

MAINE STATE LEGISLATURE

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THE LEGISLATURE

OF THE

STATE OF MAINE,

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AUGUSTA:

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1859.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL.

NOVEMBER, 1858.

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Published agreeably to a Resolve approved March 16, 1855.  
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AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.

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1859.



OFFICERS OF THE INSTITUTION.

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**BOARD OF TRUSTEES.**

RICHARD WOODHÜLL,  
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MOSES SWEAT,  
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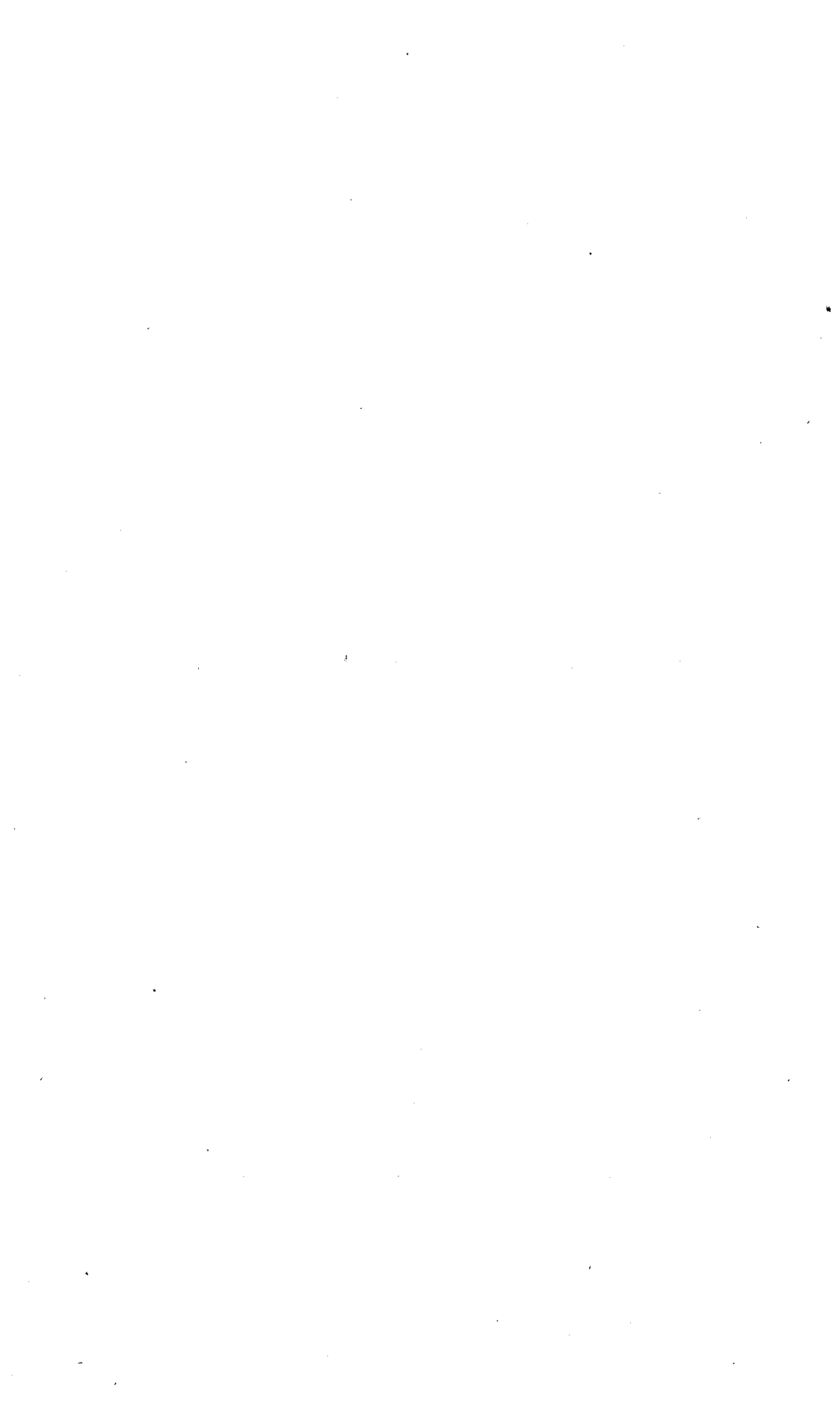
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TRUSTEES' REPORT.

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# REPORT.

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*To the Honorable the Governor and*

*Council of the State of Maine :*

The Trustees of the Maine Insane Hospital, in presenting their annual report, are happy to state that, having carefully watched over the interests of this Institution through another year, they have found its officers and attendants faithful in their respective duties, and the patients in as comfortable a condition as their several cases would admit. Committees of the Trustees have regularly visited the Hospital month by month, without previous notice, and have uniformly found every part of the establishment clean and neat, the food wholesome, palatable, and abundant; the bedding and personal clothing of the patients well cared for; the sick receiving every desirable attention both from the physicians and the nurses; and all the inmates furnishing pleasing proof that in the management of its internal affairs the Institution is governed by the law of kindness.

With thankfulness to the Great Father of Mercies would we notice that during the year no fatal epidemic has prevailed in the Hospital, most of the patients having enjoyed unusual freedom from prostrating disease, and more than an average proportion having been either wholly, or at least partially, restored to health.

In former years the Trustees had occasion to suggest in their annual reports various important improvements as to the permanent fixtures of the Hospital, for securing the greater safety and comfort of its inmates. By the liberality of the State most of those improvements have been effected. The building is now well warmed and ventilated, and is supplied with an abundance of good water; in the departments of the kitchen and laundry, also, every convenience has been furnished that was desired. Some further improvements, however, seem indispensable to the best interests of the Institution, and we cannot doubt that the State, which heretofore has so gene-

rously and cheerfully fostered this noble charity, will at the earliest day practicable make suitable appropriations for these objects. One of the improvements, here referred to, relates to the removal of the barns and stable to a more eligible situation, and the building of an addition to the principal barn, together with a good cellar underneath it, for the reception of such fruits and roots as are now stored in the basement of the Hospital, where they are unavoidably injured by heat from the furnaces. A larger barn is greatly needed, the present space being quite insufficient to receive the products of the farm: and the importance, and even necessity, of such a cellar as is proposed, must be apparent to all. A plan of this desired improvement has been matured, as noticed in the last report of the Trustees, and we repeat the recommendation for its adoption. The entire cost of this improvement is estimated at twenty-five hundred dollars.

A further improvement which we deem of much importance is that of lighting the Hospital with Gas. This would add much to the comfort of the patient, would be much more safe than the common oil lamps now in use, and, after the outfit is made, would occasion less expense, it is believed, than the present method of lighting. A Committee of the Trustees have had this subject under consideration for more than a year, and have made various inquiries as to the most feasible plan to be adopted. Information has recently been received that the Gas Company of Augusta are about to convey their Gas to the U. S. Arsenal; and as the Arsenal is near the Hospital, and the main pipe can be most advantageously laid when the work is going on for the Arsenal, it seems to be a peculiarly favorable time to secure the benefits of this improvement. The estimate of expense in making the outfit, including the cost of pipes and other materials, and labor, for completing the work, is fifteen hundred dollars.

We deem it also highly desirable that some additional articles of furniture should be provided for several of the galleries and dormitories, for the convenience and comfort of the patients. A small case of drawers, or a cheap bureau, in each sleeping room connected with the upper galleries, and other drawers for the rest of the patients' clothing, in various parts of the building, are much needed; several settees and chairs are needed also in a number of the galleries; and in the ladies' department the carpets are much worn and must

soon be renewed. One thousand dollars, judiciously expended for these purposes would contribute very materially to the convenience and comfort of all concerned, and would serve to render the interior of the Hospital more like a pleasant home for all whose state of health requires its benefits.

For the purposes above specified we respectfully ask the Legislature of the State to grant an appropriation of five thousand dollars, to be expended under such direction as they in their wisdom may appoint.

The Trustees are happy to state that the financial affairs of the Hospital have been wisely and economically managed by the Steward and Treasurer, and that the present price of board, (\$2,50 a week), has been found sufficient to meet the current expenses which the Steward is required to pay. But by a careful examination it has been ascertained that a reduction of even twenty-five cents a week in the charge for board would cause a serious deficit in resources; as the sum now paid is scarcely more than sufficient to pay the actual cost of board. Under these circumstances no change will be expected in price of board for the present, but all patients will be charged \$2,50 a week, as heretofore, and the usual additional sum to such as are furnished with separate parlors.

Early in the year the Trustees made an appropriation of \$500, from the fund received from the munificence of the late Col. Black of Ellsworth, for a commencement of the Library proposed by the benevolent testator. Most of that sum has been expended in the purchase of six hundred and thirty-two volumes of books, carefully selected by a Committee of the Trustees; and a suitable case has been constructed for the Library; the room over the front entrance to the building being appropriated for its accommodation. The Hospital is now furnished with a good supply of choice reading, suited to the various wants of all whose state of health will permit them to read; and we trust that the benevolent intentions of those who have thus contributed to the welfare of the afflicted, will be fully realized, in the entertainment and profit derived from this source. The pecuniary value of the Libraries belonging to the Hospital, and the amount of invested funds pertaining to each, will be found in the schedule of personal property given in the appendix.

We subjoin the report of Committee on expenditures, (see appen-

dix A,) the report of the Treasurer and Steward, (appendix B,) a schedule of personal property belonging to the Hospital, (appendix C,) and the report of the Chaplain, (appendix D.)

All which is respectfully submitted.

RICHARD WOODHULL, *Bangor,*  
 JOSEPH BARRETT, *Canaan,*  
 MOSES SWEAT, *N. Parsonsfield,*  
 ARCHIBALD TALBOT, *Wilton,*  
 JOHN L. CUTLER, *Augusta,*  
 ALCANDER BURBANK, *Lewiston.*

INSANE HOSPITAL, }  
 Augusta, Dec. 15, 1858. }

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SUPERINTENDENT'S REPORT.

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## REPORT.

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*To His Excellency the Governor of Maine,  
and to the Honorable Council:*

GENTLEMEN:—By the blessings of Divine Providence, we have reached the end of another fiscal year, when it again becomes our duty to lay before you our annual exhibit of the condition and prospects of the Maine Insane Hospital.

The year just closed, has been marked with success and prosperity. Nothing unusual has occurred to disturb our onward course in administering to the wants and necessities of those under our care. The number of patients has never been larger, and we have been called to treat an unusual amount of keen distress and mental suffering. Notwithstanding the fulness of our house—the almost crowded state of the apartments, we have had no epidemic disease or extraordinary sickness. Early in the summer the male department was filled to its utmost limit, obliging us to delay the admission of new patients until vacancies should occur. In this way, we have been able to accommodate all who have applied.

We commenced the year with two hundred and eight patients—one hundred and eighteen males, and ninety females. We have since received one hundred and twenty-six—seventy-two males, and fifty-four females; making a total under treatment of three hundred and thirty-four—one hundred and ninety males, and one hundred and forty-four females.

We have discharged, during the year, one hundred and twenty-six—seventy-three males, and fifty-three females. We have remaining to-day, two hundred and eight—one hundred and seventeen males, and ninety-one females.

The condition of those discharged, was as follows:—fifty-nine were *recovered*—thirty-seven males, and twenty-two females; twenty-five were *improved*—sixteen males, and nine females; eighteen

were *unimproved*—ten males and eight females; twenty-four have *died*—ten males, and fourteen females.

The causes of death were, consumption, *six*; marasmus, *four*; exhaustion, *three*; continued fever, *three*; congestion of brain, *two*; disease of heart, *two*; dropsy, *one*; paralysis, *one*; diarrhea, *one*; epilepsy, *one*.

All but four of those who died, were chronic, incurable cases of insanity, in whom the disease had existed for several years, and in whom all hope of recovery had long since been abandoned. Such persons resist feebly, attacks of the common ills of life; it often requires but a small amount of additional disease, to break the already attenuated thread.

One death occurred in December, one in January, two in February, two in March, two in May, one in June, two in July, three in August, one in September, five in October, and four in November.

The civil condition of those received the last year was as follows: thirty-six males and thirty-two females were married—thirty-four males and fifteen females were single—two were widowers, and seven were widows. Of the ages at which the disease first appeared in the above, twenty-five were under twenty, forty were between twenty and thirty, thirty-three were between thirty and forty, seventeen were between forty and fifty, five were between fifty and sixty, five were between sixty and seventy, and one was between seventy and eighty.

Scarcely any age, sex, or condition in life is exempt from this worst of human ills. It seizes its victims at all times, and seasons, from all callings and professions, and we know not at whom the bow is drawn, ready to hurl the withering shaft. We who can boast of reason and intellectual powers to-day, may be deprived of the same to-morrow.

The assigned causes of insanity of those admitted during the year, are, *ill health*, twenty-eight; *religious excitement*, eleven; *domestic affliction*, eleven; *intemperance*, eight; *over exertion*, seven; *injury of head*, five; *masturbation*, five; *puerperal*, four; *spiritualism*, three; *disappointed affection*, three; *fright*, two; *disappointment in business*, two; *defective education*, two; *epilepsy*, two; *loss of friends*, one; *poisoning*, one; *paralysis*, one.

Since the opening of the Hospital, a period of about eighteen



years, one thousand nine hundred and seventy-eight patients have here received treatment. One thousand seven hundred and seventy have been discharged, of whom, eight hundred and thirteen *recovered*, three hundred and forty-seven *improved*, three hundred and sixty *unimproved*, and two hundred and fifty *died*.

Fifty-five of the patients now in the Hospital are foreigners and non-residents, and receive their entire support from the State. One hundred and sixteen are indigent, and receive from the same source the amount prescribed by law for such cases.

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

| Year.   | Admitted. | Discharged. | Whole No. under treatment. | Recovered. | Improved. | Unimproved. | Died. | Greatest No. in Hospital on any day. | Least No. in Hospital on any day. | Remaining at end of year. | Daily average No. for the year. |
|---------|-----------|-------------|----------------------------|------------|-----------|-------------|-------|--------------------------------------|-----------------------------------|---------------------------|---------------------------------|
| 1840-1  | 129       | 80          | 129                        | 36         | 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        | 26          | 3     | 79                                   | 65                                | 76                        | 70                              |
| 1844-5  | 99        | 90          | 175                        | 39         | 21        | 23          | 7     | 89                                   | 71                                | 85                        | 80                              |
| 1845-6  | 102       | 87          | 187                        | 46         | 22        | 14          | 5     | 107                                  | 80                                | 101                       | 93                              |
| 1846-7  | 124       | 100         | 225                        | 53         | 17        | 20          | 10    | 125                                  | 98                                | 124                       | 108                             |
| 1847-8  | 128       | 125         | 252                        | 60         | 31        | 14          | 20    | 135                                  | 117                               | 127                       | 112                             |
| 1848-9  | 123       | 110         | 250                        | 55         | 22        | 19          | 14    | 139                                  | 121                               | 139                       | 126                             |
| 1849-50 | 110       | 126         | 249                        | 66         | 25        | 21          | 14    | 155                                  | 123                               | 124                       | 137                             |
| 1850-1  | 75        | 122         | 199                        | 22         | 28        | 40          | 32    | 125                                  | 30                                | 76                        | 75                              |
| 1851-2  | 48        | 42          | 124                        | 23         | 4         | 8           | 7     | 34                                   | 76                                | 84                        | 79                              |
| 1852-3  | 126       | 89          | 210                        | 45         | 14        | 15          | 15    | 120                                  | 84                                | 119                       | 109                             |
| 1853-4  | 109       | 114         | 228                        | 49         | 15        | 18          | 32    | 140                                  | 114                               | 115                       | 129                             |
| 1854-5  | 128       | 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        | 19          | 14    | 215                                  | 190                               | 208                       | 204                             |
| 1857-8  | 126       | 126         | 334                        | 59         | 25        | 18          | 24    | 225                                  | 205                               | 208                       | 213                             |

Table showing the number of Monthly Admissions since the opening of the Hospital.

| Admitted.            | 1840-1. |    | 1841-2. |    | 1842-3. |    | 1843-4. |    | 1844-5. |    | 1845-6. |    | 1846-7. |    | 1847-8. |    | 1848-9. |    | 1849-50. |    | 1850-1. |    | 1851-2. |    | 1852-3. |    | 1853-4. |    | 1854-5. |    | 1855-6. |    | 1856-7. |    | 1857-8. |   | Total. |
|----------------------|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|----------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|---------|---|--------|
|                      | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.       | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. | M.      | F. |         |   |        |
| October, . . . . .   | 5       | 3  | 7       | 4  | 5       | 3  | 5       | 2  | 3       | 5  | 5       | 6  | 3       | 1  | 10      | 10 | 5       | 3  | 5        | 5  | 8       | 3  | 2       | 3  | 1       | 2  | 6       | 7  | 3       | 1  | 6       | 11 | 8       | 8  | 5       | 3 | 172    |
| November, . . . . .  | 9       | 4  | 2       | 1  | 1       | 2  | 5       | 4  | 4       | 4  | 2       | 1  | 2       | 8  | 3       | 5  | 5       | 11 | 2        | 9  | 2       | 4  | 6       | 2  | 4       | 1  | 2       | 6  | 3       | 2  | 7       | 7  | 6       | 4  | 9       | 4 | 153    |
| December, . . . . .  | 8       | 1  | 3       | 3  | 4       | 0  | 4       | 3  | 3       | 6  | 5       | 2  | 3       | 4  | 5       | 2  | 2       | 2  | 7        | 4  | 0       | 2  | 2       | 3  | 11      | 3  | 4       | 4  | 6       | 5  | 4       | 2  | 10      | 3  | 7       | 4 | 141    |
| January, . . . . .   | 5       | 2  | 5       | 1  | 1       | 1  | 2       | 4  | 3       | 1  | 6       | 1  | 4       | 4  | 4       | 2  | 5       | 6  | 5        | 1  | 6       | 3  | 2       | 3  | 6       | 1  | 6       | 9  | 2       | 5  | 6       | 5  | 7       | 4  | 3       | 3 | 134    |
| February, . . . . .  | 7       | 4  | 4       | 0  | 5       | 2  | 2       | 5  | 2       | 0  | 1       | 2  | 2       | 4  | 7       | 4  | 4       | 3  | 2        | 2  | 4       | 3  | 2       | 0  | 6       | 3  | 3       | 5  | 7       | 4  | 7       | 3  | 3       | 5  | 6       | 3 | 126    |
| March, . . . . .     | 7       | 8  | 1       | 2  | 4       | 4  | 2       | 3  | 3       | 4  | 5       | 6  | 3       | 3  | 6       | 3  | 3       | 3  | 5        | 5  | 2       | 4  | 3       | 2  | 9       | 4  | 7       | 7  | 3       | 6  | 8       | 6  | 8       | 7  | 6       | 3 | 165    |
| April, . . . . .     | 10      | 4  | 6       | 6  | 3       | 1  | 3       | 3  | 1       | 4  | 4       | 6  | 4       | 1  | 5       | 6  | 5       | 7  | 7        | 3  | 6       | 1  | 2       | 1  | 6       | 2  | 6       | 4  | 11      | 2  | 7       | 7  | 4       | 7  | 8       | 5 | 168    |
| May, . . . . .       | 4       | 5  | 8       | 7  | 4       | 3  | 6       | 3  | 6       | 7  | 4       | 4  | 9       | 5  | 2       | 7  | 5       | 4  | 6        | 9  | 7       | 2  | 4       | 0  | 4       | 4  | 2       | 8  | 7       | 8  | 4       | 6  | 6       | 5  | 11      | 7 | 193    |
| June, . . . . .      | 8       | 6  | 6       | 6  | 12      | 3  | 6       | 1  | 11      | 5  | 3       | 5  | 8       | 7  | 5       | 4  | 9       | 7  | 6        | 2  | 3       | 4  | 6       | 3  | 4       | 2  | 5       | 4  | 6       | 1  | 8       | 4  | 6       | 8  | 6       | 8 | 198    |
| July, . . . . .      | 4       | 1  | 5       | 3  | 3       | 2  | 2       | 2  | 3       | 4  | 4       | 7  | 7       | 6  | 8       | 5  | 5       | 7  | 6        | 6  | 2       | 3  | 0       | 0  | 4       | 7  | 7       | 3  | 6       | 4  | 10      | 6  | 6       | 5  | 8       | 5 | 166    |
| August, . . . . .    | 2       | 3  | 1       | 3  | 3       | 7  | 3       | 2  | 7       | 4  | 5       | 5  | 9       | 2  | 9       | 6  | 5       | 7  | 4        | 6  | 4       | 4  | 1       | 0  | 6       | 6  | 6       | 4  | 3       | 3  | 7       | 5  | 5       | 7  | 4       | 5 | 163    |
| September, . . . . . | 3       | 2  | 2       | 5  | 0       | 2  | 6       | 5  | 4       | 7  | 4       | 10 | 9       | 2  | 7       | 7  | 8       | 5  | 5        | 2  | 2       | 1  | 5       | 1  | 2       | 4  | 5       | 8  | 2       | 6  | 10      | 8  | 9       | 7  | 5       | 5 | 181    |

Among the many pathological conditions of the physical system connected with insanity, there is none more common than a deranged state of the stomach and bowels. Rarely do we meet an insane person in whom we do not find an irregular appetite, indigestion and constipation. Not unfrequently these symptoms exist for a long time previous to the development of mental disturbance, and are, as we believe, among its primary causes, which, with early attention and proper treatment, might be removed and save the individual from becoming an unfortunate victim to this dire disease. Many delusions and hallucinations, so common in a large class of the insane, such as the presence of poison in food and drink, the sin and evil consequences of eating, the existence of snakes and other reptiles in the stomach, may, and undoubtedly do arise from some peculiar morbid, irritable state of that organ. Nothing tends so much to change the stomach from a normal to an abnormal condition as the present dietetic habits of our people, and, as the brain is in immediate connection and sympathy with the stomach, its effect upon the former is obvious. Many a head-ache and sleepless night, many a fit of sickness culminating in hopeless insanity, have their root in quantity and quality of a late supper.

Of all the agents within the reach of man for preventing, removing or alleviating the ills to which flesh is heir, there is none more controlling, none more potent, than that part of medicine which relates to diet or food. It is a well known fact that our food and drink go to make the component parts of the blood which form the body in all its minute and most wonderful structure. Then, if we would have a body with all its functions harmonizing in every particular, we must be careful in selecting our aliment. How few there are who realize this important truth, or who consider the effect of diet upon the mind. When the stomach is mal-treated, the mind suffers accordingly. When we lose the control of appetite, then we lose the right use of reason and become more completely enslaved to our lusts than the lowest animal of the brute creation. Certain it is that the manliness and comfort of continued intellectual strength—the moral perception and virtue of the mind, depend upon a proper physiological diet. The same means we employ to invigorate and strengthen their functions will strengthen or weaken the mind. A stomach judiciously cared for, will give, through pure

blood and a healthy brain, the manifestations of a sound mind. The quaint but keen observer, Dr. Abernethy say: "I tell you honestly what is the cause of the complicated madness of the human race: it is their gormandizing, and stuffing, and stimulating the digestive organs to excess, thereby producing nervous disorder and irritation." The effect of intemperate eating and drinking upon the mental powers has been recognized by the wise and prudent of all ages. The wisest man has set forth this great truth in language most forcible and convincing when he says: "put a knife to thy throat if thou be a man given to appetite." "The drunkard and the glutton shall come to poverty; and drowsiness (the inevitable effect of these,) shall clothe a man with rags." Wisdom and temperance walk hand in hand—they have always been companions together. Men most famous for mental culture and extended intellectual research—men whose brains have sired the greatest thoughts, have, in their most arduous efforts, carefully considered the intimate relation which exists between the stomach and brain. They have so well understood the effect of habitual moderation in eating and drinking upon the intellect that they controlled their appetites to a remarkable degree. It is said of Sir Isaac Newton, that "when he applied himself to the investigation of light and color, he confined himself all the time to a small quantity of sack and water, which he only took when he felt his animal spirits flag." The captive Hebrew children, when before the King of Babylon, exemplified the same principle in preferring pulse and water to wine and meat from the King's table, and its effect was well marked.

"By the diet they took they had their minds in some measure more pure and less burdened, and so fit for learning, and had their bodies in better condition for hard labor; for they neither had the former oppressed with variety of meats, nor the latter effeminated on the same account, so they readily amassed all the learning of the Hebrews and Chaldeans."

The foundation of gastric disease is not unfrequently commenced in childhood, by the use of highly concentrated and improper food. The common practice of feeding children with aliment scarcely fit for the stomach of an adult, deserves the careful consideration of all parents. Its effect upon the mental and physical growth of the child is greater than is generally imputed to it. Much of the feeble

health so prevalent at the present day may be traced to improper habits of diet.

The use of tobacco, now so general, is one of the most powerful agents that can be employed to impair the functions of the stomach and digestive organs, and prevent the healthy exercise of the mental powers. Its pernicious effect upon the brain and nervous system is obvious to all who are called to treat the insane. A large class of our patients have been addicted to its inveterate use, and in many cases it has been a prominent cause in developing the disease.

The condition of our farm was never more encouraging or prosperous. It is under a high state of cultivation, and its productiveness is increasing each year. It will compare favorably with any farm in the County or State. While it furnishes abundant exercise for our patients during the summer, which is a no small desideratum in their treatment, it gives in return a good supply of vegetables for their tables, also hay and grain for the stock. As our family increases, there is an increased demand for milk, to obviate which, a larger number of cows would be required; and while our quantity of hay would warrant this, our pasturage for summer feed would be inadequate. No article of diet is of more importance in a family like ours than milk. It is not only wholesome, but economical. We would, therefore, suggest the purchase of more pasture grounds, which would be convenient for pasturing cows and fattening cattle for beef.

The removal of the barns and the erection of a piggery, of which we have spoken in our last two reports, have not yet been accomplished for want of funds. That these are changes and improvements which ought to be made, no one, who will acquaint himself with the facts, can deny.

Considerable painting has been done the past summer, in those parts of the wards needing it most, which has very much improved them. Other portions of the building needed a good coat of paint, but we were obliged to stop for want of means.

A striking feature, when passing through the convalescent wards, is the sparseness of furniture. We have long felt this deficiency, which is really considerable when compared with other similar institutions. Everything should be done to remove all custodial appearance, and give the apartments a home-like air of comfort and

cheerfulness. We would have furniture plain, strong and durable. Only a small appropriation would be required to supply this need.

We have alluded, in former reports, to the introduction of gas for lighting our building. It is very desirable and important. We understand that arrangements have been made with the gas company of this city, to bring it across the river to the United States Arsenal grounds. It will then be within about one hundred rods of the Hospital, and we sincerely hope the Legislature will grant us the necessary means to put us in possession of such a blessing as this would be to our Institution.

Divine service has been regularly conducted every Sabbath afternoon, by our good chaplain, Rev. J. H. Ingraham. The interest which our patients manifest in these weekly gatherings continues unabated, and the benefit they derive more than compensates for the small annual expenditure for this object. He has also attended the funeral services of those who have died, whose remains were not removed home by their friends.

We are now well provided with reading matter for our entire household. The well selected library of between six and seven hundred volumes, purchased with a portion of the late Col. Black's donation, together with the McLellan and Vaughan Libraries, comprise a large and valuable collection of books. We have a good supply of newspapers, furnished by the liberality of their editors and proprietors, to whom we are always glad to make our thankful acknowledgements. The patients feel it a great privation if they do not receive a weekly visit from the press. The following is a list of those we have received during the year:—The Age, Kennebec Journal, Maine Farmer, Gospel Banner, Augusta; Hallowell Gazette, Hallowell; Rural Intelligencer, Northern Home Journal, Gardiner; American Sentinel, Eastern Times, Bath; Christian Mirror, Portland Transcript, Maine Teacher, Portland; Maine Democrat, Saco; Democrat and Free Press, Rockland; Republican Journal, Belfast; Machias Union and Machias Republican, Machias; Eastport Sentinel, Eastport; Aroostook Pioneer, Presque Isle; Bangor Courier, Bangor; Republican Clarion, Skowhegan; Eastern Mail, Waterville; Glenwood Valley Times, Vienna; Democratic Advocate and, Lewiston Falls Journal, Lewiston; Rising Sun, Lisbon; Morning Star, Dover, N. H.; Religious Magazine,

Boston, Mass.; Masonic Journal, Haverill, Mass. We have gratefully received books, periodicals and pamphlets from William S. Badger, Esq., Edward Fenno, Esq., Stanwood & Souther, Capt. Isaac Gage, and Rev. J. H. Ingraham.

During a recent visit to our Institution, Miss D. L. Dix—the indefatigable friend of the insane and sympathizer with all the unfortunate—presented us with some pictures for our wards.

We alluded, in a former report, to the resignation of Hon. Ruel Williams as Trustee of the Hospital; and expressed the regret that he should be under the necessity of retiring from so important a trust, where he was eminently useful, and where he had been indefatigable in his services ever since the Institution was projected. At a subsequent meeting of the Trustees, in consideration of the great interest and benevolence he has manifested towards the Institution, a committee was raised to wait on Mr. Williams, and invite him to sit for his portrait, to be hung in one of the public rooms of the Hospital.

We are happy to announce that the invitation was accepted, and we now have a full size portrait of this worthy benefactor and friend of the insane, by Mr. Wight, a distinguished artist of Boston.

We are under many obligations to the Board of Trustees, who have made us regular monthly visits, for their kind counsel and advice in directing the affairs of the Hospital during the year just closed.

It is with great pleasure that I renew my expression of thanks to my associates and assistants in office for their undeviating kindness and hearty cooperation in conducting the affairs of our household; and to all employed in and about the Institution, for the faithfulness they have manifested in their several positions.

And now, as we commence anew the duties of another year, we would once more commit the interests of the Hospital to the fostering care of the people, praying to God for that wisdom and divine aid which shall best enable us to promote the well-being of all who may be entrusted to our care.

HENRY M. HARLOW.

Maine Insane Hospital, }  
November 30, 1858, }





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A P P E N D I X .

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## APPENDIX.

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### EXTRACT FROM THE REGULATIONS OF THE HOSPITAL.

Male patients admitted into the Institution, should come provided with at least two strong cotton shirts; coat, vest and pantaloons, of strong woollen cloth; two pairs of woollen socks or stockings; one neck cravat or stock; one hat or cap and one pair of boots or shoes.

Females should have at least the same quantity of under-clothes, including shoes and stockings, decent bonnet, and two substantial dresses. In both cases the articles should be new, and in good condition. The woolens should be of dark color. It is quite desirable, also, that a Bible or Testament should not be forgotten in the outfit. The price of board, washing, medicine and attendance, is fixed at \$2 50 per week. Payments made quarterly, or when the patient is removed.

No person over twenty-one years of age can be received, without the certificates required by the Act of second August, 1847.

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### FORM OF CERTIFICATE AND ORDER FOR ADMISSION.

#### STATE OF MAINE.

*To the Superintendent of the Maine Insane Hospital:*

WHEREAS, The undersigned, Selectmen (or Mayor and Aldermen) of —, in the county of —, this day, on complaint to us made in writing, of —, of —, in said county — of —, of said —, who therein says that said — is insane, and 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 were of opinion that the safety and comfort of said — and others interested, would be promoted by a residence in said Hospital, and accordingly determine 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 fifty—.

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

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#### FORM OF BOND FOR SUPPORT.

KNOW ALL MEN BY THESE PRESENTS, That we, —, of —, the county of —, as principal, and —, of —, in the county of —, as surety, are 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 executors and administrators, firmly by these presents.

*Scaled with our seals, and dated at —, this — day of —, A. D. 185—.*

*The condition of this obligation is such,* That whereas — —, of —, in the county of —, is about to be admitted as a boarder and patient in the Institution aforesaid:

Now if the said — — shall pay to said — —, or to his successor in office, — per week, for board, washing, medicine and attendance, and pay for such necessary articles of clothing as shall be furnished to the said — — by the said — —, or his successor, and remove the said — —, and for reasonable charges that may be incurred in case of the elopement of said —

—; payments to be made quarterly, and at the time of removal, with interest on the amount after it becomes due, as aforesaid; then this obligation to be null and void, otherwise to remain in full force and virtue.

[L. S.]

*Witness.*

[L. S.]

## QUESTIONS

To be answered by the patient's family or physician.

- 
1. Age?
  2. Married or single?
  3. Occupation?
  4. How old at first attack?
  5. Date of present attack? What appearances?
  6. What changes since?
  7. On what subjects?
  8. Any rational intervals?
  9. Any relations ever insane, and who were they?
  10. Ever attempted suicide or homicide, and in what manner?
  11. Destructive to clothes or property?
  12. Disposed to filthiness of person or habits?
  13. Any restraint or confinement been applied? If any, what?
  14. If former attacks, how many, and how long did they continue?
  15. What natural peculiarities? power of self-control? temper? disposition? predominant passion? disappointments as to property, affections, wounded pride, loss of friends, family troubles, intemperance in use of ardent spirits, tobacco, &c.?
  16. History of any bodily disease, especially suppressions of evacuations, eruptions, sores, &c.; injuries, epilepsy, palsy, &c.
  17. What cause or causes are supposed to have induced the attack?
  18. What curative means have been tried? State if blood-letting has been resorted to; if so, to what extent?



## B.

## STEWARD AND TREASURER'S REPORT.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—The following report of the financial affairs of the Hospital, for the year ending November 30, 1858, is respectfully submitted, viz.:

## PAYMENTS.

|                                         |             |
|-----------------------------------------|-------------|
| Cash paid for provisions, . . . . .     | \$15,068 72 |
| “ “ “ labor, . . . . .                  | 7,476 35    |
| “ “ “ fuel and lights, . . . . .        | 3,422 91    |
| “ “ “ clothing, . . . . .               | 2,557 50    |
| “ “ “ repairs, . . . . .                | 1,201 40    |
| “ “ “ furniture, . . . . .              | 386 81      |
| “ “ “ stationery and postage, . . . . . | 192 77      |
| “ “ “ medicine, . . . . .               | 481 01      |
| “ “ “ soap, . . . . .                   | 161 00      |
| “ “ “ coffins and fixtures, . . . . .   | 103 04      |
| “ “ “ miscellaneous, . . . . .          | 526 12      |
|                                         | <hr/>       |
|                                         | \$31,577 63 |

## RECEIPTS.

|                                                                   |             |
|-------------------------------------------------------------------|-------------|
| Balance in the hands of the Treasurer, at last account, . . . . . | \$105 75    |
| Cash from patients, for board, clothing, &c., . . . . .           | 30,209 69   |
| Balance now due the Treasurer, . . . . .                          | 1,262 19    |
|                                                                   | <hr/>       |
|                                                                   | \$31,577 63 |

## RESOURCES—Nov. 30, 1858.

|                                                 |            |
|-------------------------------------------------|------------|
| Debts due the Hospital from patients, . . . . . | \$8,391 42 |
| Liabilities against the Hospital, . . . . .     | 6,167 70   |
|                                                 | <hr/>      |
|                                                 | \$2,223 72 |



The products of the farm are as follows :

|                                                       |            |
|-------------------------------------------------------|------------|
| 50 tons of hay, at \$10 per ton, . . . . .            | \$500 00   |
| 8 tons of straw, at \$6 per ton, . . . . .            | 48 00      |
| 700 heads of cabbage, at 5c per head, . . . . .       | 35 00      |
| 80 bushels of barley, at 75c per bushel, . . . . .    | 60 00      |
| 226 bushels of oats, at 45c per bushels, . . . . .    | 101 70     |
| 226 bushels of beets at 50c per bushel, . . . . .     | 113 00     |
| 46 bushels of carrots, at 33c per bushel, . . . . .   | 15 18      |
| 130 bushels of turnips, at 25c per bushel, . . . . .  | 32 50      |
| 100 bushels of corn, at \$1 per bushel, . . . . .     | 100 00     |
| 235 bushels of apples, at 50c per bushel, . . . . .   | 117 50     |
| 18 bushels of beans, at \$1 50 per bushel, . . . . .  | 27 00      |
| 650 bushels of potatoes, at 33c per bushel, . . . . . | 214 50     |
| 6,200 pounds of squashes, at 1c per pound, . . . . .  | 62 00      |
| 7,800 pounds of pork, at 7½c per pound, . . . . .     | 585 00     |
| Pigs, &c., sold, . . . . .                            | 103 50     |
|                                                       | <hr/>      |
|                                                       | \$2,114 88 |

T. C. ALLAN, *Steward and Treasurer.*

INSANE HOSPITAL, November 30, 1858.

## C.

SCHEDULE OF PERSONAL PROPERTY BELONGING TO THE INSANE  
HOSPITAL, DECEMBER 15th, 1858.

|                                             |                    |   |   |          |
|---------------------------------------------|--------------------|---|---|----------|
| 56 cords of wood,                           | at \$4 00          | . | . | \$224 00 |
| 275 tons " coal,                            | " 7 00             | . | . | 1,925 00 |
| 6,300 lbs. " beef,                          | " 07               | . | . | 441 00   |
| 400 " " tallow,                             | " 07 $\frac{1}{2}$ | . | . | 30 00    |
| 7,400 " " pork,                             | " 07 $\frac{1}{2}$ | . | . | 555 00   |
| 625 " " lard,                               | " 12 $\frac{1}{2}$ | . | . | 78 12    |
| 3,700 " " butter,                           | " 18               | . | . | 675 00   |
| 75 " " coffee,                              | " 14               | . | . | 10 50    |
| 3,400 " " sugar,                            | " 09               | . | . | 306 00   |
| 118 bbls. " flour,                          | " 6 50             | . | . | 767 00   |
| 40 tons " hay,                              | " 10 00            | . | . | 400 00   |
| 100 bush. " oats,                           | " 40               | . | . | 40 00    |
| 150 " " beets,                              | " 50               | . | . | 75 00    |
| 120 " " carrots,                            | " 33 $\frac{1}{3}$ | . | . | 40 00    |
| 400 " " potatoes,                           | " 33 $\frac{1}{3}$ | . | . | 133 00   |
| 85 " " turnips,                             | " 33 $\frac{1}{3}$ | . | . | 28 33    |
| 25 " " onions,                              | " 75               | . | . | 18 75    |
| 3,000 lbs. " squashes,                      | " 01               | . | . | 30 00    |
| 150 bush. " corn,                           | " 100              | . | . | 150 00   |
| 50 " " rye,                                 | " 90               | . | . | 45 00    |
| 6 " " cranberries,                          | " 250              | . | . | 15 00    |
| 350 galls. " molasses,                      | " 27               | . | . | 94 50    |
| 7 bush. " peas,                             | " 200              | . | . | 14 00    |
| 220 galls. " oil,                           | " 68               | . | . | 149 60   |
| Soap, starch, dry fish and spices,          | .                  | . | . | 85 00    |
| 1 $\frac{1}{2}$ tierce of rice,             | .                  | . | . | 45 00    |
| 4 horses,                                   | at \$125 00        | . | . | 500 00   |
| 1 yoke of oxen,                             | " 140 00           | . | . | 140 00   |
| 12 cows,                                    | " 30 00            | . | . | 360 00   |
| 35 pigs,                                    | " 5 00             | . | . | 175 00   |
| Carriages, wagons, carts and farming tools, | .                  | . | . | 775 00   |

|                                               |             |
|-----------------------------------------------|-------------|
| McLellan Library, . . . . .                   | 380         |
| McLellan Library fund, . . . . .              | 500         |
| Vaughan Library, . . . . .                    | 350         |
| Col. Black Library, . . . . .                 | 500         |
| Col. Black Library fund, . . . . .            | 2,500       |
| Total Library and <i>Library fund</i> , _____ | \$4,230 00  |
| Furniture, <i>present value</i> , . . . . .   | 6,375 00    |
| Fire engine and apparatus, . . . . .          | 812 00      |
| Medicines, . . . . .                          | 300 00      |
| Total, . . . . .                              | \$20,041 80 |

JOSEPH BARRETT, }  
R. WOODHULL, } *Committee.*

D.  
**CHAPLAIN'S REPORT.**

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*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—I have nothing new or interesting to report to your honorable body at the close of another hospital year. It gives me pleasure, however, to state that divine service has been attended in the Chapel every Sabbath of the year, with one exception, which was occasioned by the inclemency of the weather. In addition to my regular Sabbath duties as Chaplain, I have been called to attend more or less funerals; in connection with which appropriate religious services are always held in the Chapel. To the Rev. Mr. Woodhull of Bangor, and the Rev. Messrs. Dexter and Dillingham of Augusta, I owe thanks for valuable clerical assistance rendered me. And I cannot close my Report without renewing my heartfelt obligations to all the officers of the Institution, which I feel more and more every year to be due to them for their cooperation and untiring exertions to make my Chaplainship to all concerned as pleasant and acceptable as it can be made. I cannot omit referring, in special terms of grateful acknowledgments, to the Hospital Choir for the choice and happy selection of sacred music furnished by them in our Chapel worship. The only thing wanting to make our music all that it should be is some suitable musical instrument. Permit me to add, in closing, that one of the happiest features of our Chapel services is the uniform stillness and decorum of the patients. I could not desire a more attentive auditory.

To an All-Wise and Sovereign God be the praise that I have been able to serve Him one year more in the capacity of Chaplain at the Hospital.

All of which is respectfully submitted.

JOHN H. INGRAHAM.

AUGUSTA, Nov. 30th, 1858.