest weather, have been found sufficiently warm.

#### ATTENDANTS.

The attendants, with a few exceptions, we believe, have been competent and faithful in their care and supervision of the unfortunate ones committed to their charge. Human nature has its frailties. Therefore some of them are found in attendants. Not every young man, or woman, even of the average intelligence, possesses the requisite tact or disposition to render him or her suitable for the care of the insane. The lack of either renders him or her unsuitable for the required duties. The possession of both may make his services invaluable to the comfort and happiness of those under his care. The Superintendent endeavors to be watchful over the work and conduct of his attendants, and when, as stated in our last report, they are found incompetent, irregular in conduct or unfaithful in duty, they are immediately dismissed from the service.

## ENTERTAINMENTS.

We would here express the great credit and praise due the officers and attendants for their efforts put forth in furnishing the various entertainments during the fall and winter months, for the benefit and amusement of the patients, consisting of concerts, readings, promenades, dances and plays. They require time and labor in their preparation. Fortunately, very fine music, both vocal and instrumental, is furnished at these occasions by employes of the hospital. Two or three hundred of the patients are usually in attendance. These entertainments are not only enjoyed, but serve to break up the monotony of hospital life and to throw beneficial and cheering rays of light and hope upon darkened minds and clouded intellects.

## VISITORS.

A very large number, both of the friends of patients and pleasure seekers, have visited the hospital and the grounds the past season. The influx has been so great and become so great a source of disturbance and excitement to the patients, as well as encroaching largely upon the time of the officers and employes of the hospital, that the Trustees, at their September meeting, passed a vote restricting all visitors, with the exception of friends of patients, to two days in a week, Tuesday and Thursday, the friends of patients being received at any day or time in the week.

We have frequently met the Visiting Committee—consisting of two members of the Council and Mrs. C. R. Whidden. Mrs. Whidden, the lady visitor, has usually spent a portion of each month at the hospital, and has been very enthusiastic in her endeavors to benefit the condition of the patients and the general interest of the hospital.

In concluding our report, while we can recommend to a generous and charitable public the Maine Insane Hospital for all that it has accomplished and still hopes to do in its increased capacity, for the unfortunate ones of humanity, we

would express to the many friends of the four hundred and fifty inmates of the hospital, our assurance that they are provided with a comfortable home, and are receiving that care and treatment essential for their happiness and possible restoration to health.

J. S. CUSHING,  
J. H. MANLEY,  
CHAS. W. JOHNSON,  
SYLVESTER OAKES,  
MRS. C. A. QUINBY,  
R. S. MORISON.

## SUPERINTENDENT'S REPORT.

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

Another fiscal year of the Maine Insane Hospital has come and gone, mingled, as other years have been, with its joys and sorrows, its hopes and fears. But amid all, the smiles of a kind Providence have shed their sweet influence, lighting up our pathway, lifting the "weights in life" and sweetening our toil.

The year just closed, in its varied changes, has been one of success and prosperity. The work of administering to the necessities of the unfortunate has moved steadily on. More patients have been received and treated than during any previous year in the history of the institution.

### ADMISSIONS AND DISCHARGES.

There were resident in the hospital on the first of December, 1880, four hundred and thirty-six patients—two hundred and twenty-six men and two hundred and ten women. There have been admitted since two hundred and fifteen—one hundred and twenty-nine men and eighty-six women, making a total number under treatment, of six hundred and fifty-one—three hundred and fifty-five men and two hundred and ninety-six women. Of these there have been discharged two hundred and one—one hundred and fifteen men and eighty-six women, leaving in the hospital on the first of December, 1881, four hundred and fifty patients—two hundred and forty men and two hundred and ten women.

The following are the monthly admissions: Fourteen were admitted in December—six men and eight women; twenty-three in January—fifteen men and eight women; fourteen in

February—nine men and five women ; twelve in March—six men and six women ; seventeen in April—eleven men and six women ; twenty-two in May—twelve men and ten women ; eighteen in June—twelve men and six women ; twenty-three in July—fifteen men and eight women ; sixteen in August—nine men and seven women ; twenty-two in September—thirteen men and nine women ; twenty-one in October—fifteen men and six women ; thirteen in November—six men and seven women.

The condition of those discharged during the year was as follows : Fifty-six recovered—twenty-seven men and twenty-nine women ; fifty-seven improved, or were relieved—thirty-four men and twenty-three women ; forty-two were not relieved, or improved—twenty-eight men and fourteen women ; forty-six died—twenty-six men and twenty women.

It may be proper to say in this connection, that the unusually large number discharged, improved, or relieved, arises mainly from the necessity we felt of sending them home at the earliest practical moment, even before full recovery was reached, in order to relieve the crowded state of the house, and to make room for more urgent cases, applying for admission. This, of course, reduced the per cent. of cures.

Of the fifty-six discharged, recovered, thirty-seven—twenty men and seventeen women—were on the first admission ; six—two men and four women—were on the second admission ; six—three men and three women on the third ; two—one man and one woman on the fourth ; two women on the fifth ; one woman on the sixth ; one woman on the seventh, and one man on the ninth. The average time spent in the hospital, of those who recovered, was forty-two weeks.

#### THE RECORD OF DEATHS

varies but little from that of previous years, being but about ten per cent. of the daily average resident. Many of them were old residents of the hospital, advanced in years, weary and worn with disease, ready to depart.

The average age of those who died was fifty and seven-tenths years, the youngest eighteen, and the oldest eighty-seven. Their residence in the hospital was from a few days to nearly forty years. One was here thirty-seven years, one twenty-six, one twenty-four, one twenty-three, one nineteen, one fifteen, one thirteen, two eleven years each, one eight, one five, one four, five three years each, two seven years each, and twenty-two one year or less each.

#### THE CAUSES OF DEATH

were as follows: exhaustive mania, nine—five men and four women; paralysis of heart, seven—four men and three women; epilepsy, six—three men and three women; general paralysis, five—five men and no women; paralysis, four—three men and one woman; decay of age, three—two men and one woman; dropsy, two—one man and one woman; consumption, two—one man and one woman; chronic insanity, two—two women; gastritis, one—one woman; erysipelas, one—one man; apoplexy, one—one woman; psoas abscess, one—one woman; diarrhoea, one—one woman; suicide, one—one man.

#### THE ASSIGNED CAUSES OF INSANITY

are as follows: ill health, thirty—twelve men and eighteen women; intemperance, nineteen—nineteen men and no women; domestic affliction, nineteen—seven men and twelve women; critical period of life, thirteen—thirteen women; masturbation, ten—nine men and one woman; embarrassment in business and loss of property, nine—eight men and one woman; epilepsy, eight—seven men and one woman; over-exertion, eight—five men and three women; injury of head, six—six men and no women; decay of age, six—five men and one woman; dissolute life, four—one man and three women; puerperal, four—four women; spiritualism, three—one man and two women; religious excitement, three—one man and two women; general paralysis, three—three men and no



women ; paralysis, two—two men and no women ; inordinate use of tobacco, two—two men and no women ; abortion, two—two women ; sunstroke, one—one man and no woman ; apoplexy, one—one man and no woman ; suppressed discharge, one—one man and no woman ; injury of stomach, one—one man and no woman ; disappointed affection, one—one man and no woman ; syphilis, one—one man and no woman ; intemperate husband, one—one woman ; effects of electricity, one—one man and no woman ; unknown, fifty-six—thirty five men and twenty-one women.

#### ADMISSIONS RELATIVE TO THE SOCIAL CONDITION

we find to be as follows : One hundred and two were married—fifty-seven men and forty-five women ; eighty-four were unmarried—fifty-eight men and twenty-six women ; fourteen were widowers, and fifteen were widows.

#### THE WHOLE NUMBER

of patients admitted and discharged since the hospital was first opened in 1840, is as follows : Five thousand seven hundred and fifty-nine have been admitted, and five thousand three hundred and nine discharged. Of the latter, two thousand two hundred and one recovered, one thousand and fifty-four improved, nine hundred and forty-three did not improve, and one thousand one hundred and eleven died.

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

The daily average number of patients for the year has been four hundred and forty-two. They have been supported as follows : Forty have been supported by their own means or that of their friends ; sixty-five entirely by the State ; three hundred forty-five have received State aid of \$1,50 per week ; cities, towns, or individuals paying the balance.

#### TREATMENT OF PATIENTS.

The same practice in the treatment of patients has been continued the past year as heretofore.

All the leading medicines of the best quality have been administered for the promotion of physical health and comfort. All the moral appliances that are at our command, which seem best calculated to restore the alienated mind to its normal condition, have been brought into requisition.

Perhaps no part of the service, which relates to the treatment of patients in an hospital for the insane, is so prominent in the mind of the public as is that part performed by persons who act in the capacity of attendants. It is, and always has been, our aim to secure the best class of young men and young women for this important and highly responsible position that can be found in the community. As a rule, we think we have been very fortunate in our selection. They generally come from some of the best families in the country, possessing excellent moral qualities and a common school education. In many instances they have taught successfully the district school. Having the laudable desire of being a little independent, and of earning for themselves a livelihood, they leave the paternal roof and seek employment in this direction, where is found the noblest work which falls to the lot of any individual—that of administering to the wants and necessities of mind, diseased.

It is not a little surprising to find the deep prejudice existing in the minds of some against those who occupy such positions. In some instances it is so great, that the bare mention of the subject sends a thrill of doubt and distrust to their prejudiced minds which is not easily overcome. Attendants may possess the finest of moral qualities, the gentlest of dispositions; they may be intelligent, amiable and sympathetic in the highest degree, but when they cross the threshold of an hospital to wait upon, nurse and attend the unfortunate insane, they become, as viewed by the eye of prejudice, cruel monsters—demons of the darkest hue. It may be fair to say that much of this prejudice has arisen from patients who have gone home unrelieved or in a state of partial recovery, carrying with them false impressions of their treatment. They believe the motives, which actuated those in whose immediate

care they had been placed, are evil, and that continually. That we sometimes have attendants and other helpers who are ill adapted to the positions they occupy, we do not deny. The same holds true in every business department of life where any considerable number of persons is employed. Even in the domestic relations of a family, poor help is sometimes found. It is not culpable that we find ourselves possessed of an unworthy attendant, but severely so, if we keep such an one after being proved unsuitable.

#### THE PATIENTS

have been kept out of doors, as much as practicable during the season, for open air exercise. The men on the farm, in the garden, about the premises, some working, some walking, and some playing games, as base ball, croquet, or archery. The women have rode, walked, or amused themselves on the pleasant grounds, made attractive by trees, plants, flowers, lawns, and gravel walks—all tastefully arranged for their benefit. In dull weather and during the inclement season, they are employed, or find amusement in-doors, reading, writing, or playing games. Twice every week, during the fall, winter and spring months, there is some evening amusement or entertainment for their benefit in the amusement hall, which serves to beguile many a weary hour and lessen the tediousness of their peculiar life.

#### LIBRARY.

There have been added to the Black Library, during the past year, about one hundred and fifty volumes of new books, and about the same number of old ones have been rebound, which puts this valuable department of the hospital in good condition. To those who have a taste for reading, the library is a great help in their moral treatment. Those who do not care to look at books, and can read at all, take pleasure in reading the various newspapers of the day with which we are liberally supplied.

## CHAPEL SERVICE.

Religious service has been held regularly every Sabbath afternoon, either in the commodious chapel, or at the grove in the park. In the latter place it was delightfully pleasant during the months of July and August. Here, in the still hours of the sacred day, ascended prayer and praise from hearts and lips of those who love His holy worship, voiced by the devout Chaplain and the songs of the choir, and mingled with the finer notes of birds, insects and the whispering breeze.

## FARM AND GARDEN.

Under the direction of Captain C. B. Lakin, the indefatigable Steward and Treasurer, the farm and garden have yielded a most generous harvest. The products of hay, grain and vegetables of all kinds have been large, enabling the hospital to increase its valuable stock of cows so that all the milk and nearly all the vegetables consumed in the institution are now produced from the farm and garden.

For the details of the farm and garden operations, you are referred to the Steward and Treasurer's report.

## WATER SUPPLY.

There has been no lack of water for the hospital at any time during the year. Considerable labor has been expended on the works in order to increase the storage capacity of the middle reservoir. The dam has been raised some two or more feet, and the depth of the basin increased by further excavations of earth. The facilities for pumping water from the tubulated well, put down a year ago, have been increased by adding another pipe, eight inches in diameter, near the first one, and driven to the depth of about thirty feet.

Should any drouth in the future exhaust the supply of water now provided, there is plenty of room for more reservoirs which can easily be made in connection with the others.

## MORE ROOM.

I am aware that the topic of increased accommodations for patients is becoming somewhat trite, but, nevertheless, it is necessary to dwell upon it further. We have never needed additional room more than during the past year. It has been impossible to keep the number of patients down to a comfortable working capacity of the house without absolutely refusing to take applicants. This we have deemed it advisable to do in some dozen cases, and yet it will be seen that we close the year with four hundred and fifty patients, while the capacity of the house is only for about four hundred. The wards, as you are aware, have, from time to time, been sifted of their patients—according to the provision of the law of 1874—till there seems to be none who come within its scope. We are glad that the long-wished-for addition for females has at last been commenced, and that, during the coming year, it is expected to be completed and ready for occupation.

This pavilion is 120 x 46 feet, two stories high, finished with a Mansard-roof, and will accommodate forty-five patients. This will relieve the crowded apartments for females, and prove a most important *annex* to the hospital proper; but there exists quite as much need of additional room for male patients as for females, and it is earnestly hoped that some provision will be made at the earliest practical moment to erect a similar pavilion on the south side to relieve the crowded state of the male wards.

## FINANCES.

On account of the increased price of labor and provisions, and the extra draft upon the treasury for erecting the pavilion, there is, as I learn from the Treasurer, a slight stringency in the hospital finances, requiring a temporary loan to meet the demands of the year. With this in view, we suggest whether it would not be wise, either to raise the price of board fifty cents per week, or ask the Legislature for an appropriation to *finish* as well as furnish the pavilion.

It is well known there are certain repairs, renewals and improvements which ought to be made without much delay; such as putting in new water-closets and bathing-rooms, repairing and repainting the farm buildings and constructing new and improved elevators for the various dining-rooms of the wings.

#### JAIL LAW.

The practical workings of the law which provides for sending insane persons, lodged in our county jails, direct to the hospital, under order of the Governor and Council, upon report of two physicians that such persons are insane, is not, probably, what the originators of the law designed it should be. It frequently happens that an insane person, without means of support and chargeable to some town, is for some trivial act or misdemeanor arrested and put in jail. Thereupon the Governor and Council are notified that such person in custody is insane. Two physicians are commissioned to examine said person, and if he is found to be insane they so report, and the Executive order his removal and commitment to the Maine Insane Hospital, where his support so long as he lives, if he does not recover, is chargeable to the State. This, of course, relieves the town of liability of quite a burden and increases the number of State patients in the hospital. There are some eight or ten of this class who have come into the hospital under this law since it went into effect.

#### OFFICIAL CHANGES.

With the exception of a change of clerk with the Steward and Treasurer, chief nurse to the female wards, and the appointment of a second assistant physician, the officers of the hospital remain the same as they were a year ago. In the early part of winter, Miss M. L. Clough resigned her position as chief nurse, and Miss Emma Glidden, a woman of large experience in the care of the insane, both in this and at the Butler Hospital, Providence, R. I., was, at the semi-annual meeting

of your Board last June, appointed to fill the vacancy. She is performing the duties of her place in a most satisfactory manner. At the same meeting, W. J. McCallum, having received a more eligible offer to enter the counting-room of a private business man, resigned his position as clerk which he was filling most acceptably, and Mr. Frank Cushing, a young man of promise, was appointed to fill the vacancy; also at the same meeting Horace B. Hill, M. D., of Lewiston, was elected to the office of second assistant physician. He is a young man of culture, and well qualified for the position; he seems devoted to his work, and is rendering good service.

#### ACKNOWLEDGEMENTS.

On behalf of all the patients who have been members of the hospital family the past year, we would express sentiments of gratitude to those benevolent persons who have in any way contributed to the comfort and happiness of the household.

Ex-Governor Coburn presented a check of fifty dollars at two different times, through Mrs C. R. Whidden, who expended it as he requested. Thomas Goodall, Esquire, of Sanford, sent another of his elegant floral offerings, consisting of several dozens of bouquets, which were duly distributed in the various wards much to the delight of all. E. C. Allen, Esq., remembered us again with some very fine engravings and chromos, which add much to the cheerfulness of the apartments. Mrs. James G. Blaine, Mrs. J. H. Manley, Mrs. G. W. Quinby, a friend from Lewiston, Joshua Nye, Esq., and Mr. J. W. Clapp sent us valuable reading matter in the form of magazines and papers. Mrs. Sylvester Oakes with friends in Auburn and Lewiston, Mrs. Russell Morrison with friends in Bangor, Mrs. A. G. Tenney of Brunswick, Mrs. Elias Banks, Mrs. E. Smart and Mrs. Barton of Portland, contributed valuable materials to make fancy articles for the coming fair. Mrs. M. B. Hodges, Miss H. E. Piper and Mr. Brick discounted liberally in sale of material

for same purpose. Miss Gertrude E. Moore, Miss E. Jennie Thompson and Prof. J. T. Lord of Providence, R. I., entertained the family with dramatic recitations and readings. Through the kindness and generosity of Dr. H. B. Hill, the "Cecilia Quartette" of Portland gave one of their finest concerts, which was enjoyed by all who heard it.

The musical class from the Classical School in Hallowell, and Prof. E. K. Harlow and pupils gave, each, an entertainment of vocal and instrumental music.

To the members of our own hospital orchestra we are under renewed obligations for their unvarying kindness in furnishing music on every and all occasions required. In this connection, we would not omit to mention the kindness of Mr. Horace Cony who has frequently assisted our orchestra.

#### THE BOARD OF VISITORS

have, without notice, inspected the hospital whenever they deemed it advisable. One or more have come every month and remained as long as they considered it necessary for a full understanding of all that pertains to the management of the institution.

The lady visitor, Mrs. C. R. Whidden, is indefatigable in her efforts to promote the well-being of all the members of the great family. Her visits are always welcome to the inmates, to which they look forward with bright anticipation.

It is but just to say, in conclusion, that my associates in office, with many of the employes, have done extra work in the way of entertaining and amusing the patients. Two evenings in each week during the greater part of the year are devoted to this object, requiring considerable time for preparation. For all the courtesy and kindness shown to me by your Board, for the loyal support and personal good-will received from every resident officer and those employed in the hospital work, I am sincerely thankful.



*Statistical Tables for the Year Ending November  
30, 1881.*

TABLE NO. 1.

*Yearly Statement from December 1, 1880, to November 30, 1881.*

	Males.	Females.	Total.
Remaining December 1, 1880.....	226	210	436
Admitted during the year.....	129	86	215
Re-admitted during the year.....	7	3	10
DISCHARGES AND DEATHS.			
Discharged, recovered.....	27	29	56
Discharged, improved.....	34	23	57
Discharged, unimproved.....	28	14	42
Died.....	26	20	46
Remaining November 30, 1881.....	240	210	450

TABLE NO. 2.

*Table of assigned causes of insanity of patients admitted during the  
year.*

	Males.	Females.	Total.
Ill health.....	12	18	30
Intemperance.....	19	-	19
Domestic affliction.....	7	12	19
Critical period of life.....	-	13	13
Masturbation.....	9	1	10
Embarrassment in business and loss of property.....	8	1	9
Epilepsy.....	7	1	8
Over-exertion.....	5	3	8
Injury of head.....	6	-	6
Decay of age.....	5	1	6
Dissolute life.....	1	3	4
Puerperal.....	-	4	4
Spiritualism.....	1	2	3
Religious excitement.....	1	2	3
General paralysis.....	3	-	3
Paralysis.....	2	-	2
Inordinate use of tobacco.....	2	-	2
Abortion.....	-	2	2
Sunstroke.....	1	-	1
Apoplexy.....	1	-	1
Suppressed discharge.....	1	-	1
Injury of stomach.....	1	-	1
Disappointed affection.....	1	-	1
Syphilis.....	-	1	1
Intemperate husband.....	-	1	1
Effects of electricity.....	1	-	1
Unknown.....	35	21	56
Total.....	129	86	215

TABLE NO. 3.  
*Relating to ages of those admitted.*

	Males.	Females.	Total.
From 15 to 20 years of age .....	3	1	4
20 25 " " .....	12	5	17
25 30 " " .....	12	5	17
30 35 " " .....	12	9	21
35 40 " " .....	10	14	24
40 45 " " .....	16	8	24
45 50 " " .....	12	13	25
50 55 " " .....	13	10	23
55 60 " " .....	8	10	18
60 65 " " .....	13	3	16
65 70 " " .....	8	6	14
70 75 " " .....	5	0	5
75 80 " " .....	2	1	3
80 85 " " .....	3	1	4
Total .....	129	86	215

TABLE NO 4.  
*Admissions relative to the social condition.*

	Males.	Females.	Total.
Married .....	57	45	102
Unmarried.....	58	26	84
Widowers.....	14		14
Widows .....		15	15
Total.....	129	86	215

TABLE NO. 5.  
*Duration of disease prior to admission.*

	Males.	Females	Total.
Not exceeding 3 months .....	41	31	72
“ 6 “ .....	13	10	23
“ 9 “ .....	5	2	7
“ 12 “ .....	16	9	25
“ 18 “ .....	2	3	5
“ 2 years.....	10	8	18
“ 3 “ .....	11	2	13
“ 4 “ .....	3	2	5
“ 5 “ .....	6	4	10
“ 6 “ .....	2	4	6
“ 7 “ .....	1	2	3
“ 8 “ .....	4	1	5
“ 9 “ .....	1	0	1
“ 10 “ .....	4	3	7
“ 11 “ .....	1	1	2
“ 13 “ .....	1	0	1
“ 15 “ .....	4	1	5
“ 16 “ .....	1	0	1
“ 20 “ .....	0	1	1
“ 21 “ .....	1	0	1
“ 31 “ .....	0	1	1
“ 53 “ .....	0	1	1
Unknown.....	2	0	2
Total.....	129	86	215

TABLE NO. 6.  
*Monthly admissions during the year.*

	Males.	Females.	Total.
1880, December.....	6	8	14
1881, January.....	15	8	23
“ February.....	9	5	14
“ March.....	6	6	12
“ April.....	11	6	17
“ May.....	12	10	22
“ June.....	12	6	18
“ July.....	15	8	23
“ August.....	9	7	16
“ September.....	13	9	22
“ October.....	15	6	21
“ November.....	6	7	13
Total.....	129	86	215

TABLE NO. 7.  
*Time of treatment of the fifty-six patients discharged, cured.*

	Males.	Females.	Total.
Not exceeding 3 months.....	7	4	11
“ 6 “.....	7	11	18
“ 9 “.....	5	6	11
“ 12 “.....	3	4	7
“ 2 years.....	5	1	6
“ 4 “.....	1	1	2
“ 8 “.....	0	1	1
Total.....	28	28	56

TABLE NO. 8.  
*Causes of death of those who died during the year, and the average age at death.*

	Males.	Females.	Total.
Exhaustive mania.....	5	4	9
Paralysis of heart.....	4	3	7
Epilepsy.....	3	3	6
General paralysis.....	5	0	5
Paralysis.....	3	1	4
Decay of age.....	2	1	3
Dropsy.....	1	1	2
Consumption.....	1	1	2
Chronic insanity.....	0	2	2
Gastritis.....	0	1	1
Erysipelas.....	1	0	1
Apoplexy.....	0	1	1
Psoas abscess.....	0	1	1
Diarrhoea.....	0	1	1
Suicide.....	1	0	1
Total.....	26	20	46

The average age at death was 50.7 years.

TABLE NO. 9.

*Mortality from December 1, 1880, to November 30, 1881.*

	Males.	Females.	Total.
1880, December.....	3	3	6
1881, January.....	1	1	2
“ February.....	1	0	1
“ March.....	2	3	5
“ April.....	1	2	3
“ May.....	0	1	1
“ June.....	5	1	6
“ July.....	4	2	6
“ August.....	2	3	5
“ September.....	1	2	3
“ October.....	3	0	3
“ November.....	3	2	5
Total.....	26	20	46

TABLE NO. 10.

Table showing 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 the 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	76	34	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	337	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	253	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	110	396	47	25	23	24	282	254	277	272
1865 6.	135	133	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	384
1872 3.	200	182	593	85	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
1879 80.	188	171	607	57	32	43	38	439	390	436	412
1880-1.	215	201	651	56	57	42	46	453	426	450	442

Respectfully submitted.

HENRY M. HARLOW, *Superintendent.*

MAINE INSANE HOSPITAL, }  
 Augusta, November 30, 1881. }

## STEWARD AND TREASURER'S REPORT.

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*To the Trustees of the Maine Insane Hospital:*

I have the honor herewith to present the report of the financial affairs of the Maine Insane Hospital, for the year ending November 30th, 1881.

Your attention is respectfully called to the fact that, exclusive of the heavy expenditures upon the new pavilion, the disbursements have been in excess of the income. This result is due to the general advance in the prices of labor and supplies. In this connection, it may be proper to allude to the greater cost of certain commodities, as coal, flour and some articles of groceries, in this, as compared with most other localities in this country. Such excess is unavoidable by reason of the greater distance from the sources of supply. The farming season has been quite favorable, and it will be seen that we have received considerable assistance from this source.

During the year both clerks have been changed by the retirement of the incumbents. Mr. William J. McCallum, having accepted a more desirable situation offered by a prominent business firm, left us in April. He had proved himself a most competent accountant before entering the service, and fully maintained his character as such. By his gentlemanly and courteous conduct he acquired the lasting friendship of all with whom he dealt. He was succeeded by Mr. Frank B. Cushing of Skowhegan, a recent graduate of Colby University, who is performing the duties in the most acceptable and efficient manner. Miss Bean, finding the duties of grocery clerk too severe for her health, resumed her position as attendant in May. Her place was supplied by the appoint-

ment of Mr. Manning S. Campbell of Hallowell, who has proved in all respects entirely satisfactory.

The extraordinary labor incident to the investigation, the interruptions caused by these changes, and the business connected with the new pavilion have made the past a busy year, but it is believed that we have made amends for any delinquencies which may have occurred in our correspondence.

I desire, gentlemen, to renew my expressions of obligation to yourselves and the Superintendent for your many kindnesses; and to my associates in your service for their assistance in the execution of your commands.

#### FINANCIAL AFFAIRS.

RECEIPTS OF CASH.	
Balance from last year.....	\$ 7,358 03
From State for support of patients.....	48,288 35
towns and individuals for support of patients.....	47,725 39
sales of barrels.....	22 04
sales of oil barrels returned, see gas materials*...	187 48
C. B. Lakin, as loan.....	2,000 00
Discounts.....	97 63
express charges collected.....	3 00
house rent.....	45 00
sales of hides, tallow and bones.....	190 02
interest on deposits.....	150 00
sales of lead, rags and iron.....	556 04
sales of medicines.....	30
sales of pigs.....	899 28
service of animals.....	32 50
sales of seeds.....	104 92
ox sled.....	2 00
mattress.....	8 00
stereoscopic views,.....	4 00
cement.....	3 75
plants.....	88 63
farm stock.....	86 48
telegrams.....	8 31
sale of steam pump.....	165 00
	\$108,026 15

\* See "Gas materials" in disbursements of cash.

FINANCIAL AFFAIRS—*Continued.*

DISBURSEMENTS OF CASH.	
Paid for flour.....	\$5,409 38
tea.....	341 13
molasses.....	698 37
sugar.....	2,952 67
coffee.....	439 55
rice.....	257 86
oatmeal.....	66 60
turkeys and chickens.....	154 35
oysters and clams.....	154 90
milk.....	596 57
salt.....	62 20
crackers and pilot bread.....	438 68
lard.....	470 42
vinegar.....	140 85
berries.....	445 04
honey.....	207 72
crockery ware.....	619 46
glass ware.....	49 59
boots and shoes.....	695 45
carpets.....	635 58
postage.....	421 32
stationery and blank books.....	196 25
telegrams.....	45 14
rent of telephones.....	255 00
tobacco.....	332 60
insurance.....	65 00
oils for lanterns and lubricating.....	183 03
traveling expenses of Steward and Treasurer.....	103 85
wood.....	159 49
starch.....	18 02
freights.....	799 81
seeds.....	106 31
fertilizers.....	349 26
harnesses for farm.....	55 00
repairing carriages and sleighs.....	162 71
paints, oils and wall paper.....	273 02
flower seeds and plants.....	96 22
confectionery.....	63 49
cocoa.....	93 88
hops and malt.....	2 00
cutting and storing ice.....	218 58
cutlery and spoons.....	26 82
tapioca and corn starch.....	43 85
farm stock.....	499 50
printing.....	192 64
corn and meal.....	2,434 28
soap.....	536 29
spices and extracts.....	114 93
furniture.....	789 80
soda and cream tartar.....	97 60
cash returned to patients.....	52 46
cheese.....	92 35
beans and peas.....	456 62
medical supplies.....	571 99
potatoes.....	596 21
dry goods and clothing.....	4,807 17
amusements.....	216 80
fruit.....	1,232 00
tools and implements for farm.....	15 75
coal.....	4,077 73
fish.....	1,673 42
physicians' examination of patients.....	8 00



FINANCIAL AFFAIRS—*Concluded.*

DISBURSEMENTS OF CASH.		
Paid for labor for farm .....		\$2,102 93
eggs .....		1,147 40
meats .....		6,163 63
newspapers and periodicals .....		109 07
straw for beds .....		546 34
repairs and improvements .....		5,646 12
tools and implements for hospital .....		1,133 28
express and transportation of patients .....		251 40
labor for hospital .....		19,326 82
butter .....		6,554 35
blacksmith work .....		83 83
charcoal .....		72 87
repairing boots and shoes .....		13 35
millinery .....		23 23
repairing harnesses .....		47 95
gas materials* .....		975 84
insect powder .....		41 90
matches and tapers .....		33 00
pearl barley .....		15 00
wire mattresses for wards .....		660 00
maccaroni .....		21 05
horses for farm .....		525 00
rubber blankets .....		96 75
medicine for farm stock .....		6 38
rye meal .....		409 05
boughs for banking .....		3 00
coffins and robes .....		348 10
tin ware .....		315 97
sweet potatoes .....		26 63
new pavilion .....		15,635 10
investigation expenses .....		912 50
repairing clocks .....		3 25
repairing tin ware .....		61 95
interest .....		5 00
stereoscopic views .....		4 00
repairing furniture .....		170 05
		\$100,869 65
Balance, cash on hand .....	-	7,156 50
		\$108,026 15

\* See "Oil barrels returned" in receipts of cash.

STATEMENT OF RESOURCES AND LIABILITIES.

RESOURCES.		
Cash on hand.....	\$7,156 50	
Due from State for support of patients.....	992 93	
Due from towns and individuals for support of patients...	14,583 10	
Provisions and groceries on hand, per inventory.....	4,094 86	
Dry goods on hand, per inventory .....	4,538 36	
Medical supplies on hand, per inventory .....	910 00	
Coal on hand, per inventory .....	8,612 50	\$40,888 25
LIABILITIES.		
Due for groceries and provisions.....	\$1,800 61	
corn and meal.....	264 24	
medical supplies .....	248 44	
dry goods and clothing.....	1,376 55	
repairs and improvements .....	402 40	
telegrams .....	5 04	
crockery and glass ware.....	81 00	
coal.....	4,800 50	
C. B. Lakin.....	2,000 00	
		10,978 78
Due employees, per pay roll.....	-	5,080 03
		16,058 81
		24,829 44
		40,888 25

Very respectfully submitted.

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

MAINE INSANE HOSPITAL, }  
 Augusta, November 30, 1880. }



## CHAPLAIN'S REPORT.

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

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 thirteenth annual report which I have been called upon to present. For so many successive years, through your appointment, I have had the opportunity, and privilege as well, of ministering as best I could, to that unfortunate class of your fellow citizens, who find here for a longer or shorter period a home.

Burdened with the care of a parish needing most of my strength and time, I have been able to do little more than conduct the religious services in the chapel on the Sabbath. This I have done during the year either in person or through some acceptable substitute.

The pleasant and commodious chapel attracts a congregation which is uniformly large; and the efficient choir, under the direction of Prof. E. K. Harlow, adds very greatly to the interest and enjoyment of the services, and furnishes an added inducement for the attendance of many.

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.

Days observed with fitting services in the churches of the country are none the less recognized here, as Christmas, Easter, &c. The floral display on last Easter Sabbath, in quantity, quality and taste of arrangement, was not equalled by any church in Augusta, and the music rendered by the choir was

not only most appropriate, but gave the greatest satisfaction to the large audience present.

The sad emblems of sorrow which were displayed all over the land at the death of our beloved and lamented President, were not wanting at the hospital. The Sabbath preceding his burial was observed with fitting memorial services. The chapel was decorated with exquisite taste in keeping with the occasion, and the congregation manifested great interest in the entire service which was largely attended by the patients.

In other reports I have expressed my convictions of the value of religious services in the hospital. As a mere sanitary measure they are of great utility. The temporary change in the current of thinking and feeling on the part of those who attend is worth ten fold the cost to the institution. But the result is vastly more and higher than this. For a disordered intellect does not always render the heart impervious to the motives and consolations of the gospel of love and hope. The ministering of the word is suited to bring the suffering, discouraged and hopeless into closer sympathy with the Great Sufferer, the manifestation of whose presence is light in darkness, strength in weakness, and support in every time of need.

In conclusion, I may say I have always found 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 able 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, Dec. 19, 1881.

## APPENDIX.

[FORM OF MITTIMUS.]

## STATE OF MAINE.

*To the Superintendent of the Maine Insane Hospital:*

WHEREAS, the undersigned, Selectmen of the town of——, in the county of——, this day, on complaint to us made in writing, by (\*) —— of the town of——, in said county, who bears the relationship of —— to (†) ——, of said town of——, who therein says that said (†) —— is insane, and is a proper subject for said Hospital, made due inquiry into the condition of said (†) ——, and called before us such testimony as was necessary to a full understanding of the case; whereupon, it appeared to us that said (†) —— was insane, and we were of opinion that the safety and comfort of said (†) —— and others interested, would be promoted by a residence in said Hospital, and accordingly determined that said (†) —— be sent forthwith to said Institution.

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

Given under our hands, at said ——, this —— day of——, in the year of our Lord one thousand eight hundred and ——

} *Selectmen.*

\* Complainant's name.

† Name of person to be committed.

## [PHYSICIAN'S CERTIFICATE OF INSANITY.]

We, the undersigned, practising physicians of the town of —— and State of Maine, have examined into the state of health and mental condition of —— of said ——, and we hereby certify that in our opinion —— is insane.

—— — M. D.

—— — M. D.

Dated at said —— this —— day of ——, 18

## [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. [L. S.]

Witness :

[L. S.]

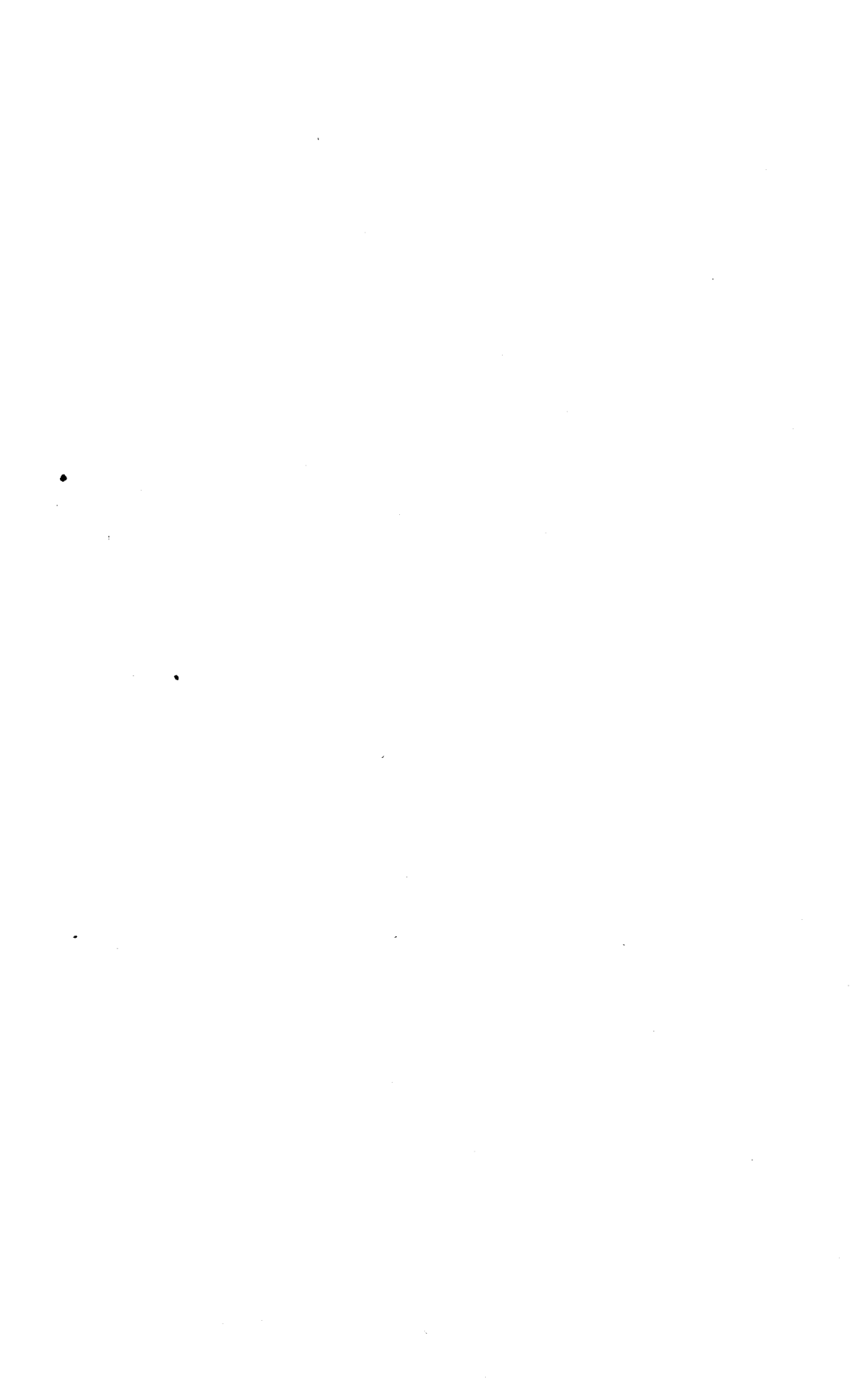
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## QUESTIONS

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 subject?
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, &c.?
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?





## REPORT OF THE VISITING COMMITTEE.

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

The Committee of Visitors have the honor to submit to you the Eighth Annual Report of the condition of the Maine Insane Hospital, for the year ending December 1, 1881.

The investigation of the affairs and management of the hospital, made during the last session of the Legislature, was so exhaustive and its results so generally placed before the public, that we do not deem it essential to particularize as in former reports. We desire to heartily endorse the results of that investigation. Conducted as it was by a committee of unprejudiced men, and its official report endorsed so emphatically by the legislative body, regardless of previous opinion or partizan feeling, it has advanced the Maine Insane Hospital to a high plane in public estimation.

In conformity with section 7 of statute law, relating to the duties of the Board of Visitors, your Committee have visited the hospital regularly during the year.

Section 5 of the same statute, relating to the letter boxes, has been closely observed. They have been regularly opened and their contents carefully noted. All complaints found therein, or made verbally, have been enquired into, and, when appearing to be other than the fancies of diseased minds, have been promptly reported and acted upon.

We have observed marked improvement in the details that tend to enhance the pleasure and promote the recovery of the patients. During the summer the grounds connected with the hospital have been beautified to a greater extent than in any past season, and the added attractions have

tempted the inmates to enjoy more fully the advantages of out-of-doors life.

Notable improvements have also been made in the interior of the buildings. The recent introduction of wire spring beds and hair mattresses has rendered the sleeping apartments more comfortable and has proved to be more conducive to economy. There has been at all times during the year a full supply of pure water. The food has been well cooked, of good quality and ample in quantity. The patients have, generally, been properly and neatly clothed. The halls were well warmed during the past winter, and the method of graduating the heat was satisfactory. We can attest, from personal observations made in the night hours, that the heat was adequate for the comfort of the most violent.

We have to report several sudden deaths among the patients, including one suicide. Fortunately, a member of the Committee was present at the hospital at the time of each sad occurrence, and in no case were there circumstances of "reasonable suspicion as to the innocent cause thereof," which would require the holding of a coroner's inquest, as provided in section 3 of law in regard to the duties of your Committee in such cases.

We should deem it inadvisable to dwell upon the painful details connected with any sudden death at the hospital, but as public attention has been called, through the press and other mediums, to the suicide of B. I. Rackliff,—the case above referred to,—we are constrained to briefly state the facts of the sad case, which did not, as has been intimated, warrant the summoning of a coroner. At seven o'clock A. M., Sunday, October 23d, Drs. Harlow and Sanborn reported to a member of the Committee present at the hospital, that one of the patients, Mr. B. I. Rackliff, had committed suicide. The Visitor proceeded immediately to the room which he occupied, and found that the unfortunate man, though yet warm, had ceased to breathe. The attendants were at once summoned, and, after close inquiry, the following facts were

elicited: Mr. Rackliff had been an inmate of the hospital but three days. Before being admitted he had made attempts to take his life. That morning he had refused to eat, and remained in the hall connecting his sleeping-room with the dining apartment. While the other patients were at breakfast, he passed into his room; and, before he was missed by the attendants, who were waiting on the patients at the breakfast-table,—some of whom were passing in and out at the time,—he succeeded in breaking a small mirror, hanging by the side of the window, and with a fragment of the glass made a wound about an inch and a half in length in the side of his neck, severing all the large vessels and important structures in that locality and causing death almost immediately. From the time that he had left the hall until the discovery of the act, not more than five minutes had elapsed. From the length and ragged appearance of the wound, it could have been made in no other way than by the pieces of glass found covered with blood, close at hand.

The member of the Committee decided the calling of a coroner unwarranted. (1) Because it was evident that Mr. Rackliff came to his death by his own hand, from a wound inflicted with a piece of glass. (2) No dereliction on the part of officers could be discovered. The attendants were necessarily absent for a few minutes, in the dining-room, with the doors open into the hall, as they always are at eating-hours. (3) A coroner is seldom called outside the hospital in cases of suicide. (4) A number of similar cases had occurred before at the hospital, and former visiting committees had established precedents for not calling a coroner, and the law could not be construed by the member whose duty it was to act in this instance, to conflict with such precedents. (5) The feelings of the relatives were considered, it being presumed that they would prefer to have particulars suppressed, if assured that the facts were beyond doubt. Mr. Rackliff's brother-in-law, who came for the remains, made no request

for a coroner ; neither have his family nor the authorities of his town asked for further proceeding.

The reports of the existence of small pox in neighboring places have influenced the Trustees to order that every inmate of the institution should be vaccinated. This sanitary safeguard is now in progress, and we trust will be completed in a short space of time.

By order of the same Board, the visiting time *for strangers* has been limited to two days in each week. This measure we consider highly advantageous.

We urged in our last report the value of occupation, as a curative agent in the treatment of the insane. Aided by several benevolent persons we have been enabled to carry out to a limited extent the views then presented. An increased number have been interested and engaged in various kinds of employment. With systematic effort and perseverance, we are convinced great benefit can in this manner be conferred, and in many cases ultimate recovery effected.

The new building now being erected is intended to accommodate forty-five patients, and after it is completed many desirable changes will be made. We note the painful truth that insanity is on the increase. The admission of those who can be cared for in no other place has filled the hospital to its utmost capacity, while new applications are made almost daily.

The new structure, upon completion, is designed for female occupants. This measure, it is evident, will in no way relieve the male wards, which are yet more crowded than those of the other side. Adequate relief can only be accomplished by the erection of another building similar to the one now in progress. We trust your honorable body will use its influence to secure an appropriation, immediately, by the State, sufficient for this purpose.

We have known so many restored to their homes as recovered who were returned to the institution after a brief lapse of time, that we are convinced that a great need of the

State is a Home for Convalescents, where those who are sufficiently recovered to warrant dismissal, and yet too feeble to endure the strain of home cares, or the excitement of public life, may remain under medical surveillance until permanently restored to health and usefulness. As all physicians admit that incomplete recoveries tend to produce chronic cases and increase the number of the incurable, it would seem to be time for agitation of the subject of convalescent homes, especially as protracted effort is too often required to enforce any claim of this nature upon public opinion. That high authority, the *London Lancet*, touched upon this subject in a recent article, from which we are pleased to be able to quote as follows :

“The need of convalescent homes for the insane was first pointed out by Sir William Ellis nearly half a century ago. That economical requirement has not yet been satisfied. Sending a man or woman permanently back to the working world, whether from an asylum for the insane or an ordinary hospital, is the most short-sighted policy. Every institution for the treatment of disease should possess, as an essential part of its establishment, a home where convalescents could be removed, and where they would be placed under conditions favorable to a perfect restoration to health. A still weakly brain, should no more be exposed to the wear and tear of ordinary life, than a newly-united fracture should be deprived of the support furnished by splint and bandage.”

The law in relation to the removal of State Prison convicts to the hospital, when pronounced insane, although humane in its purpose, necessarily involves the mingling of those who have been and still remain criminals, with those who although afflicted are of good character and record, while many of them are well educated and of high position. It does not seem to your Committee to be right to subject the innocent to the companionship of criminals. However our sympathies may be interested, the feelings revolt at observing the meeting at the table, in conversation, at games and employment, of those so entirely distinct in tastes and habits.

There are now at the institution nineteen criminals committed from State Prison and County Jail by order of the

Governor and Council. Seven others are held there for observation, by order of the court, under at least the suspicion of crime. This is a large proportion—twenty-six to two hundred and twenty—nearly one eighth of the whole number of male inmates.

They cannot be kept separate, as the building is not arranged for their safe keeping. We therefore earnestly urge your body to make special provision for the criminal insane at Thomaston or elsewhere.

We desire, in closing, to express our gratitude to the Trustees of the hospital, who have ever been ready to listen to and accede to all our propositions for the good of those in whom we are mutually interested.

Our thanks are due, also, to the Superintendent and other officers, for their uniform courtesy and attention.

FREDERICK ROBIE,	}	<i>Visiting Committee</i>	
JOSEPH T. HINCKLEY,			<i>to the</i>
MRS. M. F. WHIDDEN,			<i>Insane Hospital.</i>

# STATE OF MAINE.

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In Council, December 27, 1831.

Read, accepted, and the usual number of copies ordered to be printed for the use of the several departments.

Attest:

JOSEPH O. SMITH, *Secretary of State.*