

MAINE STATE LEGISLATURE

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THE LEGISLATURE

OF THE

STATE OF MAINE.

1863.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1863.

REPORTS

OF THE

TRUSTEES AND SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL,

DECEMBER, 1862.

Published agreeably to a Resolve approved March 16, 1855.

AUGUSTA:
STEVENS & SAYWARD, PRINTERS TO THE STATE.
1862.

OFFICERS OF THE INSTITUTION.

BOARD OF TRUSTEES.

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TRUSTEES' REPORT.

To the Honorable the Governor and Council of Maine :

The Trustees of the Maine Insane Hospital, respectfully present their annual Report for the year ending November 30, 1862.

Since the last meeting of the Trustees, one of the early benefactors and founders of this Institution has been called to his rest. We owe it to the goodness of God, that such a man as the Hon. Reuel Williams has lived and labored amongst us. His name, and many worthy deeds will long be remembered with respect and with gratitude by multitudes. The fact that the foundations of the Hospital were laid principally through his liberality, is too well known to need any record here. But it may not be so widely known that the success and prosperity of the Hospital are largely attributable to his constant care and watchfulness over its interests from the time of its first establishment to the very close of his useful life. For a long succession of years, Mr. Williams was a leading member of the Board of Trustees, and was unwearied in his labors for securing the best means for the comfort and cure of all who came within these walls. And even after he resigned his seat in the Board, he did not cease to show his deep interest in the Institution and in whatsoever related to its prosperity. Often have present members of the Board been favored with his judicious suggestions and wise counsels, that have been of important assistance to them in the responsible trust committed to their hands. While therefore, we would bow with reverent submission to the Allwise Disposer of all things, in the bereavement which has befallen us, we would also, with gratitude to the same great Being, cherish the memory of our departed friend and counsellor, and strive to imitate his virtues.

During the past year the Hospital has been visited monthly by Committees of the Trustees, as the law requires ; and the Treasurer's Accounts have been carefully examined at the end of each Quarter by the Committee appointed for that purpose.

At each visit of the Committee for the month have been particular to see all the patients, and to ascertain the condition and wants of each; have passed through all the halls, entered all the dormitories and noticed the state of the furniture and bedding; have visited the kitchen and store-rooms, and tested the quality of the food; have directed their attention also to the farm and garden, from seed time to harvest, observing the plans and modes of operations in the cultivation of the land, and the ingathering and storing of its various productions; and have exercised a careful watch over the entire interests of the Institution. The records made at the time of each visit by these several Committees, show that the Hospital has continued to be as well managed as in previous years, — that the officers in charge have been faithful to their trust; that the attendants have been diligent in the performance of their duties, and that the patients have been well and kindly cared for and made as comfortable as their several cases would admit.

The average number of patients at the Hospital has been greater during the past year than during any previous year, being equal to the full capacity of the rooms designed for their accommodation. This fact renewedly urges upon us the inquiry, suggested in former annual Reports, as to what should be done to furnish wider accommodations for the benefit of this interesting and important class of invalids. Had the country still remained in a condition of peace and prosperity, the Trustees would probably by this time, have recommended and urged the establishment of a second Hospital for the Insane in some other part of the State. But as things now are, we will only say that an additional Institution of this kind, is exceedingly desirable, and should some philanthropist, possessing sufficient resources, feel disposed to give a liberal sum for such a purpose, it might go far towards the accomplishment of this desired object.

At the annual meeting last year, the Trustees instructed the Steward, when permission should be obtained from the Legislature, to build a wharf on the shore of the river for the convenience of landing coal and other freight designed for Hospital use, instead of having it landed, as before, on the west side of the river. The Legislature having granted the permission, the wharf has been built, and a good road has been constructed to it from the Hospital buildings; the cost of the whole amounting to \$400,00, which has been paid out of Hospital funds. By means of this improvement a large saving, as we estimate it, will be effected in tolls and cart-

age in coming time, that will prove the work to have been greatly economical as well as greatly convenient,

Early in the summer it was found that, as a result of the low state of the springs, there was likely to be a lack of a sufficient quantity of water from existing sources of supply; and the Steward, with the approbation of the Trustees, in order to meet such emergencies, constructed a large well, at a distance of some eight or nine hundred feet from the main building, and where the land was considerably higher than it is at the Hospital yard. The water from this well is discharged into another well near the steam works, by means of a pipe which is so laid that at the new well it is fifteen feet below the surface of the ground, and discharges into the top of the lower well. Thence, by means of a steam pump, it may either be forced into the cisterns in the attic at the rate of 2500 gallons a day, when needed, or be used only to supply the steam boilers, when the cisterns are kept supplied, (as in ordinary seasons they will be,) from the aqueduct. The cost of this improvement was \$150,00, which has also been paid out of funds belonging to the Hospital. The pipe being already on hand is not reckoned in this expenditure.

The coal shed which was built last year in connection with the boiler house, being found too small to contain a sufficient supply of fuel, an addition has been made to it so as to enlarge its capacity about four-fold. This has occasioned an additional expenditure of \$250,00, that has been paid from the Hospital treasury.

The apparatus for warming and ventilating, which was furnished and put in operation in the fall of 1861, has continued to work well, equalling the most sanguine anticipations entertained concerning it. For a more detailed statement of the advantages of this improvement we respectfully refer to the Report of the Superintendent.

Heretofore when patients have died at the Hospital, who had come from a distance, and whose friends would probably desire to remove their remains to be laid beside those of their kindred, it has been necessary to bury them in graves in the Cemetery of the Hospital. Hence it has long been deemed desirable to have a convenient tomb at the Cemetery, for the temporary deposit of the remains of deceased patients, until their friends could have sufficient time to come for them. We have accordingly caused a tomb to be built within the year past. It is constructed of gran-

ite, and is sufficiently large for the purposes for which it is designed, The expense of its construction, including materials is \$300.00 furnished from the Hospital treasury.

Under the excellent management of the Steward, the farm is rapidly increasing in fertility and productiveness, and already yields a large quantity of hay and pasturage for cows and other cattle, furnishing milk and beef for table supplies, besides potatoes and other vegetables, and thus saving many hundreds of dollars a year to the treasury. It is in part, if not chiefly owing to supplies from this source, that we have been able hitherto to furnish board to patients at so low a rate ; for otherwise it could not have been afforded for less, probably, than three dollars a week. The principal improvements on the farm effected during the year, besides enriching the soil and breaking up some twelve or fifteen acres of new ground, are the digging of about 200 rods of ditching for under-drains, and the making of 220 rods of new picket fence. Most of the land that has now for the first time been ploughed, is of a rich and deep soil, and cannot fail to become highly productive, especially as a hay field, with comparatively little of additional labor.

Concerning the price of board, to which some allusion has been made above, some modification must necessarily be made, at this time. Two years ago, after a careful examination of the subject, the Trustees concluded to reduce the rate of board of patients, who were wholly supported by the State, from \$2.50 to \$2.00 a week, leaving the rate for other patients, as it long had been before, \$2.50 a week. As the prices of provisions then were, these rates were judged sufficient to meet the actual expenses of board. But since that time prices have largely advanced on many articles, and have somewhat increased on nearly all. A much larger outlay has also become necessary on account of the change that has since been made in the apparatus for warming and ventilating the Hospital. More coal is required for the furnaces, by several hundred tons ; and there is added the wages and board of an engineer to manage the steam works. And, according to our estimates at this time, present prices of board will not be sufficient to meet current expenses. We have therefore voted to change the board of State patients, from \$2.00 to \$2.50 a week, from the first day of December, eighteen hundred and sixty-two. The board of all other patients will remain for the present at \$2.50, as

heretofore, except that of patients whose friends wish them to be furnished with private parlors, who will be charged accordingly.

In closing this Report, we would not fail to recognize the good hand of God in the many blessings which in his kind providence he has bestowed on this Institution throughout the year; especially in preserving it from all epidemic diseases, and in sending healing mercies to so large a proportion of patients and more or less of relief and benefit to many others, who yet are but partially cured. With humble reliance on His favor, we enter on our trust for another year, hoping that by His blessing this Institution will be the means of benefitting very many of those now under treatment, and of all others who may need to be placed within its doors.

Appended hereunto, are the Treasurer's Report, (Appendix A;) Schedule of Personal Property, (Appendix B;) Report of Committee on Libraries, (Appendix C;) Report of Committee on Furniture, (Appendix D;) Report of the Chaplain, (Appendix E.)

All of which are respectfully submitted.

RICHARD WOODHULL.
JOSEPH BARRETT.
ALCANDER BURBANK.
JOHN L. CUTLER.
JOHN BENSON.
WILLIAM SWASEY.

INSANE HOSPITAL, Dec. 4th, 1862.

SUPERINTENDENT'S REPORT.

To the Governor of Maine, and to the Honorable Council:

GENTLEMEN:—The close of another fiscal year brings with it the duty of laying before you the Annual Report of this benevolent Institution.

In looking over the way we have come since we presented our last exhibit of the Maine Insane Hospital, we see abundant reason for gratitude to the Giver of all good for his beneficent care and protection displayed on every hand.

No period in the history of the Institution has been more prosperous than the one we are now called upon to review. Rarely have we experienced a greater exemption from special sickness and death, or enjoyed a greater immunity from all casualties among the members of our household.

The Hospital has been full of patients at all times, and the duties involved in their care and treatment have never been more onerous, yet the result of our labors has been quite satisfactory.

On the 30th of November, 1861, there were two hundred and fifty-two patients remaining in the Hospital—one hundred and thirty-three males, and one hundred and nineteen females. There have been admitted since, one hundred and twenty-five—sixty-nine males, and fifty-six females; making a total under treatment of three hundred and seventy-seven—two hundred and two males, and one hundred and seventy-five females.

One hundred and nineteen have been discharged during the year—seventy-four males, and forty-five females; leaving two hundred and fifty-eight patients in the hospital at the close of the year—one hundred and twenty-nine males, and one hundred and twenty-nine females.

The condition of those discharged was as follows: fifty-seven recovered—thirty-four males, and twenty-three females; twenty-four were improved—thirteen males, and eleven females; nineteen

were unimproved—twelve males, and seven females; nineteen died—fifteen males, and four females.

The prominent causes of death of those deceased were: exhaustive mania, three; apoplexy, three; consumption, four; general paralysis, one; congestion of the lungs, one; typhoid fever, one; epilepsy, one; dysentery, one; chronic diarrhoea, one; serus apoplexy, one; delirium tremens, one; old age and chronic insanity, one.

The per cent. of deaths the past year has been considerably less than for several years previous, especially among the female patients, only four having died out of one hundred and seventy under treatment. Four-fifths of the male patients who deceased were incurable cases of insanity of many years standing, and their demise seemed a happy release from the clogs which bound them to earth.

One died in December, four in February, one in April, three in June, two in July, one in August, three in September, two in October, and two in November.

The civil condition of the patients admitted during the year was as follows: thirty-six males, and thirty females were married; twenty-nine males, and twenty-one females were single; four were widowers, and five were widows.

The assigned causes of insanity in those admitted during the year, are: *ill health*, thirty-two; *intemperance*, ten; *masturbation*, nine; *puerperal state*, seven; *epilepsy*, six; *domestic affliction*, six; *taking cold*, five; *disappointed affection*, five; *pecuniary trouble*, five; *injury of head*, four; *domestic trouble*, three; *religious excitement*, three; *over exertion*, four; *spiritualism*, two; *military excitement*, one; *disappointment in business*, one; *turn of life*, one; *unknown*, twenty-one.

The Hospital was first opened for the reception of patients in October, 1840. Since that, two thousand five hundred and twenty-three have been admitted. Of these, two thousand two hundred and sixty-five have been discharged in the following condition: Recovered, one thousand and forty-six; improved, four hundred and forty; unimproved, four hundred and thirty-five; died, three hundred and forty-four.

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

YEAR.	Admitted.	Discharged.	Whole number under treatment.	Recovered.	Improved.	Unimproved.	Died.	Greatest number in Hospital on any day.	Least number in Hospital on any day.	Remaining at end of year.	Daily average number for the year.
1840-1	120	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	55	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	189	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
1858-9	149	120	357	58	22	23	17	240	205	237	222
1859-60	136	133	373	63	22	17	31	246	227	240	236
1860-1	135	123	375	55	25	16	27	255	239	252	248
1861-2	125	119	377	57	24	19	19	263	244	258	254

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.		1858-9.		1859-60.		1860-1.		1861-2.		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.	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	5	2	8	9	5	6	6	7	220
November, .	9	4	2	1	1	2	5	4	4	4	2	1	2	8	3	5	11	2	9	2	4	6	2	4	1	2	6	3	2	7	7	6	4	9	4	3	4	6	3	10	3	9	5	196	
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	3	2	6	3	5	1	10	3	174
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	6	2	9	4	4	6	2	3	170
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	4	4	4	3	7	4	5	1	158
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	6	4	9	2	6	6	6	4	209
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	10	8	2	4	9	7	2	8	218
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	5	6	10	7	6	5	9	2	243
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	9	10	6	6	5	5	6	5	250
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	9	6	7	6	3	4	3	5	209
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	13	5	6	8	6	7	7	5	220
September, .	3	2	2	5	6	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	4	7	5	9	5	10	6	232	

The daily average number of patients in the Hospital the past year has been two hundred and fifty-four, which is greater than ever before, as will be observed by reference to the foregoing table. Every apartment has been full, every dormitory occupied. But for the discharge of quite a number of harmless, incurable patients, who were taken to the several town alms houses, we could not have accommodated all who have applied for admission. In view of this fact, we would once more respectfully invite your attention to the importance of taking some initiatory steps towards making further provision for the insane in the State. Our impression heretofore has been, that it would be better to erect another Hospital in some other section of the State, than to make any considerable addition to the present building; but considering the condition of the country, the state of the finances, and the pressing wants of the insane, we are disposed to waive our views upon this point, and suggest that an addition of seventy-five or one hundred feet be added to the respective departments for males and females. This would increase our accommodations sufficient to receive about one hundred more than we are now able to do. The outlay for such an addition would be small, compared with that for erecting another Hospital, and would answer all demands of this kind for several years to come.

We have now had the trial of the new mode of warming and ventilating by the steam and fan blower for a little more than a year, and are prepared to speak more fully of its merits, than we were when making our last report. It is decidedly the most valuable improvement that has ever been introduced here. Its power for warming, and efficiency in ventilating the entire building, exceeds our expectations.

During the coldest weather, it was only necessary to use two-thirds of the boiler power, and about one-half of the radiating pipe in the air chambers, to keep every apartment of the building perfectly comfortable night and day.

Those who visit the Institution, do not fail to observe the great change that has been made for the better, in the ventilation of all the wards. The beneficial effect, we think, is plainly seen in the improved general health of the inmates. From this or some other cause, we have had less physical sickness and a less number of deaths the past year, than for the same period before for a long time. We not only warm and ventilate with steam, but do all the

washing, and heat all the water for daily use in the entire establishment. There is also considerable cooking done, and many hogsheads of water pumped into the attic with the same power.

To do all this work, it was thought a very large amount of coal would be required, but experience has proved that it takes much less than was at first supposed. During the winter months, we, on an average, used less than a ton and a half of coal per day, and during the summer, we used less than one thousand pounds per day.

What we have said of the farm in previous reports, we can truly say this year. Its value to the Institution generally, and to the patients in particular as a means of cure, is beyond computation. Under the immediate management of our faithful and competent Steward, it is steadily advancing in all the essential points which go to make up a model farm. A glance at Mr. Allan's accompanying report, will show what the farm has produced the past season. This, however, is only a moiety of the good derived. To see and understand its full value to the establishment, one must be a constant observer of what is daily going on within its precincts, and carefully watch the effect of a few hours of physical exercise each day upon minds disturbed and bewildered by disease.

During the past summer many improvements have been made on the farm. More of the land, in front of the buildings next to the river, has been reclaimed, and is now in a good state of cultivation.

A large, substantial wharf has been built, at a point on the river convenient of access to the buildings, where the heavy supplies are landed, and conveyed over a new road recently made for the purpose.

Since the number of patients in the Hospital has considerably increased, there has been at some periods of the year, a scanty supply of water, especially, in the dry season. To obviate this difficulty, the Trustees advised the digging of a well, a few hundred feet from the fountain attached to the boiler-house, where there were indications of a large flow of water which could easily be connected with this fountain. The well was accordingly dug, and our expectations fully realized. An abundance of water was found, sufficient for all additional need of the Hospital in any season of the year. It is conducted into the fountain which supplies the boiler, and from this forced by a steam pump into the attic of the building when occasion requires.

The Institution has long needed a receiving Tomb, in which to deposit the remains of those who die at the Hospital, till the friends of the deceased could be notified, and where those who are to be buried here could be kept through the winter months. This want, we are happy to say, has now been supplied. A good, substantial granite tomb has been built the past season, contiguous to the Hospital burying-ground.

Various other minor improvements in, and about the buildings, on the farm, &c., we might mention, such as painting in the wards, building new fences and ditching low lands. In no previous year has there been more accomplished for the good of the establishment, than during the one just closed. No inconsiderable share of the work has been done by the inmates.

In the moral treatment of those committed to our charge, our aim is, as heretofore, to induce them to engage in some useful employment. One of the greatest obstacles we meet, in administering to mind disease, is the want of wholesome mental occupation combined with physical exercise. Useful employment, judiciously applied, is to the alienated mind what medicine and food are to the body, and he who finds mental aliment of this kind enough for his patients, will prove the most successful physician.

The religious service of the Chapel has been continued with unabated interest, shedding its benign influence upon many a stricken heart, dropping in through the crevices of the darkened soul, the balm of consolation, and rekindling the spark that lights up the hope of life and immortality beyond the grave.

Under the judicious direction of our excellent Chaplain, Rev. J. H. Ingraham, these services are made most salutary and morally healthful to all who are able and have a desire to attend them. Without the Chapel exercises, we should deem the moral treatment of this institution deficient and incomplete. The religion of the gospel of Jesus Christ, when properly applied, never produces any but the kindest results. Instead of producing mental derangement, as some aver, it is one of the great defensive bulwarks against the invasion of this dire disease.

I would once more express through you, my grateful acknowledgements to the Board of Trustees, for their unvarying kindness, and for their efforts in promoting the best interests of the Institution.

It may be well to allude in this connection, to the loss the Hos-

pital has sustained in the death of one of its founders and largest private benefactors. In the decease of Hon. Reuel Williams, a wide gap has been made in the circle of friends of the insane. Early, he beheld the wretched condition of this unfortunate class; his eye pitied, and forth from his beneficence flowed that which laid the foundation pillars of this noble structure. With a father's care he watched over the interests of the Hospital from its beginning, spending days of his valuable time in devising means to promote the comfort and well being of those who had fallen victims to this worst of human ills, and had come hither for relief. For more than fifteen years he was an active member of the Board of Trustees, performing much of the heavy work which devolved upon the board, without ever receiving a dollar of compensation for his labor; and when advancing years admonished him that it was time to lay aside the cares of public business, and he resigned the office of Trustee, yet his interest in the Institution did not abate. Often, his thoughts adverted to it, and his steps were directed hither, where his counsel and advice were freely given to facilitate the best good of the Asylum. And now, though he rests from his labors, though his tongue lies silent in the grave, he yet speaks to us, saying, "be kind to the unfortunate and afflicted."

We are under continued obligations to the editors and publishers of the following newspapers, for furnishing gratuitously the inmates of the Hospital with a copy of their regular weekly issues: The Age, Kennebec Journal, Maine Farmer, Gospel Banner, Augusta; Hallowell Gazette, Kennebec Courier, Hallowell; Gardiner Home Journal, Gardiner; American Sentinel, Bath; Christian Mirror, Portland Transcript, Maine Teacher, Portland; Maine Democrat, Saco; Democrat and Free Press, Rockland; Republican Journal, Belfast; Ellsworth American, Ellsworth; Machias Union, Machias Republican, Machias; Eastport Sentinel, Eastport; Aroostook Herald, Presque Isle; Whig and Courier, Bangor; Republican Clarion, Skowhegan; Eastern Mail, Waterville; Lewiston Falls Journal, Lewiston; The Morning Star, Dover, N. H.

We would gratefully acknowledge the receipt of eight volumes of valuable public documents from Hon. Lot M. Morrill, and Mr. Titcomb. From Rev. J. H. Ingraham we have received several volumes of medical books from the library of the late Judge Cony, also a file of newspapers for distribution in the wards.

I take pleasure in referring to the hearty and generous support, which all the officers associated with me have rendered in the management of our household during the year. The attendants and other assistants have been kind and faithful in the discharge of their various duties.

Having reviewed the year just closed, and stated briefly "the condition and prospects of the Institution," it remains for us in compliance with the Statute, to offer "such remarks" upon "the general subject of insanity as" we "think will promote the cause of humanity."

Deeming the observance of the laws of health, as connected with mental derangement, of the utmost importance, we propose to say a few words upon the following subject :

A popular indifference to, and disregard of the laws of physical health, a prolific source of the increasing insanity in the community.

That insanity does increase, we need not stop here to prove. The fact is patent to all who give the matter an inquiring thought. Concerning the fact, we naturally cast about in search of a cause for so grave a misfortune; and where shall we find one of sufficient magnitude, if not in the impaired physical condition of our race, so common at the present time.

It is painful in looking over the ground which this great subject covers, to see how grossly the laws which govern human health, are abused; how few there are, who give any attention, for instance, to the laws of digestion, of respiration, or of exercise.

Unwelcome as it may be, one is forced to the belief that the standard of man's physical health is at a much lower figure than it was fifty years ago; and the reason is obvious,—a culpable neglect of those immutable and fixed laws of God, designed for the government of the animal economy.

When we consider the intimate connection which exists between mind and body, the reciprocal influence they have upon each other, one can easily understand that whatever impedes, or interrupts the functions of the latter, must, from the nature of the case, have an impression great or small upon the former.

Let us glance briefly at one or two of the various avenues, leading to the downfall of physical health, and ultimately to the overthrow of reason, and see if the most rigid blockade is not required to keep the enemy within his proper precincts.

In the first place, the habits of our people carry many a wary traveller to the field where are sown broadcast, the seeds of disease. Look at him who comes forth upon the stage of life, with an organism already impaired by some hereditary taint, handed down perhaps, along the line of several preceding generations, first inaugurated, may be, far back among the conventionalisms of the age. Look, I say, at the tiny delicate frame, and see with what scrupulous care the fond mother robes her tender offspring; see how carefully she folds the different layers of woolen fabric about the lower portion of its little body, protecting well the legs and feet, while the snow-white chest, the beautifully chiselled neck and arms, are only covered with the texture woven by the God of nature for man in his primeval state.

Who would dare to hint to that mother that the style of dress, which the goddess of fashion dictated, and was worn under similar circumstances by herself, her mother, her grandmother and her great, great grandmother, is one of the little paving-stones, which an abused law of nature will use, to pave the way to future disease, insanity and death.

Said an eminent physician of Paris just before his death, "I believe that during the twenty-six years I have practiced my profession in this city, twenty thousand children have been borne to the cemeteries, a sacrifice to the absurd custom of naked arms."

"When in Harvard," says Dr. Lewis, "many years ago, I heard the distinguished Dr. J. C. Warren say, "Boston sacrifices five hundred babies every year by not clothing their arms." Dr. L. further says, "one of the gravest mistakes in our dress is the very thin covering of our arms and legs. No physiologist can doubt that the extremities require as much covering as the body. A fruitful source of disease, of congestion in the head, chest and abdomen, is found in the nakedness of the arms and legs which prevents a fair distribution of the blood. Perfect health depends upon perfect circulation. Every living thing that has the latter, has the former. Put your hand under your dress upon your body. Now put your hand upon your arm. If you find the body is warmer than the arm, you have lost the equilibrium of circulation. The head has too much blood, producing head-ache or sense of fulness; or the chest has too much blood, producing cough, rapid breathing, pain in the side, palpitation of the heart; or the stomach has too much blood, producing indigestion; or the liver

has too much blood, producing some disturbance; or the bowels have too much blood, producing constipation or diarrhœa. Any or all of these difficulties are temporarily relieved by immersion of the feet or hands in hot water, and they are permanently relieved by such dress and exercise of the extremities as will make the equilibrium permanent."

Next, consider for a moment the ill ventilated apartments in which the child is reared, the ever changing temperature of the climate, alternating between extremes of heat and cold, and last but not least, the diet upon which the little one is often obliged to subsist. The mother furnishes all the nourishment which her weak, enervated frame can elaborate through the lacteal organs; the quality is often poor, and the quantity insufficient for the child's sustenance and growth, owing to her own poor health. Requisition is then made upon a wet nurse, or one of the lower animals, neither of which fully meets the demands of nature.

In some way or other the child lives, and struggles on for the first year, in spite of all the untoward circumstances. Then commences a process of feeding and stuffing far more deleterious. Articles of food are introduced into the stomach, which an adult would find difficulty in digesting; strong meats, rich pastry, candies, sweetmeats, in fine, everything which the appetite craves is profusely furnished, and taken at all hours of the day, till the blood becomes so vitiated and impoverished, as to unfit it for the purposes for which it was designed.

Not only do we see the ill effects almost immediately, upon the temper and disposition of a child thus pampered, marked by irritability and peevishness, but the work is begun thus early, of laying the foundations for a very large share of the ill health so prevalent, and which is well known to be a fruitful cause of hundreds of cases of insanity occurring every year.

Says Dr. Conolly, of the Lunatic Asylum at Hanwell, England, on the management of children, with a view to the prevention of insanity, "Very little consideration is required to show that in the management of children of tender years, many customs prevail which directly tend to irritate and spoil the growing brain. The system of mental and physical training generally adopted for children and youth, is so far from being adapted to secure a sound mind in a sound body as to be little better than a satire on the common sense of mankind. From the very beginning, nothing is so conspicuous as a steady disregard of physiological principles."

Many are the men and women of our day who are made miserable in mind and body all their lives, just for the want of a proper care and treatment of their bodies during childhood and youth, all arising from a "popular ignorance and selfishness" of the age, — an indifference to the laws of health.

Especially in the female portion of the community, do we find a degenerating health very noticeable, a fact sadly to be deplored. It is a verity which cannot be winked out of sight, that a large proportion of the accessions, made from time to time to the already large number of insane in this country, are traceable to the low physical condition of our women.

"That the health of our women," says Dr. Ray in his very interesting Report for 1860, "has been depreciating during the last forty or fifty years, is a fact too lamentably patent to be questioned. To be exempt for a twelve-month from some bodily ailment, or that kind of delicate health which is but a slight remove from it, has become a fact of no common occurrence."

When we look at the way the daughters of American women are managed, all along from the cradle to womanhood, this will not appear at all surprising; the disparity between invalid men and invalid women which I believe is true, will not seem so strange. In the first place, woman possessing a finer and more delicate organization than man, is more susceptible to physical evils; hence, the importance of giving special attention to the training of her physique.

The evils of costume and of diet, the errors in training the moral and intellectual faculties, and the great social evils of the day, fall with an effect more potent upon the female, and yet, scarcely any efforts are made to correct this prominent wrong. The intellectual culture is paramount in the mind of the mother, while the physical is almost entirely neglected.

Says Mr. Higginson in the *Atlantic Monthly* for May last, speaking of the health of our girls, "It is rare to find an American mother who habitually ranks physical vigor first, in rearing her daughters, and intellectual culture only second; indeed, they are commonly satisfied with a merely negative condition of health. The girl is considered to be well, if she is not too ill to go to school, and she therefore lives from hand to mouth, as respects her constitution, and lays up nothing for emergencies. From this negative condition proceeds her inability to endure accidents

which to an active boy would be trivial. Who ever hears of a boy's incurring a lame knee for a year by slipping on the ice, or spinal disease for a life-time by a fall from a sled? And if a girl has not enough of surplus vitality to overcome such trifles as these, how is she fitted to meet the coming fatigues of wife and mother?"

If there is any one evil in the great social book of life which is paramount to all others and requires reform, it is a want of a proper understanding of dietetic laws. In this pit-fall, thousands of both sexes are floundering, unmindful and ignorant of what they are doing. Here, health imbibes some of its largest draughts of bitter poison. Could the stomach, the great culinary organ of the body speak, it would tell a tale that would make its owner blush for very shame.

No beast of burden was ever more unmercifully laden, than is the human stomach, and that too, with articles the most contraband of health. No wonder that there are so many broken down constitutions, when we consider what a conglomerate mass is conveyed every twenty-four hours, to the kitchen of "the house we live in," there to be elaborated for growth and repairs. Abuse the stomach and you sooner or later abuse health, overtax its functions, and you will surely disarrange the whole machinery in a greater or less degree, depending upon the resisting force of the constitution.

Who can tell how much of the mysterious disease which we are called upon to treat, does not germinate from the seeds sown in the soil, prepared in this wonderful laboratory, — the stomach.

An ancient philosopher of the seventeenth century, who was more or less an invalid during the first thirty or forty years of his life, left a record of his own practice and experience on this point, which, could it have been followed by all who have lived since, would present an aspect of physical health far different from what is now observed.

Having rid himself of all his infirmities by a rigid course of diet, George Herbert says, "I began to consider the force of temperance, and to think thus with myself: if temperance had so much power to bring me health, how much more to preserve it! Wherefore I began to search out most diligently what meats were agreeable unto me, and what disagreeable; and I purposed to try whether those that pleased my taste brought me commodity or discommodity; and whether that Proverb, wherewith gluttons

used to defend themselves, to wit: "That which favors is good and nourisheth," be consonant to truth. This, upon trial I found most false. Therefore trusting on experience, I chose those kinds of meats and drinks that fitted my stomach, and in such measure as easily might be digested; above all, taking care never to rise with a full stomach, but so as I might well both eat and drink more. By this means, within less than a year, I was not only freed from all those evils which had so long beset me, and were almost become incurable; but also afterwards I fell not into that yearly disease whereinto I was wont when I pleased my sense and appetite. Which benefits also still continue, because that from the time that I was made whole, I never since departed from my settled course of sobriety, whose admirable power causeth that the meat and drink that is taken in fit measure, gives true strength to the body, all superfluities passing away without difficulty, and no ill humor being engendered in the body.

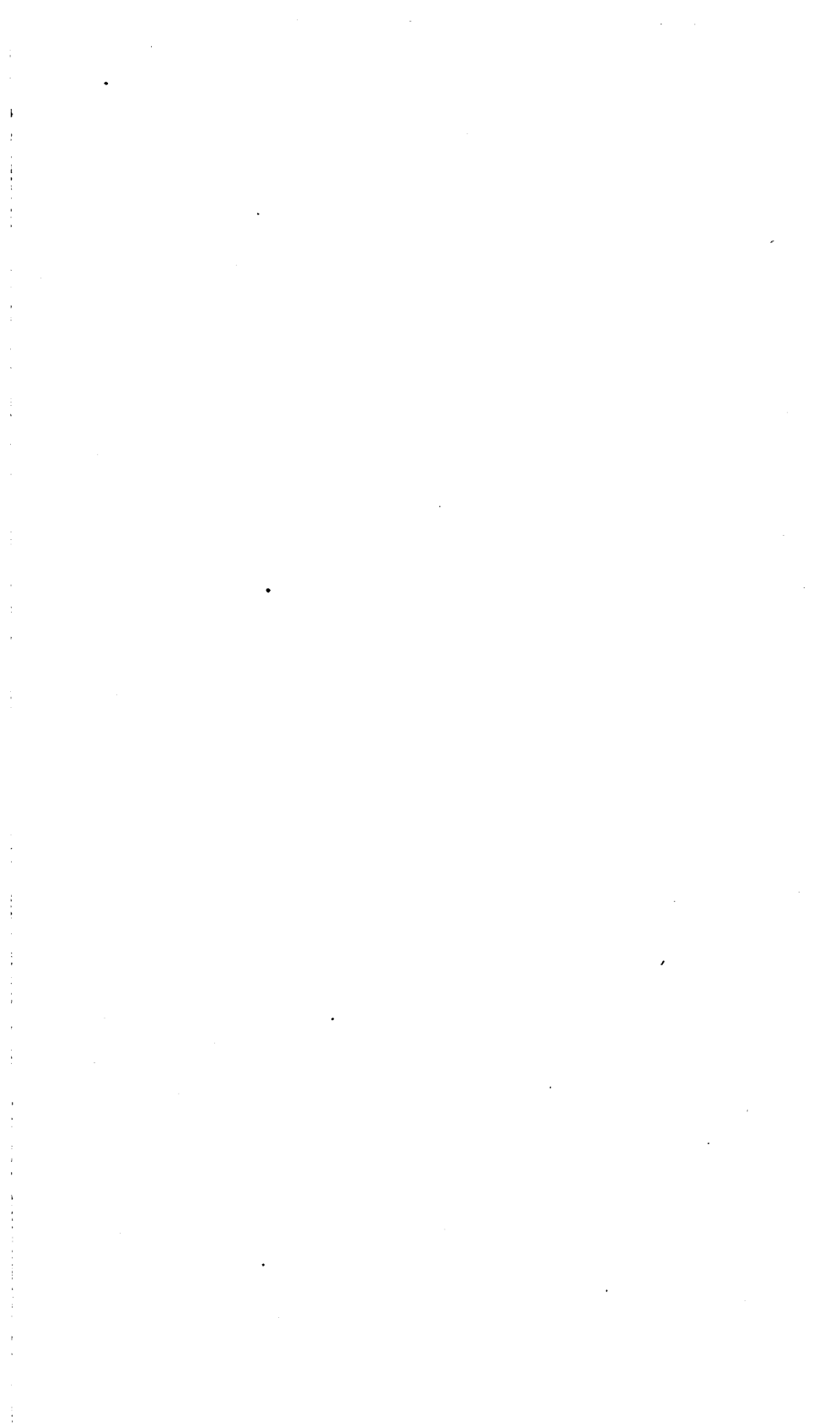
Yet with this diet I avoided other hurtful things also, as too much heat and cold, weariness, watching, ill air, overmuch use of the benefit of marriage. For although the power of health consists most in the proportion of meat and drink, yet these forenamed things have also their force. I preserved me also as much as I could, from hatred and melancholy, and other perturbations of the mind, which have a great power over our constitutions. Yet could I not so avoid all these, but that now and then I fell into them, which gained me this experience, that I perceived that they had no great power to hurt those bodies which were kept in good order by a moderate diet. So that I can truly say, that they who in these two things that enter in at the mouth keep a fit proportion, shall receive little hurt from other excesses."

"A temperate and sober life," he adds, "is the most sure way and ground of health and long days, and the true and only medicine of many diseases.

He who lives a temperate life cannot fall into diseases, and but very seldom into indispositions, because temperance takes away the causes of diseases; and the cause being taken away there is no place for the effect."

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, Nov. 30th, 1862.



APPENDIX.

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 woolen cloth; two pairs woolen socks or stockings; one neck cravat or stock, one hat or cap, and one pair of boots and shoes.

Females should have at least the same quantity of under clothes, including shoes and stockings, decent bonnet, and two substantial dresses. The woolens should be of dark color. It is quite desirable also, that a Bible or Testament should not be forgotten in the outfit. The price of board, washing, medicine and attendance is fixed at \$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 regulating the Hospital in the Revised Statutes.

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 —.

FORM OF BOND FOR SUPPORT.

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

Sealed with our Seals and dated at —, this — day of —, A. D. 186—.

The condition of this obligation is such, That whereas — — of —, in the county of —, is about to be admitted as a boarder and patient at the Institution aforesaid: Now if the said — — shall pay to said — —, or 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 — —; payment to be made quarterly, and at the time of removal, with interest on the amount after it becomes due, as aforesaid, then this obligation to be null and void, otherwise to remain in full force and virtue.

Witness.

[L. S.]

[L. S.]

QUESTIONS

TO BE ANSWERED BY THE PATIENT'S FAMILY OR PHYSICIAN.

1. Age?
2. Married or single?
3. Occupation?
4. How old at first attack?
5. Date of present attack? What appearances?
6. What changes since?
7. On what subjects?
8. Any rational intervals?
9. Any 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 the 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?

(A.)

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, 1862, is respectfully submitted, viz :

PAYMENTS.		
Balance due the Treasurer, in last account,		\$1,308 08
Cash paid for provisions,		16,682 17
“ “ “ labor,		7,379 85
“ “ “ fuel and lights,		5,495 57
“ “ “ clothing,		1,729 80
“ “ “ medicine,		489 64
“ “ “ furniture,		326 68
“ “ “ coffins and fixtures,		171 43
“ “ “ repairs and improvements,		3,335 48
“ “ “ stationery and postage,		173 08
“ “ “ soap,		136 26
Miscellaneous,		781 24
		\$38,009 28
RECEIPTS.		
Cash from patients, for board, clothing, &c.,		\$34,917 02
Received from Committee on Furniture, balance of appropriation of 1859,		119 03
Balance due the Treasurer,		2,973 23
		\$38,009 28
RESOURCES.		
Debts due the Hospital,		\$9,044 41
Liabilities against the Hospital,		6,052 26
		\$2,992 15
The products of the Farm are as follows :		
120 tons of hay, at \$11 per ton,		\$1,320 00
18 tons of straw, at \$6 per ton,		108 00
250 bushels of oats, at 45c. per bushel,		112 50
750 bushels of beets, at 30c. per bushel,		225 00
140 bushels of turnips, at 30c. per bushel,		42 00
70 bushels of corn, at 75c. per bushel,		52 50
225 bushels of apples, at 33c. per bushel,		74 25
53 bushels of beans, at \$1.75 per bushel,		92 75
1,100 bushels of potatoes, at 40c. per bushel,		440 00
10,000 pounds of squashes, at 1c. per pound,		100 00

Products of the Farm, (Continued.)

15,568 pounds of pork, at 6c. per pound,	\$934 08
Milk (from pasturing), at 3c. per quart,	500 00
Produce sold,	480 39
	\$4,481 47

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

INSANE HOSPITAL, NOV. 30, 1862.

(B.)

SCHEDULE OF PERSONAL PROPERTY.

4 horses, \$100 each,	\$400 00
2 yoke oxen, \$125,	250 00
17 cows, \$30 each,	510 00
4 yearlings, \$12 each,	48 00
4 calves, \$6 each,	24 00
74 pigs, \$3 each,	222 00
15,568 pounds pork, 6 cents per lb.,	934 08
3,000 pounds beef, 5½ " "	165 00
4,600 pounds butter, 18 " "	828 00
2,800 pounds sugar, 10 " "	280 00
100 pounds coffee, 27 " "	27 00
7 chests tea, \$29 per chest,	203 00
300 gallons molasses, 35 cents per gallon,	105 00
75 gallons syrup 58 " "	43 50
159 barrels flour, \$7 per barrel,	1,113 00
200 bushels corn, 75 cents per bushel,	150 00
850 bushels potatoes, 40 cents per bushel,	340 00
20 bushels onions, \$1 per bushel,	20 00
725 bushels beets, 33 cents per bushel,	239 25
8 bushels cranberries, \$2 " "	16 00
175 bushels oats, 45 cents " "	78 75
8000 pounds squashes, 1 cent per pound,	80 00
300 pounds rice, 7 cents per pound,	21 00
100 pounds raisins, 15 cents per pound,	15 00
Soap, starch, and spices,	75 00
150 cords wood, \$4 per cord,	600 00
600 tons coal, \$7.25 per ton,	4,350 00
100 tons hay, \$11 " "	1,100 00
2 tons feed, \$22 " "	44 00
8 tons straw, \$6 " "	48 00
10 dozen pairs socks, \$5 per dozen,	50 00
Crockery and glass ware, new and in store,	145 00
Medicine on hand,	150 00
	\$13,674 58

Schedule of Personal Property, (Continued.)

Furniture in use,	\$7,000 00
Carriages and farming tools,	1,100 00
Fire engine and apparatus,	1,000 00
Vaughan Library,	300 00
McLellan Library,	400 00
McLellan Library Fund,	500 00
Col. Black Library,	900 00
Col. Black Library Fund,	2,500 00
	\$13,700 00
Total,	\$27,374 58

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

(C.)

INSANE HOSPITAL, December 3, 1862.

To the Trustees :

The undersigned, Committee on Libraries, have purchased one hundred and twelve volumes of books and an extensive assortment of weekly newspapers and monthly and quarterly publications, for the use of patients.

The Libraries now contain about two thousand three hundred volumes.

The Library Funds, amounting to \$3000, remain invested in six per cent. State bonds.

We have expended the present year \$199.27 out of the accumulated fund ; vouchers for which are submitted.

R. WOODHULL, }
 J. L. CUTLER, } *Committee.*

(D.)

The undersigned, being a committee for the purchase of furniture, reports that he has expended for this purpose the remaining balance of the appropriation made by the Legislature in 1859, one hundred and nineteen dollars and three cents.

R. WOODHULL, *Committee.*

(E.)

To the Trustees of the Maine Insane Hospital:

GENTLEMEN :—In making my annual report as Chaplain of the Institution, I would cheerfully acknowledge the kind care of God vouchsafed to us, so that the pulpit of our Chapel has been supplied every Sabbath evening throughout the whole of the hospital year, with the exception of three Sundays, when service was omitted through unavoidable circumstances.

The funerals have been few at the Hospital, as the season past has been healthy, and most of those who have deceased were conveyed home to rest by the side of friends and neighbors.

The services in the Chapel have been well attended, and good attention has been given; and strangers who have occasionally been present have noticed the soothing influence that the religious duties have had upon the patients, and have been agreeably surprised at the decorum and stillness of them in the hour of worship.

The singing by the choir, composed of the worthy Superintendent, his excellent wife, the Assistant Physician, and several others, has an influence in promoting the quietness of the patients, during the time of worship.

As I have been connected with the Hospital for several years, and know something of its affairs, both external and internal, I think you will bear with me when I say that credit is due to those who are placed at its head, and have the direction of its affairs. This Institution, I am persuaded, will compare favorably with any similar one in this country. Suffice it to say that it is an honor to our State.

I still continue to receive the hearty co-operation of the officers of the Institution, in my endeavors to be useful to those who demand our deepest commiseration; and would acknowledge the kind care of the Steward and Treasurer, by whose attention I am conveyed to and from the place of my labors.

With great respect, I remain,

Cordially yours,

JOHN H. INGRAHAM.

AUGUSTA, November, 1862.