

# MAINE STATE LEGISLATURE

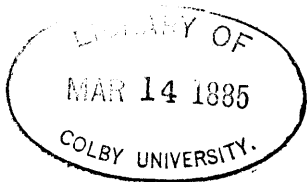
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Public Documents of Maine:

BEING THE



ANNUAL REPORTS

OF THE VARIOUS

Public Officers and Institutions

FOR THE YEAR

1884.

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VOLUME I.

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AUGUSTA :

SPRAGUE & SON, PRINTERS TO THE STATE.

1884.

REPORTS  
OF THE  
TRUSTEES, RESIDENT OFFICERS  
AND THE  
VISITING COMMITTEE  
OF THE  
Maine Insane Hospital.

DECEMBER 1, 1883.

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AUGUSTA:  
SPRAGUE & SON, PRINTERS TO THE STATE.  
1884.

## OFFICERS FOR 1884.

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### TRUSTEES.

SILVESTER OAKES, M. D., AUBURN, *President*.  
J. H. MANLEY, AUGUSTA, *Secretary*.  
R. S. MORISON, BANGOR.  
J. T. HINCKLEY, BLUEHILL.  
W. O. BOWEN, MORRILL.  
MRS. E. J. TORSEY, KENT'S HILL.

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### RESIDENT OFFICERS.

DR. B. T. SANBORN, *Superintendent*.  
DR. H. B. HILL, *Assistant Superintendent*.  
DR. O. C. S. DAVIES, *Second Assistant Superintendent*.  
C. N. LOWELL, *Superintendent's Clerk*.  
R. W. SOULE, *Steward and Treasurer*.  
MANNING S. CAMPBELL, *Clerk*.  
REV. C. F. PENNEY, *Chaplain*.  
MISS ALICE G. TWITCHELL, *Matron*.  
V. 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 1884.

*On Finance*—Morison, Hinckley, Manley.  
*On Improvements*—Bowen, Torsey, Oakes.  
*On Conference with Legislative Committee*—Manley, Torsey, Oakes.  
*On Library*—Morison, Sanborn.

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### VISITING COMMITTEES FOR THE YEAR.

<i>January</i> —Oakes, Bowen.	<i>July</i> —Oakes, Torsey.
<i>February</i> —Hinckley, Morison.	<i>August</i> —Bowen, Hinckley.
<i>March</i> —Full Board.	<i>September</i> —Full Board.
<i>April</i> —Morison, Torsey.	<i>October</i> —Bowen, Morison.
<i>May</i> —Oakes, Bowen.	<i>November</i> —Torsey, Hinckley.
<i>June</i> —Full Board.	<i>December</i> —Full Board.

## TRUSTEES' REPORT.

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

The forty-third year of the existence of the Maine Insane Hospital closed the thirtieth day of November, 1883, and, in accordance with law, the trustees beg leave to submit their annual report.

Monthly visits have been made, quarterly meetings of the full board have been held in the months of March and September, semi-annual meeting in June, and this, the annual meeting in December.

At all of these visits and meetings careful inspection of every ward has been made and every patient seen and condition noted.

At the close of every quarter, the books, accounts and vouchers have been carefully examined and found correct.

The internal workings and general management of the hospital are such as to afford as good facilities for the comfort and recovery of its inmates as can be found in similar institutions elsewhere.

The mortuary record of the past year shows an unusually large number of deaths. By reference to the report of the superintendent, which we herewith forward to you, it will appear that the increased mortality occurred during the latter part of the winter and continued through the spring.

In April the treasurer was instructed to pay to the attorneys of Mrs. Hannah E. Casey seventeen hundred and twenty-five dollars (\$1,725.00), and to the attorneys of the

administrator of Mrs. Seth Moody, fourteen hundred and seventy-five dollars (\$1,475.00), and take receipts in full for all damages sustained by the parties in consequence of the running away of a team horse belonging to the hospital. These sums were paid from an appropriation of the Legislature made for this purpose.

It will be remembered that the trustees, acting under a resolve of the Legislature in the year 1881, commenced the erection of a pavilion to supply a long needed demand for more room in the female department, to be paid for from such funds of the hospital as had already accumulated or might accumulate in the near future. The building was erected and completed during the years 1881 and '82.

The increased cost of hospital supplies, labor, etc., during these years was such as to render it impossible to do the heating, plumbing, ventilating, grading and furnishing from such funds, and the trustees asked the Legislature for an appropriation of ten thousand dollars to enable them to fit the building for occupancy, which was granted.

Early in the spring proposals were advertised for, for steam heating, plumbing and ventilation. The contract for steam heating and ventilation was given to Messrs. Ward and Cogan of Augusta, they being the lowest bidders, and we take pleasure in saying that the contract was faithfully carried out in all its details to the entire satisfaction of the building committee and of the full board.

The contract for the plumbing was given to Mr. Taber of Augusta, a practical plumber, who fulfilled his contract to the acceptance of the committee and of the full board. The building is heated chiefly by indirect radiation. Separate coils of pipe, heated by steam, are placed in the basement under the different rooms and enclosed in chambers of galvanized iron, which communicate with flues in partition walls of the building.

Cold air is supplied to these chambers through large galvanized iron ducts which communicate directly with the open air.

The hot air flues from these chambers are so arranged that each floor has its own set; those which supply the first being independent of those which supply the second, and so of the third, thus rendering it easy to regulate the degree of heat on each floor.

The hot air flues terminate near the ceiling of the rooms and halls. Each story also has its separate set of ventilating flues which commence near the floor and terminate in the attic, where they are all connected by means of galvanized iron pipes, with two large ventilators, which pass out through the roof. In these ventilators are placed coils of steam pipe, which when heated produce a constant current from each story of the building, so that the heated air from the coils in the basement is carried up and into the rooms and halls near the ceiling; it is thence drawn by the draft of the ventilating flues at the bottom of the rooms and halls, outward and upward, through the ventilators and thence to the open air. The indirect radiation is supplemented by direct radiation by means of radiators placed in the halls, alcoves, dining-rooms and bath-rooms, each of which can be regulated to suit the necessities of the occasion. The soil pipes, sewer and waste pipes have been carefully trapped so that there can be no foul odor in any part of the cellar, which has been cemented in a workman-like manner by Mr. Sanders of Augusta. The steam pipes have been coated so that there is very slight loss of heat in the basement. An elevator, propelled by one of the Chandler Water Motor Co.'s motors, has been placed in the basement, by means of which the food is conveyed to the three dining rooms. It is intended that the water which drives the motor shall be carried to the boiler house to be utilized there.

The walls of the rooms and halls have been painted, the rooms have been carpeted with extra superfine Lowell two-ply carpeting.

Each room is furnished with an ash wardrobe, commode and table, one chair and rocker, a wooden bedstead, wire spring bed and hair mattress, with new and suitable bedding.

The dining rooms are furnished with ash tables, damask and linen table covers, new and sufficient dishes and cutlery.

Neat and appropriate gas fixtures have been placed in the halls.

The pavilion has now been furnished and is occupied; the superintendent having transferred a portion of the patients to their new home.

The steam heating and ventilation have fulfilled our most sanguine expectations, and the patients appear delighted and happy in their pleasant and cheerful rooms.

An appropriation was made, by the last Legislature, of thirty thousand dollars, for the purpose of erecting a second pavilion, for males, like that already built for females.

It was deemed best that this building should be so located as to hold the same relative position to the male wings of the old buildings that the first pavilion does to the female wings. In making this location, due regard was had to preserve as much symmetry as possible, and at the same time secure the greatest utility and convenience.

Having decided the location, it was deemed necessary and important to connect the two pavilions with each other, and with the chapel building, by means of a corridor, running on a direct line from the chapel building, to a straight line leading from the vestibule of one pavilion to that of the other; then, turning at right angles, right and left to each building, making some hundred and seventy-five feet in length.

Proposals having been advertised, and the bids opened, it was found that M. C. Foster & Son, of Waterville, were the lowest bidders; their bids being twenty-five thousand four hundred and fifty dollars (\$25,450.00) for the building, and five thousand nine hundred and fifty (\$5,950.00) for the corridor and tramway.

The contract was awarded to these gentlemen, and they immediately commenced operations. The work on the building has been pushed forward as rapidly as the contract required; the corridor and tramway were not so far advanced as they



should have been when cold weather came, but are enclosed, and now rapidly approaching completion.

The pavilion is closed in, and well secured against frost.

We have expended and paid for steam heating, ventilating, plumbing, grading, cementing cellar, painting walls, furnishing, &c. in the first pavilion, nine thousand three hundred and forty dollars and ninety-one cents (\$9,340.91), the bill for elevator not included; and on second pavilion, corridor and tramway, nineteen thousand one hundred and sixty-two dollars and forty-eight cents (\$19,162.48).

It is well known that for the last three years there has been annually a severe drouth, rendering the springs, wells and other sources of water supply very low, and inadequate to the purposes for which they were used—and the springs supplying our reservoirs proved no exception at these times—and in December last the water in the reservoirs became so low as to be insufficient to supply the wants of the hospital. Accordingly a pump was purchased, and the water taken from the river through hose obtained from the city of Augusta, through the courtesy of the city government and the fire department, thus affording such quantity of water as the needs of the hospital demanded, until rain came, giving an abundant supply.

It was decided, early in the summer, to supplement the old water works by placing the new pump on the bank of the river, on a firm foundation, and extending a four-inch suction pipe from the pump out into the river one hundred and fifty feet, for the purpose of securing as pure water as possible.

The pump has been connected with the pipes of the old water works by means of eleven hundred feet of four-inch pipe, so that water is taken from the bed of the river, and forced to the highest reservoir, (known as the Granite reservoir), whence it is drawn and distributed as the needs of the hospital require.

The capacity of this pump, with a moderate pressure of steam, is four thousand gallons per hour.

This has involved an outlay of two thousand two hundred and twenty-nine dollars (\$2,229.00), and secures the institution against any future shortage of water, as we now have the pump at the old works, which will furnish a full supply, except in times of severe drouth, then we can use the pump at the supplementary works.

We have ample means to supply water for drinking and culinary purposes, from the east fountain, so called, which has a separate and independent pipe, leading to and running into large cisterns in the attics.

The sewerage of the hospital has been turned into the river, several hundred feet below the pumping station.

The boiler house has been enlarged by adding ten feet to its width and ten feet to its height, which became necessary to make room for a new boiler, which has been put in to meet the wants of the new pavilions; one of the old boilers has been re-set, and the engine room has been enlarged by adding ten feet to its width. The additional amount of steam heating capacity required to supply the new pavilions rendered it necessary to enlarge the existing mains and extend them to the new buildings, for which purpose some fifteen hundred feet of large pipe and a large quantity of small pipe has been purchased, and also quite a large amount of sewerage pipe has been purchased and put in.

These enlargements, extensions, &c. required an outlay of three thousand six hundred and four dollars (\$3,604.00).

The greenhouse has become one of the important appliances of the institution. It has been under the care of Mr. Allen, one of the most successful florists in the State, who has been untiring in his efforts to furnish flowers and bouquets through the rooms and halls for the pleasure and comfort of the patients during the winter months, and flowering and foliage plants for borders, and ornamenting the grounds and lawns during the summer months. He has also furnished all the plants for the early vegetable garden. Besides these, he has furnished plants and flowers to outside parties, for which

the hospital has received in cash three hundred and fifty-four dollars.

For the condition of the finances we would respectfully refer you to the report of the steward and treasurer, which is herewith submitted.

It will be seen by this report that our net resources, over and above our liabilities, are \$18,106.63, or, \$5,711.01 less than last year. To effect this apparent deficit it is proper to say we have paid \$2,229.00 for pumping station, &c., \$3,604.00 for boiler house, engine room, enlarging and extending mains, &c., \$2,346.97 to Mr. Noyes on contract, amounting in all to \$8,179.97. This amount is outside of the ordinary current expenses of the hospital.

At a special meeting of the board on the 13th of November, it was voted to change the style of keeping the books of the hospital from the present, which is a modified form of single entry, to a modified form of double entry. Professor Capen of the Business College of Augusta, assisted the treasurer and his clerk in opening the new books, bearing even date with this report.

The medical staff has been materially changed during the past year.

Dr. Bigelow T. Sanborn, who had served as assistant superintendent in the hospital for more than sixteen years with great acceptance, was in the month of April unanimously nominated superintendent, and unanimously confirmed by the Governor and Council. Dr. Sanborn did not wish to enter upon the duties of the office until June, as he desired to spend a few weeks in travel, visiting various institutions of the country.

Dr. Harlow, who had for so many years ably and faithfully served the interests of the hospital, the State and humanity, kindly consented to remain at his post until June.

At the semi-annual meeting of the board in June, Dr. H. B. Hill, who had very acceptably served as assistant physician for the last two years, was promoted to the office of assistant superintendent, and Dr. O. C. S. Davies, who had recently grad-

uated with honor from the Medical School of Maine, and who had served in various capacities in the hospital in times past, was elected assistant physician. With this medical staff we feel confident that the wants of the inmates of the hospital will be carefully attended to, and all that medical skill can do will be done to restore those who are curable, and to relieve those who are incurable; and we also feel that we have a right to expect the gentlemen composing this staff will address themselves manfully and vigorously to the work before them.

Mr. R. W. Soule, the efficient steward and treasurer, has promptly performed the duties of his office and managed the financial affairs of the institution with care and fidelity, assisted by Mr. F. B. Cushing, clerk in his office until February last when he resigned and Mr. Manning S. Campbell, then grocery clerk, was promoted to this office where he has since labored faithfully and industriously in the performance of his arduous duties.

The matron, Miss Alice G. Twitchell, has conducted the affairs of her department with care and discretion, ever on the alert to see that nothing goes wrong and that nothing is lost.

Mr. V. R. Luce, male supervisor, and Miss Hannah W. Ham, female supervisor, have discharged the duties of their respective offices in a faithful and satisfactory manner. Miss Emma C. Glidden, nurse in the female wards, has rendered valuable assistance to those under her charge, by her kindness and attention to the wants of the sick.

Mr. Winthrop C. Sampson, the competent and efficient engineer of the institution, has, in addition to his ordinary duties, rendered valuable service in the various improvements undertaken during the year.

Mr. Ashford Sampson, head farmer, has shown skill and ability in the management of the farm, under the direction of the steward and treasurer.

The products of the farm compare favorably with those of former years, for details of which we refer you to the report of the steward and treasurer.

The visiting committee from the Governor and Council have visited the hospital from time to time during the year and inspected the wards and other parts of the institution. The lady visitor, Mrs. M. F. Whidden, has made frequent visits and spent much time in the wards with the inmates, kindly ministering to their comfort and pleasure.

In conclusion, it may with propriety be said that the people of the State have much cause for congratulation in the fact that the pavilion for females has been completed, furnished and is now occupied. The rooms and halls are large, light and airy. The furniture is new, neat and appropriate. Everything has been done which could be to give all the surroundings a pleasant and home-like appearance, and we trust that not many months will elapse before the pavilion for males will also have been completed and furnished.

The Maine Insane Hospital stands to-day a lasting monument to the philanthropy of the people of this State, and we confidently commend it with all its interests and responsibilities to their fostering care.

SILVESTER OAKES, M. D., Auburn, *Pres.*

J. H. MANLEY, Augusta, *Sec'y.*

R. S. MORISON, Bangor,

JOS. T. HINCKLEY, Bluehill,

D. O. BOWEN, Morrill,

MRS. E. J. TORSEY, Kent's Hill.

MAINE INSANE HOSPITAL, }  
Augusta, Nov. 30, 1883. }



## SUPERINTENDENT'S REPORT.

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

GENTLEMEN: Having been selected by your board the successor of Dr. Henry M. Harlow as superintendent of the Maine Insane Hospital, the duty devolves upon me to report what has occurred in its affairs during the year ending November 30, 1883.

It is gratifying to be able to record the fact that through the blessings of Providence, the institution has been preserved from conflagration, or disaster of any character, and that no accident has occurred to endanger the life, or to cause suffering to any of its inmates. There have been no deaths resulting from suicide or from violence, and taking into account the large daily average of patients, which has exceeded that of any previous year, necessitating the associating of a larger number of patients in each ward, there is reason to be thankful that we have thus been favored.

### ADMISSIONS AND DISCHARGES.

At the beginning of the year, December 1, 1882, there were resident in the hospital 461 patients, 252 men and 209 women. Two hundred and eight have been admitted since, 130 men and 78 women, making the whole number under treatment 669, 382 men and 287 women. Of these there have been discharged 205, 136 men and 69 women, leaving in the hospital at the close of the year 464, 246 men and 218 women.

The monthly admissions have been as follows: 9 men and 4 women were admitted in December; 10 men and 6 women in January; 5 men and 7 women in February; 11

men and 5 women in March; 11 men and 4 women in April; 12 men and 6 women in May; 17 men and 10 women in June; 11 men and 4 women in July; 15 men and 6 women in August; 11 men and 10 women in September; 13 men and 10 women in October; 5 men and 6 women in November.

One hundred and fifty-five of those admitted during the year were on their first admission, 24 on their second, 19 on their third, 7 on their fourth, 1 on the fifth, 1 on the sixth, and 1 on the ninth. Three have been admitted twice in the year.

We find the following to be the condition of those discharged: Recovered, 53—31 men and 22 women; improved, 42—24 men and 18 women; unimproved, 22—17 men and 5 women; died, 88—64 men and 24 women.

Of the 53 discharged recovered, 34—21 men and 13 women, were on their first admission; 13—6 men and 7 women, on their second; 2—1 man and 1 woman, on their third; 2—1 man and 1 woman, on their fourth, and 1 man on the eleventh.

#### THE MORTUARY RECORD,

as will be seen, has been unusually large the past year, especially so during the winter and spring months. Early in January many of our male patients, largely composed of that class who had become debilitated from the exhaustion accompanying brain disease, began to be affected with more or less disturbance of the functions of the liver, giving rise to jaundice. In a short time dropsy of the abdomen and lower extremities began to supervene and *pari passu* with this there obtained more decided hepatic lesions, manifested by obstruction of the portal system, and by further observance of the increased existence of the biliary excretions in the emunctories of the skin. An analysis of the excretions of the kidneys did not disclose any especial structural change in those organs. The disease appeared to be epidemic in character and was attended with unusual fatality, nearly every one attacked yielding to the malady. We know of no cause that



should operate so fatally in this manner upon the lives of those affected, unless it was in consequence of some obscure atmospherical condition.

It will be remembered that at the time of the invasion of the disease the outside temperature was extremely low, and continued so throughout the month of January, producing a condition that we regard as favorable to the development of hepatic disturbances. The institution was bountifully supplied with water, so that the wards could not have been contaminated from uncleanness, nor in consequence of obstructed soil pipes or sewers. No fault could be found in the ventilation of the various wards, as fresh air is taken directly from the outside of the several wings, passed over heated steam coils in a closed air chamber in the basement, and by rarefaction circulating through the wards, thence passing through flues to the ventilators in the attics.

It is worthy of remark that at the period we were suffering so severely from this epidemy, the outside community did not escape its ravages, and that there was an unusually large number of deaths from diseases involving the lungs. In further proof of its etiology being due to atmospheric sources, the mortality in this city and the immediate vicinity was unusually large at the time it was affecting our household.

Quite a large number of our patients who have died were advanced in years—had been long suffering from physical as well as mental weakness, and with shattered constitutions were readily susceptible to any acute disease that might arise. Their average age was forty-six years.

#### THE CAUSES OF DEATH,

appeared to be as follows: Diarrhœa, 2 men; paralysis, 7—3 men and 4 women; general paralysis, 3—2 men and 1 woman; erysipelas, 1 man; apoplexy, 4—3 men and 1 woman; chronic insanity, 8—6 men and 2 women; exhaustive mania, 10—5 men and 5 women; paralysis of the heart, 2 men; consump-

tion, 4—2 men and 2 women ; congestion of the brain, 2 men ; senile dementia, 1 man ; epilepsy, 7—5 men and 2 women ; diarrhœa and dropsy, 1 man ; dropsy, 16—15 men and 1 woman ; old age, 1 man ; gastritis, 2 women ; inflammation of the bowels, 1 woman ; exhaustion of acute dementia, 3—2 men and 1 woman ; chronic melancholia, 4—3 men and 1 woman ; valvular disease of the heart, 1 man ; diabetes, 1 man ; typhomania, 1 man ; cardiac disease, 3 men ; phlegmonous erysipelas, 1 man ; latent phthisis, 1 woman ; exhaustion from insanity, 1 man.

#### THE ASSIGNED CAUSES OF INSANITY

in those admitted during the year are as follows : Ill health 38—14 men and 24 women ; intemperance, 14—13 men and 1 woman ; critical period of life, nine women ; epilepsy, 12—11 men and 1 woman ; domestic affliction, 16—8 men and 8 women ; masturbation, 8 men ; over exertion, 11—7 men and 4 woman ; injury of head, 7—6 men and 1 woman ; puerperal, 8 women ; sunstroke, 2 men ; old age, 8—5 men and 3 women ; disappointed affections, 2 women ; religious excitement, 2—1 man and 1 woman ; spiritualism, 1 woman ; embarrassment in business, 1 man ; paralysis, 4 men ; injury of spine, 1 man ; effects of electricity, 1 man ; suppressed eruption, 1 man ; secondary syphilis, 1 man ; severe sickness, 1 woman ; law suit, 1 man ; dissolute life, 1 woman ; pregnancy 1 woman ; unknown, 57—45 men and 12 women.

#### THE SOCIAL CONDITION

of those admitted, we find to be as follows : 100 were married—57 men and 43 women ; 81 were unmarried—54 men and 27 women ; 11 were widowers and 8 were widows, and that of eight men was unknown.

#### THE HOSPITAL

has now been in operation 43 years, during which time 6,161 patients have been admitted, and 5,697 have been discharged.

Of the latter, 2,325 recovered, 1,131 improved, 999 did not improve, and 1,242 died. The actual number of individual patients admitted has been 4,653.

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

The daily average number of patients for the year has been four hundred and fifty. They have been supported in the following manner: Forty-two by their own means, or relatives; fifty-nine entirely by the State, and three hundred and sixty-three have received State aid of \$1.50 per week, towns or individuals paying the balance.

#### TREATMENT OF PATIENTS.

We have endeavored to keep pace with advancing science in all that pertains to the treatment of the insane, both medical and moral. While the therapeutic value that is claimed for many remedies by ardent advocates, especially those of recent introduction, does not accord with our experience, yet there are others when judiciously administered, appear to meet the requirements, and our guarded expectations. However much importance may be attached to drugs in dealing with mental disease, the moral treatment can not be regarded of less value. Whatever means are used to inspire confidence, encourage hope, or to correct false impressions and perverted thoughts, should not be lost sight of. During the past year much has been done in this direction by carefully arranged and varied amusements. Observation justifies us in the conclusion that music as an agent ranks high in the moral treatment of the insane, and should always be employed.

#### CLASSIFICATION OF PATIENTS.

A proper classification of patients in hospitals for the insane is indispensable for the comfort, safety, and indeed to give the best opportunities for recovery. In an overcrowded

asylum, containing a limited number of wards, this question often becomes a very vexatious one to the officer who is held responsible, not only for the safety, but the well being of its occupants. The mental phases and peculiarities are so varied, even in persons suffering from the same general form of insanity, that it would preclude the idea in many cases of a classification with reference only to the same type of disease. It would be very objectionable and indeed unpardonable, except from necessity, to associate the mild melancholic, who is quiet and manageable, with the boisterous and refractory one, although both are afflicted with the same mental disorder. If we were to overlook other more important considerations and associate the melancholic with the melancholic, the maniac with the maniac, and the epileptic with the epileptic, without regard to the individual peculiarities and the difference in the severity of the disease, it would very materially obviate the necessity of so many subdivisions into independent buildings and wards, thereby lessening the cost of maintenance. It will not be denied, however, that there are other elements entering into the proper treatment of the insane, paramount to that of economy in support. The proper means applied in order to give the best possible opportunities for recovery, should, we believe, be the great object sought for. The surroundings of the patient should be made as inviting as possible, and in the classification due regard should be paid to the comfort and welfare of each person. There should be a sufficient number of wards in order to meet the demands of each individual case. The quiet, the appreciative and the convalescent, should be removed from the annoying and the turbulent. We believe these indications are fully met in the inception, planning and locating of the new pavilions just erected, and that much credit is due the originators for their especial adaptability to meet the wants of that class who have sufficient self-control and reason to appreciate the comforts of a quiet and undisturbed home.

## THE FARM.

This auxiliary forms a most important element in the everyday life of an institution of this kind inasmuch as it affords the facilities for the healthy employment of so large a number of our people. We believe that a farm connected with a hospital of this character is desirable in any country or climate, but with us it would seem to be almost indispensable, from the fact that so large a proportion of our inmates come from rural districts and were formerly employed in agricultural pursuits. Here they have the opportunity of engaging in the same occupation that they have been educated in, and while it affords mental and physical vigor, it relieves the undue strain upon the mind which would necessarily follow if called upon to labor in occupations they were unaccustomed to. During the past summer and autumn there have been an unusually large number of patients laboring upon the farm, especially during the haying and harvesting season.

It may be added that the labor has not been compulsory, but that such has been the desire on the part of the patients to avail themselves of out door manual employment, that we have not been able to furnish work for all that have applied. The results attained have been most gratifying, not only in the amelioration of that undue restlessness and excitement which accompanies many forms of mental disorder, but also in the marked improvement of the physical health that has been observable in quite a number thus voluntarily occupied. Indeed, the restoration to mental and physical soundness of several persons suffering from acute insanity have been due mainly, in my judgment, to moderate and judicious manual labor in the open air and upon the farm.

Whatever extra efforts have been made in endeavoring to employ our inmates, has not been without its beneficial results financially, as the products of the farm have been above the average of former years. The hay crop, which was secured in good condition, is probably the largest ever cut, and filled the barns so completely there was not

sufficient room for the other crops. The garden vegetables were all well matured, and although suffering somewhat from the effects of the drought, yet the yield did not fall below that of former years. The potato, grain and other crops, were all of good quantity and quality, and properly harvested. The management of the farm work has been under the immediate direction of Mr. Ashford E. Sampson, who has been employed in this capacity for quite a number of years and is an experienced farmer.

#### FUTURE WANTS.

There have been such heavy draughts upon the treasury of the institution, in consequence of the extensive improvements and repairs made during the year, it is with some hesitancy that we press its future wants. We hope, however, as soon as its finances will allow, the work, which was begun several years ago, of renovating the old bath rooms and water-closets, will be accomplished. In our opinion, these important changes are the first to demand your attention. The duct leading from the basement of the wings to that of the engine-house, which serves the purpose of a passage-way for the steam pipes, needs to be repaired at an early day, and we would recommend its extension so as to connect with the laundry. This improvement would make the latter building of easier access to the help engaged there, and relieve us of much labor in transferring the clothing.

We would call the attention of your board to the importance of felting the new steam mains, before they are needed for constant use another year. This would prevent the radiation of heat before the steam reaches the hot air chambers, thereby materially lessening the consumption of fuel.

The farm buildings have received but little attention for quite a number of years, and, as soon as is practicable, should be re-painted.

#### AMUSEMENTS.

Entertainments have been held in the amusement hall for the benefit of the patients, two evenings of each week

throughout the year without interruption, with the exception of a few months during the hot season. We have striven to present as much diversity in these exercises as possible, in order to suit the varied wants of our numerous household.

One evening in each week is devoted to dancing, and is participated in by many of the patients, while others, who do not feel inclined to take an active part, have the opportunity afforded them of listening to the music.

The social advantages derived can not be ignored also, and is observable in its results upon those who are in a suitable condition for attendance. Dramatical, musical, and a variety of entertainments, help fill up the programme from week to week. A band, organized during the earlier part of the summer, has been doing efficient work in giving concerts in the various wards at frequent intervals, much to the delight and comfort of the occupants.

#### THE LIBRARIES.

The Black and McLellan libraries consist of more than three thousand volumes, the former of which is replenished at the rate of about one hundred additional books each year. Quite a large number of our patients avail themselves of the opportunities afforded them for reading. For a full statement of the condition of the funds of these important auxiliaries, you are respectfully referred to the report of the library committee.

#### ACKNOWLEDGMENTS.

In this connection it is pleasant to make mention of the very material aid rendered, and gifts bestowed by the many friends of the institution, and in behalf of our patients, and all who labor so assiduously for their comfort and entertainment, we desire to express our grateful acknowledgments. To the recipients, as well as to those who are earnestly endeavoring to lift the burden of sorrow from clouded minds, these deeds of charity are assuringly appreciated.

To Mrs. Dr. Quinby and husband, we are under obligations for two large Bibles for the upper male and female

wards, and for periodicals. To Gen. W. S. Tilton, late governor of the Soldiers' Home, for newspaper preservers. To E. C. Allen, for a large number of fine engravings. To Miss Sanborn, Miss Johnson and Miss Tobie of Hallowell, for a fine dramatic and musical entertainment. To Rev. Mr. White, late of Augusta, for dramatic recitations and fine songs. To Hon. J. R. Bodwell of Hallowell, for a generous cash donation to aid in the amusement of the patients. To Hon. Abner Coburn, for \$20 to aid in the purchase of band instruments. To the National Home Band, B. W. Thieme, conductor, through the kindness of Gen. Luther Stephenson, for a fine open air concert. To J. B. Lippincott & Co., to free subscription to their monthly magazine. To Dr. J. Q. A. Hawes, for an excellent entertainment, consisting of vocal and instrumental music; assisted by Mrs. Ida M. Davies, Miss L. Estelle Parke, and Dr. G. M. Twitchell. To L. J. Crooker, Jr., of Augusta, for entertaining songs, in costume. To Prof. G. H. Pray, for a pleasant diversion in Oriental exercises and magical mysteries. To Miss Mary B. Harlow and Miss Cora E. Luce, for kindly aiding us in musical entertainments. To papers and magazines, for discount on subscription. To Mr. M. Dennett, for select and humorous readings. To Mr. V. R. Luce, and all the members of the orchestra, for the very efficient service they have rendered during the year at the dancing parties, and on all occasions when music has been required. To Prof. E. K. Harlow, we are under many obligations for his uninterrupted devotion to the musical interests of the institution; for his voluntary and very able service in leading our choir, and for his material aid in initiating and conducting our band.

#### THE BOARD OF VISITORS.

This committee have visited the hospital at their discretion, and made an examination into its affairs in all of its departments. The lady visitor, Mrs. M. F. Whidden, has made frequent and prolonged inspections. In her intercourse with the patients she manifests much kindness, and is thoroughly



devoted to her work. We would express our appreciation for the courtesies shown us by each member of this committee on many occasions.

In conclusion, we would make honorable mention of many of the attendants, who have labored with so much zeal for the welfare and comfort of the unfortunate placed under their immediate care. The supervisors and the nurse have performed valuable service and have met our approval. We are under many obligations to our associates in office, for their personal kindness, and for their hearty co-operation at all times in carrying forward this important work.

Permit us to express our grateful acknowledgments for the uniform support and wise counsel that we have received from each member of your board, at all times in our official capacity, since entering upon this new sphere of duty.

# STATISTICAL TABLES,

For the Year Ending Nov. 30, 1883.

TABLE No. 1.

YEARLY STATEMENT FROM DECEMBER 1, 1882, TO NOVEMBER 30, 1883.

	Males.	Females.	Total.
Remaining December 1, 1882.....	252	209	461
Admitted during the year.....	130	78	208
Number under treatment during the year.....	382	287	669
Re-admitted during the year.....	1	2	3
DISCHARGES AND DEATHS			
Discharged recovered.....	31	22	53
Discharged improved.....	24	18	42
Discharged unimproved.....	17	5	22
Died.....	64	24	88
Remaining November 30, 1883.....	246	218	464

TABLE No. 2.

TABLE OF ASSIGNED CAUSES OF INSANITY OF PATIENTS ADMITTED DURING THE YEAR.

	Males	Females.	Total.
Ill health.....	14	24	38
Intemperance.....	13	1	14
Critical period of life.....	-	9	9
Epilepsy.....	11	1	12
Domestic affliction.....	8	8	16
Masturbation.....	8	-	8
Over-exertion.....	7	4	11
Injury of head.....	6	1	7
Puerperal.....	-	8	8
Sunstroke.....	2	-	2
Old age.....	5	3	8
Disappointed affections.....	-	2	2
Religious excitement.....	1	1	2
Spiritualism.....	-	1	1
Embarrassment in business.....	1	-	1
Paralysis.....	4	-	4
Injury of spine.....	1	-	1
Effects of electricity.....	1	-	1
Suppressed eruption.....	1	-	1
Secondary syphilis.....	1	-	1
Severe sickness.....	-	1	1
Law suit.....	1	-	1
Dissolute life.....	-	1	1
Pregnancy.....	-	1	1
Unknown.....	45	12	57
Total.....	130	78	208

TABLE No. 3.  
RELATING TO THE AGES OF THOSE ADMITTED.

	Males.	Females.	Total.
From 10 to 15 years of age.....	1	-	1
" 15 " 20 " .....	2	2	4
" 20 " 25 " .....	16	7	23
" 25 " 30 " .....	10	14	24
" 30 " 35 " .....	18	13	31
" 35 " 40 " .....	8	8	16
" 40 " 45 " .....	15	3	18
" 45 " 50 " .....	17	8	25
" 50 " 55 " .....	8	10	18
" 55 " 60 " .....	10	5	15
" 60 " 65 " .....	10	2	12
" 65 " 70 " .....	5	2	7
" 70 " 75 " .....	4	1	5
" 75 " 80 " .....	2	2	4
" 80 " 85 " .....	4	-	4
" 90 " 95 " .....	-	1	1
Total.....	130	78	208

TABLE No. 4.  
ADMISSIONS RELATIVE TO THE SOCIAL CONDITION.

	Males.	Females.	Total.
Married.....	57	43	100
Unmarried.....	54	27	81
Widowers.....	11	-	11
Widows.....	-	8	8
Unknown.....	8	-	8
Total.....	130	78	208

TABLE No. 5.  
DURATION OF DISEASE PRIOR TO ADMISSION.

	Males.	Females.	Total.
Not exceeding 1 month .....	22	14	36
“ 3 “ .....	16	15	31
“ 6 “ .....	18	7	25
“ 9 “ .....	2	1	3
“ 12 “ .....	13	13	26
“ 18 “ .....	5	1	6
“ 2 years .....	5	5	10
“ 3 “ .....	13	2	15
“ 4 “ .....	2	1	3
“ 5 “ .....	6	2	8
“ 6 “ .....	3	1	4
“ 7 “ .....	1	3	4
“ 8 “ .....	3	3	6
“ 9 “ .....	1	2	3
“ 10 “ .....	3	3	6
“ 12 “ .....	6	1	7
“ 13 “ .....	1	-	1
“ 15 “ .....	1	-	1
“ 18 “ .....	1	-	1
“ 20 “ .....	2	-	2
“ 24 “ .....	2	1	3
“ 40 “ .....	-	1	1
“ 52 “ .....	-	1	1
Unknown .....	4	1	5
Total .....	130	78	208

TABLE No. 6.  
MONTHLY ADMISSIONS DURING THE YEAR.

	Males.	Females.	Total.
1882, December.....	9	4	13
1883, January.....	10	6	16
“ February.....	5	7	12
“ March .....	11	5	16
“ April .....	11	4	15
“ May .....	12	6	18
“ June .....	17	10	27
“ July.....	11	4	15
“ August.....	15	6	21
“ September.....	11	10	21
“ October.....	13	10	23
“ November .....	5	6	11
Total .....	130	78	208

TABLE No. 7.

TIME OF TREATMENT OF THE FIFTY-THREE PATIENTS DISCHARGED,  
CURED.

	Males.	Females.	Total.
Not exceeding 3 months .....	7	6	13
“ 6 “ .....	11	9	20
“ 9 “ .....	6	3	9
“ 12 “ .....	4	-	4
“ 2 years .....	3	2	5
“ 3 “ .....	3	1	4
“ 5 “ .....	-	1	1
Total.....	31	22	53

TABLE No. 8.

CAUSES OF DEATH OF THOSE WHO DIED DURING THE YEAR AND THE  
AVERAGE AGE AT DEATH.

	Males.	Females.	Total.
Diarrhoea .....	2	-	2
Paralysis .....	3	4	7
General Paralysis .....	2	1	3
Erysipelas .....	1	-	1
Apoplexy .....	3	1	4
Chronic Insanity .....	6	-2	8
Exhaustive Mania .....	5	5	10
Paralysis of heart .....	2	-	2
Consumption .....	2	2	4
Conjestion of brain .....	2	-	2
Senile dementia .....	1	-	1
Epilepsy .....	5	2	7
Diarrhoea and dropsy .....	1	-	1
Dropsy .....	15	1	16
Old age .....	1	-	1
Gastritis .....	1	2	2
Inflammation of bowels .....	-	1	1
Exhaustion of acute dementia .....	2	1	3
Chronic melancholia .....	3	1	4
Valvular disease of heart .....	1	-	1
Diabetes .....	1	-	1
Typhomania .....	1	-	1
Cardiac disease .....	3	-	3
Phlegmonous erysipelas .....	1	-	1
Lateat phthisis .....	-	1	1
Exhaustion from insanity .....	1	-	1
Total.....	64	24	88

The average age at death was 46 years.

TABLE No. 9.

MORTALITY FROM DECEMBER 1, 1882, TO NOVEMBER 30, 1883.

	Males	Females	Total.
1882, December.....	4	-	4
1883, January.....	4	2	6
“ February.....	10	-	10
“ March.....	14	5	19
“ April.....	6	4	10
“ May.....	4	3	7
“ June.....	4	1	5
“ July.....	4	3	7
“ August.....	2	1	3
“ September.....	6	1	7
“ October.....	4	2	6
“ November.....	2	2	4
Total.....	64	24	88

TABLE No. 10.

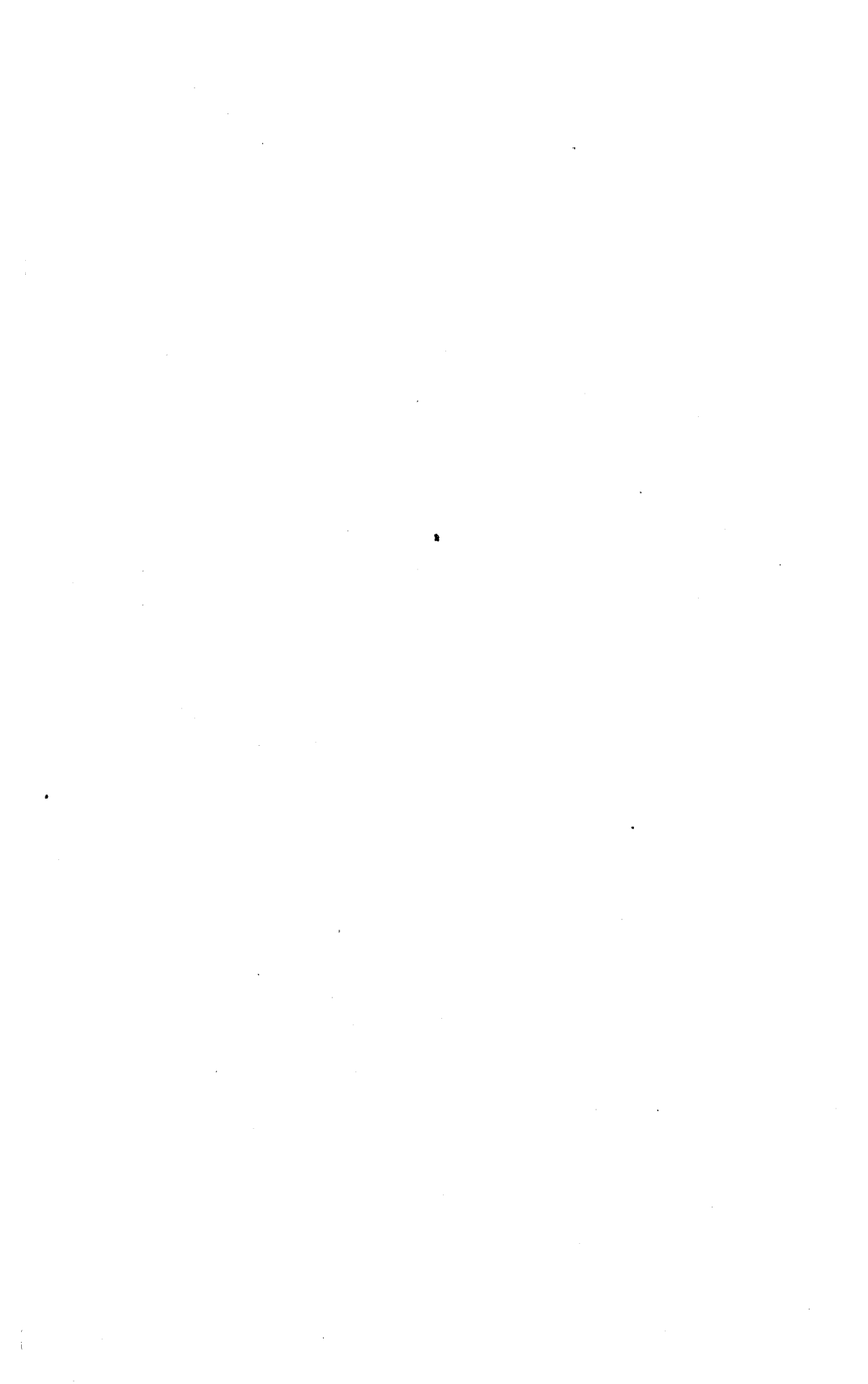
TABLE SHOWING THE OPERATIONS OF THE HOSPITAL FROM ITS COMMENCEMENT TO THE PRESENT TIME.

YEAR.	Admitted.	Discharged.	Whole No. under treatment.	Recovered.	Improved.	Unimproved.	Died.	Gr't No in Hos- pital on any day.	Least No. in Hos- pital on any day.	Remaining at the 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	73	70
1844-5.	99	90	175	39	21	26	2	89	71	85	80
1845 6.	102	87	184	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	10	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	102	208	213
1858 9.	149	120	357	58	22	23	17	240	102	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.	126	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	391
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	282	593	85	36	20	53	416	388	411	400
1873-4.	189	207	600	61	33	61	52	420	393	393	400
1874 5.	188	178	581	66	31	27	52	408	389	403	398
1875-6.	186	184	589	68	33	31	52	408	384	403	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
1881 2.	194	183	644	71	35	34	43	465	433	461	449
1882-3.	208	205	669	53	42	22	88	467	430	464	450

Respectfully submitted,

BIGELOW T. SANBORN, *Supt.*

MAINE INSANE HOSPITAL, }  
 AUGUSTA, November 30, 1883. }





## STEWARD AND TREASURER'S REPORT.

---

*To the Trustees of the Maine Insane Hospital:*

I have the honor herewith to present to you the report of the financial standing of the Maine Insane Hospital, for the year ending November 30, 1883.

We have had under cultivation the past year the usual number of acres, and for the result, which has been very satisfactory, you are referred to page 35 of this report.

Our cows, as a whole, are not producing as much milk as their number should, with the feed and care they are receiving, and it is my purpose, with your approval, to fatten and kill the poor milkers and replace them with those giving a larger flow of milk.

The sale of pigs is increasing from year to year, and the farmers are becoming more and more convinced that the "White Chester" is superior to any other breed in the country. I have recently purchased for the improvement of our stock the best pair "White Chesters" to be found in Pennsylvania. Our present stock consists of 123 pigs from six to ten weeks old, 13 shoats, 89 hogs—a total of 225. The amount received from the sale of pigs during the year is \$1,493.83.

I desire to express to you, gentlemen and lady trustees, my appreciation of your kindness, and to thank the resident officers and clerks for their hearty co-operation in the work we have to do.

*Disbursements of Cash for the Year ending November 30, 1883.*

Paid for amusements.....	\$52 84
advertising.....	43 40
boots and shoes.....	474 58
berries.....	29 70
blacksmith work.....	107 39
beans and peas.....	613 90
blankets.....	795 05
butter.....	6,052 11
corn and meal.....	2,609 94
coal.....	12,430 19
cheese.....	189 89
crackers.....	584 11
charcoal.....	109 34
coffee.....	409 73
crockery.....	354 19
chickens and turkeys.....	135 66
cutlery.....	52 48
confectionery and ice cream.....	69 63
cocoa.....	70 20
cash returned to patients.....	43 35
carriages and sleighs.....	182 50
coffins and robes.....	394 25
carpets.....	228 71
cash refunded to First National Bank.....	4,000 00
dry goods and clothing.....	3,784 58
eggs.....	795 17
expenses and transportation charged to patients..	195 21
fruit.....	1,563 65
freight.....	1,274 80
flour.....	5,388 75
fish.....	1,249 05
farm stock.....	1,316 60
furniture.....	277 62
fertilizers.....	135 47
flower seeds and plants.....	34 97
furnishing new pavilion.....	400 00
glass ware.....	19 26
gas works.....	51 50
gas materials.....	708 86
harnesses, robes and blankets.....	47 80
honey.....	560 09
hops and malt.....	162 00
hay.....	101 44
insect powder.....	17 13
interest.....	548 29
insurance.....	160 00
ice, cutting and storing.....	220 44
labor for farm.....	2,552 18
labor for hospital.....	20,522 77
lard.....	1,257 55
lime and cement.....	158 03
legal services.....	403 00
meats.....	9,474 86
medical supplies.....	548 54
molasses.....	1,024 46
millinery.....	24 99
matches and tapers.....	54 00
maccaroni.....	29 78
milk.....	35 67
Moody and Casey suit.....	3,680 00
newspapers and periodicals.....	154 14
new pavilion.....	2,346 97
oil for lanterns and lubricating.....	138 14

*Disbursements of Cash—Concluded.*

Paid for oat meal.....	\$135 02
oysters and clams.....	245 52
paints and paper.....	260 65
physicians' examination of patients.....	8 00
potatoes.....	1,213 78
postage.....	253 09
printing.....	104 25
pearl barley.....	19 75
Paris Green.....	8 38
rice.....	313 77
rye meal.....	260 80
rubber blankets.....	51 00
repairing carriages and sleighs.....	180 12
repairing tin-ware.....	80 63
repairing harnesses.....	50 39
repairing furniture.....	116 68
repairing boots and shoes.....	3 55
repairing clocks.....	75
repairs and improvements.....	6,151 45
spices.....	78 06
soap.....	586 92
straw.....	449 61
supplies for engine house and laundry.....	126 02
sugar.....	3,670 78
starch.....	35 82
soda.....	125 28
Steward and Treasurer, traveling expenses.....	84 32
salt.....	100 99
stationery.....	211 27
seeds.....	27 40
sweet potatoes.....	57 50
spring beds.....	10 75
tools and implements for hospital.....	341 40
telegrams.....	44 72
tapioca and corn starch.....	37 20
tea.....	361 33
tools and implements for farm.....	289 27
tobacco.....	416 82
tin-ware.....	170 84
telephone rent.....	178 33
vinegar.....	93 73
wood.....	103 50
	\$108,510 34

*Receipts of Cash for the Year ending Nov. 30, 1883.*

Balance on hand November 30, 1882.....	\$2,796 26	
Advance refunded on account furnishing pavilion.....	1,471 40	
Appropriation Moody and Casey suit.....	3,680 00	
Borrowed money.....	9,000 00	
Discounts.....	42 23	
Employees overpaid.....	93	
Freight.....	5 00	
House rent.....	60 00	
State aid.....	38,788 03	
Services of stock animals.....	42 00	
Sale of carriage.....	40 00	
vegetables.....	19 00	
pork.....	9 80	
medicine.....	9 05	
bean pots.....	3 75	
lantern globe.....	25	
boiler.....	400 00	
hides, tallow and bones.....	245 33	
lead, rags and iron.....	23 67	
barrels.....	188 40	
plants and flowers.....	354 40	
calves.....	136 18	
tobacco.....	3 00	
pigs.....	1,493 83	
horse.....	106 00	
chair.....	2 75	
old wheels.....	2 50	
slippers.....	90	
ball wicking.....	03	
drain pipe.....	9 60	
straight jacket.....	1 75	
seeds.....	11 20	
whips.....	2 25	
strawberries.....	4 00	
Support of patients, towns and individuals.....	52,463 06	
Telegrams.....	45 75	
		\$111,456 30
Balance cash on hand November 30, 1883.....		2,945 96

FARM PRODUCTS.

---

300	..... tons	..... Hay,
1362	..... bushels	..... Potatoes,
300	..... "	..... Onions,
42	..... "	..... Beans,
224	..... "	..... Barley,
312	..... "	..... Oats,
22	..... "	..... Peas,
1420	..... "	..... Mangle beets,
252	..... "	..... Table beets,
231	..... "	..... Ruta бага turnips,
109	..... "	..... Parsnips,
320	..... "	..... Tomatoes,
8643	..... pounds	..... Hubbard squash,
1000	..... "	..... Summer squash,
17,207	..... ears	..... Sweet corn,
9183	.....	..... Green cucumbers,
39	..... barrels	..... Cucumber pickles,
75	..... "	..... Apples,
526	..... heads	..... Early cabbage,
1511	..... "	..... Late cabbage,
2655	..... "	..... Lettuce,
650	..... "	..... Celery,
20	..... pounds	..... Onion seed,
1280	..... quarts	..... Strawberries,
69,636	..... "	..... Milk produced.

*Statement of Resources and Liabilities. November 30, 1882.*

RESOURCES.		
Cash on hand.....	\$2,796 26	
Due from State for support of patients.....	5,245 96	
Due from towns and individuals for support of patients...	14,010 18	
Provisions and groceries on hand, per inventory.....	4,744 97	
Dry goods and clothing on hand, per inventory.....	3,552 86	
Medical supplies on hand, per inventory.....	876 78	
Coal on hand, per inventory.....	6,000 00	
Horses, oxen, cows and hogs on hand, per inventory.....	8,168 00	
		\$45,395 01
LIABILITIES.		
Due for groceries and provisions.....	\$4,941 19	
corn and meal.....	773 20	
medical supplies.....	71 38	
dry goods and clothing.....	905 22	
repairs and improvements.....	377 31	
crockery and hardware.....	19 82	
coal.....	3,358 93	
honey.....	263 00	
employees, per pay-roll.....	4,882 12	
money borrowed.....	5,985 00	
		21,577 07
		23,817 94
		\$45,395 01

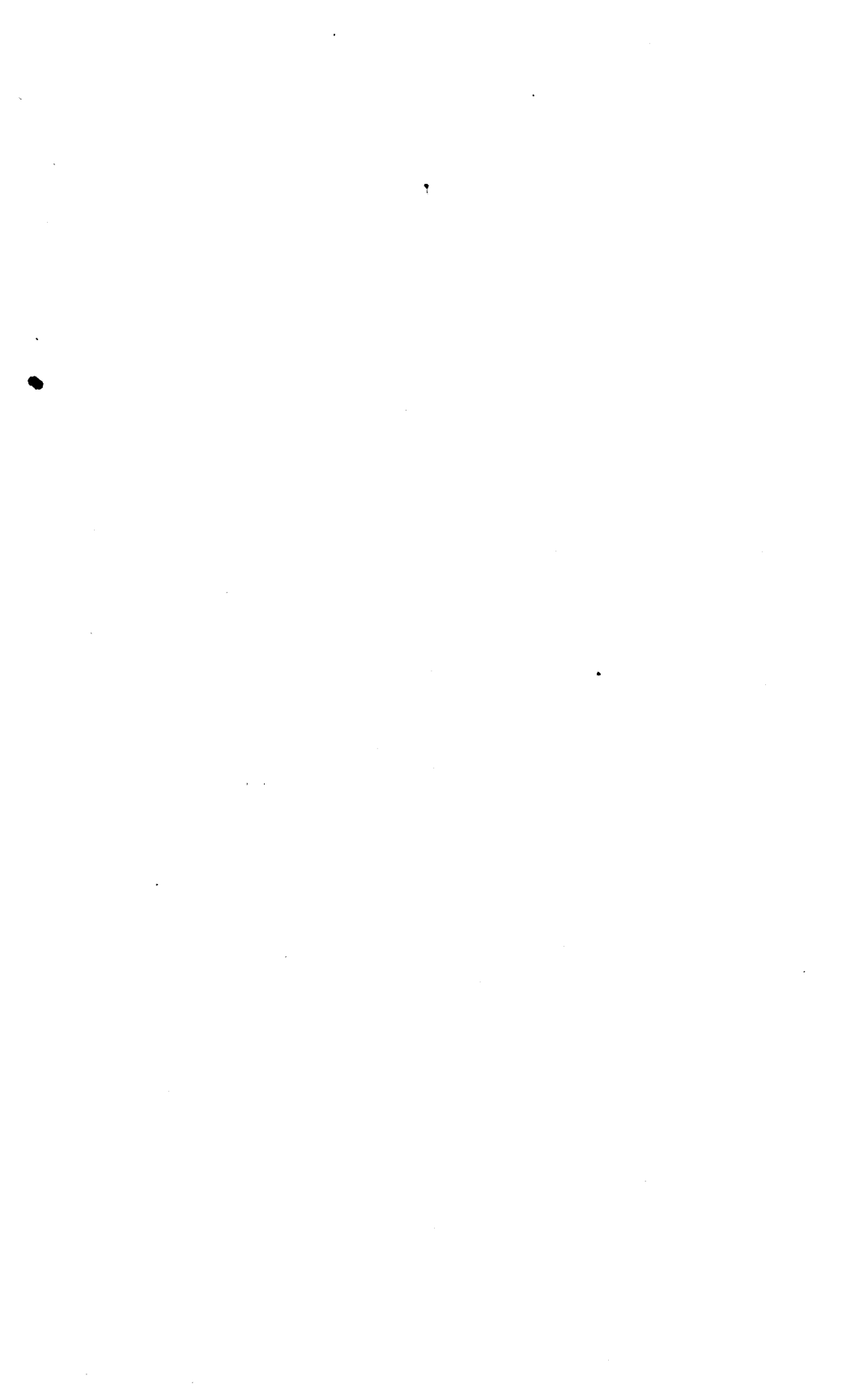
*Statement of Resources and Liabilities, November, 30, 1883.*

RESOURCES.		
Cash on hand.....	\$2,945 96	
Due from State for support of patients.....	5,932 09	
Due from towns and individuals for support of patients...	13,115 53	
Provisions and groceries on hand, per inventory.....	5,028 26	
Dry goods and clothing on hand, per inventory.....	2,771 46	
Medical supplies on hand, per inventory.....	524 53	
Coal and gas oil on hand, per inventory.....	7,540 00	
Horses, oxen, cows and hogs on hand, per inventory.....	7,062 00	
		\$44,919 83
LIABILITIES.		
Due for groceries and provisions.....	2,146 32	
corn and meal.....	297 68	
medical supplies.....	186 94	
dry goods and clothing.....	819 41	
repairs and improvements.....	3,091 68	
crockery and hardware.....	96 83	
laundry supplies.....	141 10	
furniture.....	223 35	
coal and oil.....	3,455 93	
employees, per pay-roll.....	5,353 96	
borrowed money.....	10,000 00	
amusement fund.....	1,000 00	
		26,813 20
		18,106 63
		\$44,919 83

Very respectfully submitted,

R. W. SOULE, *Steward and Treasurer.*

MAINE INSANE HOSPITAL, }  
 AUGUSTA, November 30, 1883. }





## CHAPLAIN'S REPORT.

---

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN: In the important trust with which I am charged, by your appointment, is included the duty of making a brief annual statement.

Religious services have been held every Sunday in the chapel, during the year, conducted either by myself or some acceptable substitute.

Concerning these services, I may say, that although the attendance is voluntary, the number present is always large, being more than is found in the majority of the congregations in the churches of the State. More than two hundred find a place in the chapel on each Sunday afternoon. The average attention to the preaching is not only respectful, but marked. Interruptions of any sort are rare, and the quiet decorum which characterizes these services would do credit to any religious congregation. Upon this point, strangers, who are present for the first time, always express both surprise and gratification.

The order of the service does not differ materially, either in method or subject, from ordinary church service.

All allusion to the place, or condition of those present is avoided, because offensive, and the whole aim is to draw the thought from self to Him "Whose compassions never fail," and Whose word is like cool water to a thirsty soul, or the shadow of a great rock in a weary land.

There is abundant evidence that many retire from these services less dark, and with clearer mental vision; brought by the ministry of the word and the voice of prayer and praise into closer sympathy with the Great Sufferer, who not

only understands the needs of human hearts, but, as well, knows how to supply them. I must not forget to mention the efficient choir, under the direction of Prof. E. K. Harlow, which adds so much to the interest and enjoyment of all the chapel services.

If the whole result were but a temporary change in the current of thought and feeling, and the service was to be regarded as a mere sanitary measure, its value would be worth ten-fold its cost to the institution.

All who are buried from the hospital, or placed in the receiving tomb, to await the disposition of friends, have appropriate services in the chapel, consisting of Scripture reading, singing and prayer. Thus the friendless, and often the wholly unknown, are as tenderly and decently buried as though from the home of friendship and affection. The number of these services which I have conducted this year has been exceptionally large.

I am glad to bear testimony anew to my heightened conviction of the fitness of the hospital for the ends for which it was founded.

Uniform courtesy and kind attention I have never failed to receive from officers and attendants during the many years I have served as chaplain. Especially in connection with the duties for which I am appointed, I have always found the officers of the institution not only interested, but efficient helpers in my work. For many years the retiring superintendent, Dr. Harlow, was leader of the chapel choir; and his worthy successor, Dr. Sanborn, has always assisted in this service of praise and song. Indeed, the present choir, under the direction of Prof. Harlow, is composed of the resident officers of the hospital.

Respectfully submitted,

C. F. PENNEY, *Chaplain.*

AUGUSTA, Nov. 30, 1883.

## Report of Committee on the Hospital Library.

*To the Trustees of the Maine Insane Hospital:*

Your Committee on the Library for the year ending Nov. 30, 1883, having attended to that duty, now ask leave to report:

	ASSETS AND RECEIPTS.	DR.
1882.		
Dec. 1...	To deposit in Augusta Savings Bank.	\$1,200 00
Dec. 1...	To railroad bonds on hand .....	2,000 00
Dec. 1...	To cash on hand .....	41 49
1883.		
Feb. 1...	To bank dividend .....	24 00
Mch.22...	To discount on People's Cyclopedia..	3 00
June 1...	To cash for coupons .....	60 00
Aug. 1...	To bank dividend.....	24 00
Oct 1...	To cash for coupons.....	60 00
Nov.30...	To cash from box .....	1 84
		\$3,414 33
	DISBURSEMENTS.	CR.
1882.		
Dec.30...	By paid American Express Co.....	\$ 85
1883.		
Feb. 1...	By paid for book.....	3 50
Mch.22...	By paid for 1000 book labels.....	1 75
Mch.22...	By paid for People's Cyclopedia.....	20 00
Mch.23...	By paid American Express Co.....	40
Oct. 3...	By paid for books.....	102 00
Nov. 6...	By paid for papers and magazines ...	40 03
Nov.30...	By balance .....	3,245 80
		\$3,414 33
	Balance, {	
	Savings bank ...	\$1,224 00
	Bonds.....	2,000 00
	Cash .....	21 80
		\$3,245 80

R. S. MORISON, }  
B. T. SANBORN, } *Committee on Library.*



## Visiting Committee's Report.

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

The Visiting Committee to the Insane Hospital herewith submit the tenth annual report, for the year ending December 1st, 1883.

During the past year there has been no change in the general condition of the hospital that demands special notice, and the details of management, made familiar by former reports, need not be reviewed at this time. The essential features of the system in use during the service of Dr. H. M. Harlow, have been retained, and the benefits derived from the ability and devotion of that eminent superintendent will long be gratefully acknowledged by all interested in the advancement of the institution.

Under the new administration of Dr. Bigelow T. Sanborn, (appointed superintendent since our last report to fill the vacancy occasioned by Dr. Harlow's resignation), new rules and regulations have been adopted and measures of a progressive aim introduced which, we believe, will accomplish excellent results. Dr. Sanborn brought to the discharge of his duties an experience of seventeen years as assistant superintendent in this institution, and his selection by the trustees was a most fortunate one. Dr. H. B. Hill, promoted to the position of assistant superintendent, performs the duties of his office with skill and fidelity, and is untiring in his efforts to ameliorate the condition of the unfortunates under his charge. Dr. O. S. C. Davies, now assistant physician, also merits commendation for his faithful services.

No superintendent, or corps of officers, can give personal attention to all the minutiae of an institution, in which not only

the government of a number of people, almost as large as that found in an average town requires attention, but provision for the physical and mental needs of each is demanded. Hence the character of those employed in subordinate positions requires the closest scrutiny, and it is especially important that judgment and caution should be exercised in selecting the attendants, to whose care the patients are so largely committed. As in all communities men are sometimes recreant to private and official trusts, so in the hospital, attendants have been detected (and few escape detection) in neglecting or abusing those whom they have in charge. In such cases, we have found the present superintendent, like his predecessor, ever ready to investigate the most trivial charge and to promptly dismiss any attendant convicted of an adequate offence. It affords us pleasure to be able to report that we believe that the attendants now employed are humane men and women, who are kind to the patients and have their restoration to health in view. With so many violent patients under treatment, we have been surprised that cause for complaint did not more frequently occur.

The general health of the patients is at present good. During last winter and spring an epidemic, resembling dropsy in some of its symptoms, attacked many of the male patients, and a number who had long been inmates and were broken in constitution yielded to the disease. From this cause the death rate has been larger than reported for some years.

In accordance with the statute defining our duties, the committee have visited the hospital at irregular periods and when not expected. At all hours of the day and night we have passed through the wards. Constant inspection forces the conviction that, while other asylums may be superior in elegance of adornment and may possess more modern facilities, in all that relates to the comfort and welfare of the patients, the Maine hospital stands in the front rank.

We find the letter boxes conducive to good. While many of the letters deposited in them contain but the expression of imaginary griefs and wrongs, we have found others which have

led to the detection of neglect and wrong treatment and, consequently, to the discharge of the offender.

The location of the hospital is admirably adapted to its purpose, and the beautiful surroundings are not the least of the advantages afforded by this retreat. During the past summer more convalescent patients than in any previous season have enjoyed daily walks in the shade of the grand old trees, participated in the out-door games prepared for them, or wandered at will among the flowers. Others, who required greater restraint, have passed hours in the large and strongly enclosed park and under the direction of attendants have had ample opportunities for exercise and pleasure. Here we would make honorable mention of those attendants who have been persistent in persuading patients, who would otherwise lack the inclination, to go out of doors. A record kept at our request shows that some of the attendants have been highly successful in accomplishing this end.

The green houses, which give to the inmates fresh flowers through the winter, are one of the greatest sources of pleasure. The gardener, Mr. William Allen, who thoroughly understands his work, and whose own love of flowers prompts him to gratify those who have the same taste, sends his well arranged bouquets into the halls nearly every day to gratify and cheer the unfortunate inmates. Few conservatories in the State can boast greater floral beauty and profusion.

During the winter months two entertainments each week are given for the patients' benefit. A large proportion are ever ready to attend, and those who do not participate appear for the time to forget their imaginary griefs and delusions as fully as those who are actually engaged. We regard the tendency of these entertainments as highly commendable and of great value in hospital treatment.

Another mark of progress is found in the increased attention given to the employment system, which is a valuable therapeutic agent. In such an institution employment must necessarily be irregular, but all patients who are able to engage in mild labor are urged to do so. We trust this subject

will in future so impress the public that work shops and other industries will be provided as in some other hospitals.

Several important improvements have been made at the hospital since our last report. It will be of special interest to the public to learn that the trustees have adopted measures to preclude the contingency of any failure in the water supply in the future. Pipes have been laid from the river to the engine house, and the reservoirs can now be pumped full at any time. With an inexhaustible supply of water thus secured, it can hardly be possible that any great danger can be caused by fire. There is an efficient fire organization, of which the treasurer is chief, and hose ready for use may constantly be found in basement, hall, and attic.

The Legislature, at its last session, granted an appropriation sufficient to furnish the pavilion erected last year for convalescent and private female patients. This building is now completed, and we copy, for the gratification of those interested, a full description of it, furnished by the reporter for the *Boston Journal*.

“The new pavilion at the insane hospital is completed, and on Friday last, a number of patients from the female side were assigned rooms therein. This pavilion was commenced a year ago last summer, and was constructed from funds that had accrued in the treasury of the hospital. The total cost of the building has been about \$40,000, and it will prove an important factor in the treatment of patients, on account of the better classification that can be made. Only the best patients (that is, those who have so far recovered as to require very little restraint) will be assigned to rooms in the pavilion, and the restraint practiced will be hardly more than any family has to endure. Each floor has rooms for fifteen patients, with a parlor or day room where the patients can mingle together or receive company, a dining room, bath room and water closets. The rooms are arrayed on either side of a hall, 14 feet wide, extending the length of the building, intersected midway by a hall 12 feet wide, terminating in large bay windows. The four rooms at the corners of the two halls are arranged in suites so that if a patient should be visited by a friend, or need a special attendant, the matter can be arranged without inconvenience. The building itself is 120x45½ feet, two stories, with mansard roof, with bay windows 5½ feet in depth on each floor at the end of the halls. Its location is 85 feet in the rear of the chapel and midway the northeast wing, and as one approaches the pile of buildings by the driveway, the effect is superior to that of the old hospital, and when the lawn has been fixed up next season there will be few pleasanter or more attractive places in the State.



In constructing the building every care has been taken to make it safe, healthy and adapted to its uses. The outer walls are 18 inches thick, with a two-inch air space; the longitudinal wall between the rooms and the hall is 20 inches thick, and contains flues for heating and ventilating the building; the partitions between the rooms are of brick, and the floor contains a heavy layer of concrete. The only woodwork is the finish of the rooms and halls and stairways, and ample protection against any fire that may occur is provided by stand pipes and hose at the end of the building. The three floors are similarly arranged, except that the bay windows of the lower floor open upon verandas extending along the sides and end of the building. The parlors are 16x12, furnished with upholstered black walnut furniture; the dining rooms are 19x13, and the patients' rooms are 9x13, furnished with ash chamber sets and wardrobes, the beds consisting of wire-woven mattresses covered with hair mattresses. Each of the rooms is carpeted in light colors. The wood work of the building is of hard pine finished in oil, except the hall floors, which are of birch. The attendants' rooms contain a separate set of drawers for the clean linen of each patient on the floor, with shutes for soiled clothing and dust. The bath rooms are fitted up with a bath tub, set hand bowl, and a bowl for emptying slops or for other purposes, each of which is fitted with hot and cold water faucets; another hand bowl is provided in the passage leading to the water closets.

The pavilion is both heated and ventilated by direct and indirect radiation, all the air employed being drawn directly from out doors. It was at first intended to heat the building with a low-pressure boiler in the basement, but the possible danger of fire caused a change to be made in the boiler house so that sufficient steam could be generated there for the purpose. By the system now employed the cold air is conducted into boxes containing steam coils, where it is heated and thence distributed to the rooms and halls of the building. In each hall there are sixteen hot and cold air flues and radiators, and with the special arrangements for heating the rooms all may be warmed, or a portion of them, as desired. The system is as easily controlled as that of direct radiation. The foul air is drawn to the ventilators of the building and forced out doors by somewhat similar systems of steam coils as are used for heating."

Our visits to the pavilion since its occupation shows the necessity and wisdom of its erection. It relieves the crowded condition of the main structure, is cosy and home-like in its arrangements and surroundings, and in every respect answers the purpose for which it was designed.

An appropriation was also made, at the same time, for a similar pavilion for the use of male patients. This new building is walled and roofed and work upon it is progressing as speedily as possible.

It is to be regretted that an appropriation was not made

