

**Sixteenth annual report of the Belfast District Asylum for the insane poor of the counties of Antrim, Down, and county of the town of Carrickfergus : for the year ending 31st of March, 1846 / drawn up by the resident physician.**

**Contributors**

Belfast District Lunatic Asylum.  
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SIXTEENTH  
ANNUAL REPORT  
OF  
**The Belfast District Asylum**

FOR  
THE INSANE POOR  
OF THE COUNTIES OF ANTRIM AND DOWN, AND COUNTY OF THE TOWN OF  
CARRICKFERGUS,

*For the Year ended 31st March, 1846.*

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DRAWN UP BY THE RESIDENT PHYSICIAN.

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READ AND APPROVED BY THE GOVERNORS, AND ORDERED TO BE PRINTED  
AND CIRCULATED ACCORDINGLY.

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BELFAST:  
PRINTED BY FRANCIS D. FINLAY,  
CALENDER-STREET.

1846.

SIXTEENTH

ANNUAL REPORT

OF THE BELFAST DISTRICT ASYLUM

THE INSANE POOR

OF THE COUNTIES OF ANTRIM AND DUBLIN, AND DISTRICT OF THE TOWN OF  
GLASHBOROUGH

FOR THE YEAR ENDING 31st MARCH 1880

DRAWN UP BY THE RESIDENT PHYSICIAN

READ AND APPROVED BY THE GOVERNMENT AND ORDERED TO BE PRINTED  
AND CIRCULATED ACCORDINGLY

BELFAST:

PRINTED BY FRANCIS & KENNEL  
QUEEN'S STREET

1880

# CONTENTS OF REPORT.

|                                                   | PAGE.              |
|---------------------------------------------------|--------------------|
| Accommodation, ... ..                             | 17                 |
| Additions to District Asylums, ... ..             | 17                 |
| Admissions and discharges during the year, ... .. | ... (Table 1), 9   |
| Ages of Patients admitted, ... ..                 | ... (Table 2), 9   |
| Do. do. discharged, ... ..                        | ... (Table 9), 11  |
| Do. do. deceased, ... ..                          | ... (Table 10), 12 |
| “Criminal Lunatics,” ... ..                       | 12                 |
| “Dangerous” do., ... ..                           | 12                 |
| Deaths during the year, ... ..                    | 16                 |
| Do. immediate causes of, ... ..                   | ... (Table 10), 12 |
| Domestic State, ... ..                            | ... (Table 6), 10  |
| Education, degree of, ... ..                      | ... (Table 8), 11  |
| Employment, ... ..                                | 19                 |
| Expenditure, ... ..                               | 22                 |
| Governors and Officers, ... ..                    | 7                  |
| Health of Inmates, ... ..                         | 15                 |
| Insanity, causes of, in year's admissions, ... .. | ... (Table 3), 10  |
| Do., forms of, do., ... ..                        | ... (Table 4), 10  |
| Infirmary, ... ..                                 | 15                 |
| Occupation of Patients admitted, ... ..           | ... (Table 7), 11  |
| Provincial Asylums, ... ..                        | 18                 |
| Religious denominations, ... ..                   | ... (Table 5), 10  |
| Restraint, ... ..                                 | 15                 |
| Suicidal Patients, ... ..                         | 14                 |



# CONTENTS OF REPORT

|    |                                                          |
|----|----------------------------------------------------------|
| 17 | Accommodations                                           |
| 17 | Additions to District Asylum                             |
| 9  | Admissions and discharges during the year, ... (Table 1) |
| 9  | Age of Patients admitted, ... (Table 2)                  |
| 11 | Do. do. discharged, ... (Table 3)                        |
| 12 | Do. do. deceased, ... (Table 4)                          |
| 12 | Chapman Lunatic                                          |
| 12 | "Dangerous" do.                                          |
| 12 | Deaths during the year                                   |
| 12 | Do. immediate causes of, ... (Table 5)                   |
| 12 | Domestic State                                           |
| 11 | Education, degree of, ... (Table 6)                      |
| 12 | Employment                                               |
| 22 | Expenses                                                 |
| 7  | Governors and Officers                                   |
| 12 | Health of inmates                                        |
| 12 | Insanity, causes of, in year's admissions, ... (Table 7) |
| 12 | Do. term of, ... (Table 8)                               |
| 12 | Insanity                                                 |
| 11 | Occupation of Patients admitted, ... (Table 9)           |
| 12 | Provisional Asylum                                       |
| 12 | Religious denominations, ... (Table 10)                  |
| 12 | Restraint                                                |
| 11 | Statistical Tables                                       |

# CONTENTS OF GENERAL STATISTICAL TABLES.

|                                                                            | PAGE. |
|----------------------------------------------------------------------------|-------|
| Admissions and discharges of the year, ended 31st March, 1846, (Table 12), | 25    |
| Do., do., of each County of the District, in do., (Table 13),              | 25    |
| Do., do., total, of each County in, do., (Table 18),                       | 27    |
| Employment, general nature of, ... .. (Table 26),                          | 30    |
| Insanity, forms of, and state, as to recovery, &c., ... (Table 22),        | 28    |
| Number remaining and average number, of each year, (Table 21),             | 28    |
| Per centages of discharges and deaths, during the year, (Table 23),        | 29    |
| Do. do., for nine years, (Table 24),                                       | 29    |
| Period of duration of disease, before admission, ... (Table 14),           | 26    |
| Do. of residence in Asylum, ... .. (Table 15),                             | 26    |
| Do. of total duration of disease, ... .. (Table 16),                       | 26    |
| Religious denominations of total number of Patients admitted, (Table 20),  | 28    |
| Do. do. of Patients remaining, ... .. (Table 19),                          | 27    |
| Season, admissions and discharges in each, ... (Table 17),                 | 27    |
| Works and manufactures during the year, ... .. (Table 25),                 | 29    |
| ~~~~~                                                                      |       |
| Financial Statement, ... .. (Table 27),                                    | 31    |
| Farm and Garden produce and expenditure, ... (Table 28),                   | 32    |
| Dietary Table, ... ..                                                      | 33    |





GOVERNORS  
OF  
THE BELFAST DISTRICT ASYLUM,

APPOINTED BY THE  
LORD LIEUTENANT AND COUNCIL OF IRELAND,  
UNDER THE PROVISIONS OF THE ACT 1 AND 2 GEO. IV., CAP. 33.

MARQUIS OF DONEGALL.

SIR A. CHICHESTER, BART., D.L., J.P.

BISHOP OF DOWN AND CONNOR, AND  
DROMORE.

MAYOR OF BELFAST (*for the time being.*)

HON. MAJOR GENERAL SIR H. R. PAKEN-  
HAM, K.C.B.

REV. THOMAS HINCKS.

JOHN SUFFERN, ESQ.

SIR ROBERT BATESON, BART., D.L., J.P.

NICHOLAS PRICE, ESQ., D.L., J.P.

WILLIAM M'CANCE, ESQ., J.P.

ROBT. J. TENNENT, ESQ., D.L., J.P.

ROBERT GRIMSHAW, ESQ., D.L., J.P.

JOHN SINCLAIRE, ESQ.

EDWARD BRUCE, ESQ., J.P.

WILLIAM WALLACE LEGG, ESQ., D.L.

JAMES BLAIR, ESQ.

RIGHT REV. BISHOP DENVIR.

REV. DR. EDGAR, D.D.

REV. DR. MONTGOMERY., LL.D.

VERY REV. DEAN STANNUS.

REV. DR. COOKE, D.D., LL.D.


JAMES WATSON, ESQ.

JOHN M'NEILE, ESQ., D.L., J.P.

R. B. BLACKISTON HOUSTON, ESQ., J.P.

REV. JOHN S. B. MONSELL.

REV. THOMAS WALKER, *Vicar of  
Belfast.*

 Stated meetings of Governors are held, at the Asylum, the first Monday in each month, at One o'clock, p.m., to receive and dispose of Applications for the admission of Patients, and for the transaction of routine business.

OFFICERS :

*Resident Physician and Manager.*—ROBERT STEWART, M.D.

*Attending Physician.*—SAMUEL SMITH THOMSON, M.D.

*Surgeon-Apothecary.*—J. S. MULHOLLAND, M.D.

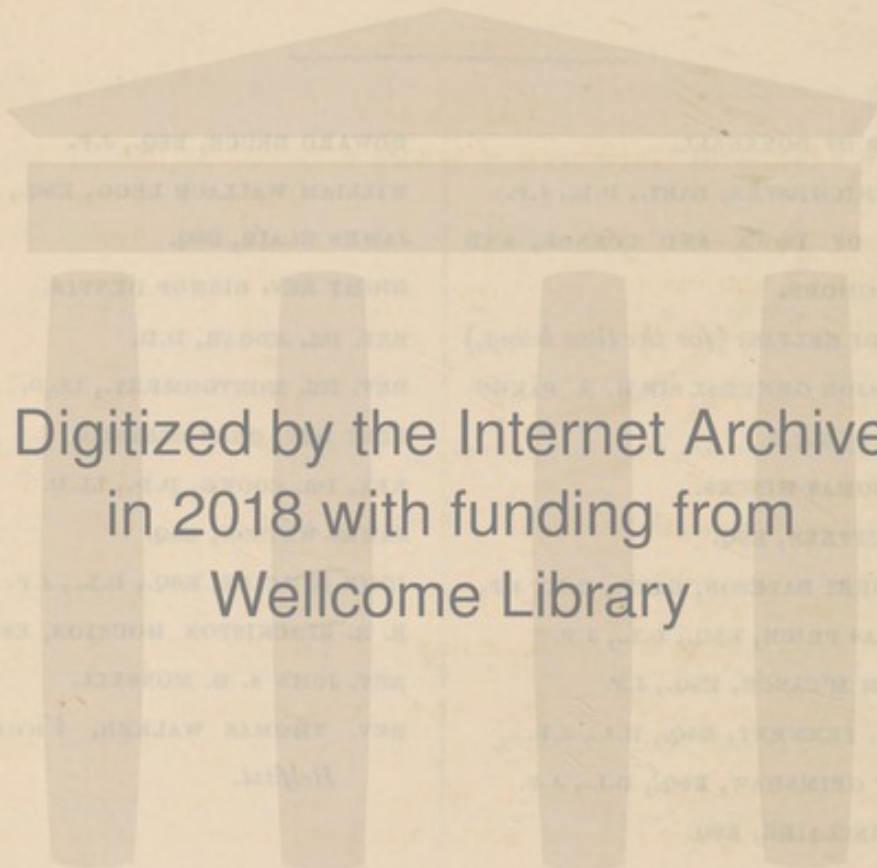


## THE BELFAST DISTRICT ASYLUM

INSTITUTED BY THE

LORD LIEUTENANT AND COUNCIL OF IRELAND,

UNDER THE PROVISIONS OF THE ACT 1 AND 2 GEO. IV. CAP. 21.



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## OFFICERS

Medical Officers and Managers — ROBERT SPENCER, M.D.

Resident Physician — SAMUEL SMITH, M.D., M.B.

Surgeon — J. W. WILSON, M.D.

# SIXTEENTH ANNUAL REPORT

## OF THE

# BELFAST DISTRICT LUNATIC ASYLUM,

## FOR THE YEAR ENDED 31<sup>ST</sup> MARCH, 1846.

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TABLE I.  
General statement of year's admissions, &c.

			<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
In Asylum, 31st March, 1845,	...	...	142	106	248
Admitted since, new cases,	...	...	51	53	104
Re-admitted, having relapsed,	...	...	2	1	3
			—	—	—
Total under treatment during the year,	...		195	160	355
			—	—	—
Discharged, recovered,	...	...	32	29	61
Do., relieved, and on trial,	...	...	10	4	14
Died,	...	...	9	15	24
Leaving in the house, 31st March, 1846,	...		144	112	256

being 8 more than at the corresponding period of last year.

The total admissions, this year, were six less than last year.

Daily average number of patients during the year,	...	...	252.18
Do. for the year ending 31st March, 1845,	...	...	258.83
Average annual expense of each patient, this year, including every charge of management,	...	...	£13 15 1
Do. for the year 1845,	...	...	12 9 7
being an increase, this year, on each patient, of	...	...	1 5 6

TABLE II.  
Ages of Patients admitted during the year.

				<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Under 20 years,	...	...	...	4	4	8
From 20 to 30 do.,	...	...	...	15	12	27
Do. 30 to 40 do.,	...	...	...	13	10	23
Do. 40 to 50 do.,	...	...	...	17	16	33
Do. 50 to 60 do.,	...	...	...	2	9	11
Do. 60 to 70 do.,	...	...	...	2	2	4
Do. 70 to 80 do.,	...	...	...	0	1	1
				—	—	—
				53	54	107



TABLE III.

Alleged causes of insanity in the cases admitted during the year.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Grief, disappointment, anxiety, ...	6	11	17
Pecuniary embarrassments, ...	5	1	6
Intemperance, ...	10	2	12
Hereditary predisposition, ...	5	4	9
Fright, ...	1	4	5
Remorse, ...	1	2	3
Bodily ailments, ...	1	2	3
Want of sleep, ...	1	3	4
Injury of the head, ...	2	1	3
Domestic misfortunes, ...	0	2	2
Poverty, ...	0	4	4
Effects of sickness, ...	1	1	2
Quarrel, ...	0	1	1
Religious excitement, ...	1	2	3
Abuse of medicine, ...	2	0	2
Over-study, ...	2	0	2
Sedentary employments, ...	0	2	2
Puerperal state, ...	0	1	1
Terror from attempted violation, ...	0	1	1
	<hr/>	<hr/>	<hr/>
	38	44	82
Unknown, ...	15	10	25
	<hr/>	<hr/>	<hr/>
	53	54	107

TABLE IV.—FORMS OF DISEASE.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Mania, ...	31	29	60
Mono-mania, ...	3	3	6
Melancholia, ...	9	19	28
Dementia, ...	9	3	12
Idiocy, ...	1	0	1
	<hr/>	<hr/>	<hr/>
	53	54	107

TABLE V.—RELIGION.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Established Church, ...	12	16	28
Roman Catholics, ...	17	15	32
Dissenters, ...	24	23	47
	<hr/>	<hr/>	<hr/>
	53	54	107

TABLE VI.—SOCIAL CONDITION.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Married, ...	25	23	48
Single, ...	26	23	49
Widowers and widows, ...	2	8	10
	<hr/>	<hr/>	<hr/>
	53	54	107

TABLE VII.—OCCUPATION.

						<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Carpenters,	...	...	...	...	...	2	0	2
Chandler's apprentice,	..	...	...	...	...	1	0	1
Clergyman,	...	...	...	...	...	1	0	1
Domestic servants,	...	...	...	...	...	0	5	5
Dressmakers,	...	...	...	...	...	0	4	4
Embroiderers,	...	...	...	...	...	0	8	8
Farmers,	...	...	...	...	...	7	1	8
Housekeepers, Housewives,	...	...	...	...	...	0	13	13
Hatter,	...	...	...	...	...	1	0	1
Knitters, spinners, and sewers,	...	...	...	...	...	0	12	12
Labourers,	...	...	...	...	...	13	0	13
Medical student,	...	...	...	...	...	1	0	1
Mill-workers,	...	...	...	...	...	0	2	2
Pedlar,	...	...	...	...	...	1	0	1
Publicans,	...	...	...	...	...	2	0	2
Saddler,	...	...	...	...	...	1	0	1
Shoemaker,	...	...	...	...	...	1	0	1
Stone-mason,	...	...	...	...	...	1	0	1
Tailors,	...	...	...	...	...	2	0	2
Teacher,	...	...	...	...	...	0	1	1
Water-guard,	...	...	...	...	...	1	0	1
Watchman,	...	...	...	...	...	1	0	1
Weavers,	...	...	...	...	...	13	0	13
Writing-clerk,	...	...	...	...	...	1	0	1
Without any known occupation,	...	...	...	...	...	3	8	11
						53	54	107

TABLE VIII.—EDUCATION.

						<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Well educated,	..	..	..	..	..	5	4	9
Can read and write,	..	..	..	..	..	38	21	59
Can read only,	..	..	..	..	..	7	23	30
Totally uneducated,	..	..	..	..	..	3	6	9
						53	54	107

TABLE IX.

Ages of the 61 Patients discharged recovered.

						<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Under 20 years,	..	..	..	..	..	2	1	3
From 20 to 30 do.,	..	..	..	..	..	9	6	15
Do. 30 to 40 do.,	..	..	..	..	..	9	9	18
Do. 40 to 50 do.,	..	..	..	..	..	8	9	17
Do. 50 to 60 do.,	..	..	..	..	..	2	3	5
Do. 60 to 70 do.,	..	..	..	..	..	1	1	2
Do. 70 to 80 do.,	..	..	..	..	..	1	0	1
						32	29	61



TABLE X.—CAUSES OF DEATHS DURING THE YEAR.

						<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
General debility, .. .. .	..	..	..	..	..	2	8	10
Maniacal exhaustion, .. .. .	..	..	..	..	..	3	2	5
General paralysis, .. .. .	..	..	..	..	..	2	1	3
Phthisis, .. .. .	..	..	..	..	..	0	2	2
Epilepsy, .. .. .	..	..	..	..	..	1	1	2
Apoplexy, .. .. .	..	..	..	..	..	1	0	1
Jaundice, .. .. .	..	..	..	..	..	0	1	1
						—	—	—
						9	15	24

TABLE XI.

Ages of the 24 Patients who died during the year.

						<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Under 20 years, .. .. .	..	..	..	..	..	0	0	0
From 20 to 30 do., .. .. .	..	..	..	..	..	1	2	3
Do. 30 to 40 do., .. .. .	..	..	..	..	..	2	2	4
Do. 40 to 50 do., .. .. .	..	..	..	..	..	4	6	10
Do. 50 to 60 do., .. .. .	..	..	..	..	..	1	4	5
Do. 60 to 70 do., .. .. .	..	..	..	..	..	1	1	2
						—	—	—
						9	15	24

## “ DANGEROUS LUNATICS.”

In the year's admissions are included eight cases received into the Asylum as “dangerous lunatics,” under the provisions of 1 Victoria, c. 27, viz., three males and five females. Six of the number (one male and five females) were transmitted from County Down Gaol, and two (both males) from County Antrim Gaol.

## CRIMINAL LUNATICS.—CRIMINAL LUNATIC ASYLUM.

The inmates of the Institution, acquitted of crime on the ground of insanity, have been lessened by one since last year. Those then on the books amounted to six—three of each sex—but now only to five, one of the males having, after repeated applications to Government, obtained a free discharge. This person had been an inmate two years and a-half, during the entire of which period, he betrayed no clearly-marked symptoms of insanity, his habits and conduct, in general, being orderly and correct. The offence he had been acquitted of (on the ground of insanity) was the commission of a dangerous assault, whilst in a state of ebriety, on an immediate member of his own family.



In last year's Report, it was mentioned, that the Irish Executive had decided on submitting to Parliament a Bill for the establishing of a Central Criminal Lunatic Asylum, for the reception of all the criminal inmates at present confined in the respective District Asylums in Ireland, together with those who might hereafter be acquitted of crime on the ground of insanity. A Bill was accordingly introduced, last Session, containing, amongst other important provisions, one for the establishing of such an Asylum; which, having passed the Legislature, and being now a part of the law of the land, will, of course, be acted upon in due time.\* The Central Asylum is to be erected in or near the Metropolis, and to be built and supported at the expense of Government. It need scarcely be observed how important it is, that the care and custody of the criminal insane should now be legislatively provided for, by having them confined in a perfectly distinct and separate establishment such as the Central Asylum will be, and not, for the future, placing them in the District Asylums, whose presence therein was always felt so unsuitable and so entirely out of character for Institutions originally founded and arranged, not for the incarceration of criminals of any class, but for the "care and maintenance of the distressed Lunatic Poor."

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\* The following is an abstract of the above Act, viz., 8 and 9 Victoria, cap. 107, entitled "An Act for the establishment of a Central Asylum for Insane Persons charged with offences in Ireland, and to amend the Act relating to the prevention of offences by Insane Persons, and the Acts respecting Asylums for the Insane Poor in Ireland, and for appropriating the Lunatic Asylum in the city of Cork to the purposes of a District Lunatic Asylum."

[8th August, 1845.]

Clauses 1, 2, 3, 4, 5, 6, 7, 8, and 9, provide for the erection, &c., of a Central Asylum for criminal lunatics.

Clauses 10 and 11 contain amendments on the Act, 1 and 2 Vict., c. 27, authorizing the committal of "Dangerous Lunatics" to Gaol, and their transference to a District Asylum, and subsequent discharge from the latter, when certified to the Lord Lieutenant by two Medical Practitioners, as having become of sound mind, or having ceased to be "dangerous."

Clause 12 directs, that persons under any sentence of imprisonment or transportation, in any District Asylum or Gaol, who are or have become insane, shall be removed to Central Asylum.

Clauses 13 and 14 relate to the District Asylums receiving as many Patients as they can accommodate, and authorizing the enlargement thereof, and the purchase of additional ground, by order of the Lord Lieutenant and Privy Council.



## SUICIDAL PATIENTS.

In six cases, viz., two males and four females, out of the past year's admissions, very determined attempts had previously been made at self-destruction. One of the males sought first to drown himself, and failing in this, endeavoured, shortly afterwards, to effect his object by hanging. The other male made an effort at drowning, too, by springing off the deck of a steam-packet whilst under way. Three of the females attempted their lives by submersion, also, and one by strangulation.

In seventeen cases (seven males and ten females) a strong suicidal propensity was developed before being placed under treatment. In no instance, however, were attempts afterwards made, or a disposition manifested by any of the above class of inmates, to accomplish their morbid desire of shortening the few days allotted to man by his Maker, to sojourn here upon earth. Cases of this description hold a prominent place among the many anxious cares by which those charged with the immediate

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Clause 15 provides, that Asylums may be appropriated for the exclusive reception of particular classes of Patients, distinguished by the nature and character of their mental disease; and for the erection, if deemed advisable, of Provincial Asylums, in addition to the District Asylums, for the reception of chronic or supposed incurable cases of insanity.

Clauses 16 and 17 refer to powers of certain recited Acts, as applicable to this one, and the separating of Counties from existing Districts, with a view to the formation of new Districts.

Clause 18 provides for the abolishing, hereafter, of Lunatic Wards connected with Houses of Industry, and for the inmates thereof being transferred to District or Provincial Asylums, when such are capable of accommodating them.

Clauses 19, 20, and 21, provide for the Cork Lunatic Asylum being appropriated to the purposes of a District Asylum.

Clause 22 authorizes the Lord Lieutenant and Privy Council to make rules and regulations for the delivering of lectures on Insanity, by the Medical Attendants of Asylums, in the Central and District Asylums respectively.

Clause 23 provides for the appointment of one or two duly qualified and experienced persons, as Inspectors of all Lunatic Asylums, public and private, instead of their inspection, as hitherto, by the Inspectors General of Prisons in Ireland.

Clause 24 enumerates the duties of Inspectors.

Clause 25 provides, that certain prescribed forms of Registration Books of Admissions, Discharges, and Deaths, and a Medical Journal, be kept in each Asylum, on and after the 1st Jan., 1846.

Clauses 26, 27, and 28, refer to interpretation of terms—Act extending only to Ireland—and amendment of Act.

Appendix containing forms of Registration Books, and Medical Journal.



management of an Hospital for the Insane have their minds so constantly exercised. And naturally so, for, even in the practice of the extremest vigilance, and the regular use of means the most judicious for the prevention of so fearful a catastrophe, all will, at times, prove utterly abortive, the suicide effecting the one purpose his whole mind was bent upon, by methods and expedients so consummately ingenious and original, as that no ordinary foresight could have prepared for, or could it have entered into the calculations of responsible Guardians to have provided against.

#### RESTRAINT.

Under this head of management, there is nothing requiring any particular observation in this Report. In connexion with it, however, it may again be stated, that the application of mechanical restraint of the person with the turbulently and destructively disposed, whether in the form of "strongly secured dresses," or "long sleeves," new terms for what is vulgarly known by the old one of a strait waistcoat (and which are admitted, by some *Non Restraint Institutions*, "to be provided," even in them, for "Patients who destroy their clothing, &c."), or in "passionless leather," in the shape of muffs or muffles for the hands, was, throughout the past year, as well as in former ones, the exception to the rule of entire and perfect personal freedom prevailing amongst the inmates of this Establishment.

#### HEALTH OF INMATES.—INFIRMARY.

As during preceding years, so, during the one now terminated, the standard health which prevailed in the Establishment was remarkably good. There was no epidemic complaint of any kind; and those deviations from health which occurred were only such as might naturally have been expected amongst any large number of individuals collected together under a common roof.

In immediate connexion with the health of the inmates, it should again be observed, in this Report, as it has been in former ones, that the Establishment is still deficient in a very important point, namely, that of an Infirmary, to remove cases of casual illness at once to, as well as for the greater comfort of old and invalided inmates, and not to have such, as at present, in the ordinary departments of the Asylum—a deficiency, however, which, to the



present time, has been found impossible to rectify, from the continued crowded state of the house, and every available space being required to be pressed into service, towards aiding in the immediate admission of Patients.

#### DEATHS.

The deaths which occurred during the year, it will be seen on reference to table 10, amounted to twenty-four—nine males and fifteen females. Nine were cases in which the Patients, on admission, were so completely effete, that nothing more could be done than to endeavour to sustain what little strength they had remaining, by the constant and free use of stimulants and such other treatment as each case appeared at all susceptible of being advantaged by, and which each had, in an eminent degree, with the able and experienced advice of Dr. Thomson, besides having, when requisite, the benefit, also, of Dr. Mulholland's services, in his particular department—a department, the duties of which he so very satisfactorily and efficiently performs.

It would be a matter of much importance, could the transmission of cases like the foregoing be checked, if not prevented.—The subject has been very recently under the special consideration of the Governors, who have accordingly felt it necessary to make the Medical certificate more stringent, with the view of lessening an evil, not merely now but frequently before referred to, and which, for various reasons, it is so desirable to have corrected—a principal one being on account of those Patients themselves, who, in many instances, coming from a distant part of the District, and unfitted altogether for the fatigue even of the shortest journey, have thus the miseries of their existence grievously aggravated; which, coupled with the excitement and agitation usually attendant upon a removal from home, leaves the case of the unhappy sufferer without any hope whatever of recovery; but, on the contrary, only speeds the fatal work of death.

The casualties classed under the head of "General Debility"\* amount, it will be seen, to ten. This is a term perhaps not as

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\* Dr. Conolly, of Hanwell Asylum, in one of his elaborate Reports, which, since the above was put into type, has chanced to come under notice, makes the following sensible and judicious remarks on this term, and which, being so much to the point, and coming from so good an authority, are here quoted :—



strictly nosological as could be desired, but no better can be well chosen for cases so denominated, who, during life, give no indications of being the subjects of any disease, but gradually become worn out, the powers of life sinking and ultimately ceasing, without any of the systems, in particular, having been marked by symptoms of diseased action.

The causes of the other deaths were Paralysis, Maniacal Exhaustion, Pulmonary Consumption, Epilepsy, Apoplexy, and Jaundice. Ten of the cases in the year's mortality had been inmates for periods, varying from one week to three months ; three, under six months ; four, between one and two years ; two, under five years ; four, from five to ten years ; and one had been a Patient so long as sixteen years and upwards.

#### PRESENT STATE OF THE ASYLUM AS TO ACCOMMODATION.

The same Report under this head has to be made on the present occasion, as was last year, which is, that the house, on the Male side, has been always crowded, and that the applications for admission into that department were greater than could be attended to as immediately as could have been desired. The Female department, however, was able, generally, to afford accommodation equal to the demand. There are now on the Asylum Books *twelve* outstanding cases of males ; and, in one of the Gaols of the District, there are *sixteen* males, committed as " Dangerous Lunatics," making, together, a total of twenty-eight, who cannot be received for want of requisite room.

#### NEW ACT OF PARLIAMENT.—ADDITIONS TO DISTRICT ASYLUMS, &C.

Reference has been already made to an Act, passed last Session, for the erection of a Central Criminal Lunatic Asylum.—That Asylum, however, it should be observed, is intended solely

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" This term (General Debility), is sometimes objected to, and I would be glad to employ a more appropriate one, if such could be found. Exhaustion does not convey a precise idea of these cases, but is rather applicable to those, in which, after violent maniacal excitement, the patient sinks all at once. Nor, even with the help of examination after death, can any one morbid condition of the brain be satisfactorily alleged to be the cause of the fatal termination. Death, in these cases, is the sequel of a number of morbid changes ; the successive results of a primary malady, which, even if it could be clearly defined, would not express the cause of death correctly."—*Hanwell Asylum Report*, 1840, page 38.



for the safe keeping of those persons who have been and may be hereafter tried for crime before a Jury, and acquitted on the ground of insanity—the law relating to “Dangerous Lunatics” continuing in full force, by authorizing the placing of such in Gaol, after which, the Lord Lieutenant’s warrant is issued for their being removed to the Lunatic Asylum of the District, there to remain until reported to Government as having become either of “sound mind,” or no longer “dangerous.” The Act for the establishing of the Criminal Asylum contains, also, provisions (clauses 13 and 14), enabling the Lord Lieutenant and Privy Council of Ireland to direct existing “District Asylums to be enlarged or extended, and such additional ground obtained as may be required ; and that, where it shall be inconvenient or impracticable to erect or obtain additional buildings, adjoining to any District Asylum requiring increased accommodation, then, that additional buildings, with the ground fit or necessary to be enjoyed therewith, shall be erected within the same District, and as near as conveniently may be to such Asylums respectively ; and that such shall be held in connexion with, and as part of the Asylum for the District, in which said additional buildings shall be situate.” There is also a clause (15) empowering the erection of Provincial Asylums, for the special purpose of receiving chronic or supposed incurable cases of insanity.

Thus, it will be seen, that full provision has now been made by the Legislature, for affording increased accommodation for the Lunatic Poor in this country—a want, the pressure of which has been more and more felt, for some time past, in each District in Ireland, and in none to a greater extent, it is believed, than in this one, particularly during the last two or three years, throughout which period, the Establishment has been greatly hampered and crippled in its operations, by reason of its inconveniently crowded state—accommodation being provided and providing for Patients two-fold greater than the domestic arrangements, in the way of offices—especially as concerns the Kitchen and Laundry—are capable of ministering to with any satisfaction—offices which originally were only planned for the service of 104 inmates, and which still continue the same in extent, though the inmates, for the last five years, have been averaging 250 and upwards.



For every reason, therefore, it would be very desirable that immediate steps should be taken, in remedying the wants of the Building even as it at present stands. And here, it may be stated, that, under all the circumstances of the case, it appears to the Resident Physician, both from the observations of others and his own experience now of many years amongst the Insane, that the most judicious and humane course to pursue would be, to erect additional buildings within the walls of the existing Institution, such as would be amply sufficient for the wants of the District, in enabling especially the reception of recent cases, without delay, which is admitted by all to be a matter of the first importance in an attack of insanity—still, however, retaining the chronic cases, the removal of whom to a distant locality and new Institution altogether, would be very painful if not cruel in its effects, both to Patients so unhappily circumstanced, as well as to their immediate relations. This being a subject, however, which, in last year's Report, was specially referred to, need not, therefore, further be alluded to in this one, except to remark, that, in many of the cases of those who are the subjects of chronic insanity, in this Institution, and who have been inmates since the period of its being opened, their relations, rather than permit their being transferred to a Provincial Asylum for incurables, at some considerable distance, most likely, from this one, would take them to their own homes, thus running the risk of having those unfortunate creatures ultimately wandering about the country, not only to the great and imminent danger of the Patients themselves personally, but, also, to the Public at large.—This is a point, by no means of trifling importance, to be considered, in connexion with the removal of such cases from the existing District Asylums: one, which, among many others, appears deserving of the best attention, and which, no doubt, it will fully obtain.

#### EMPLOYMENT.—WORKSHOPS.

Out-door avocations continue, as usual, to afford the principal employment for male Patients. The females have abundant as well as a variety of fitting domestic occupation to engage their attention. It might be worthy of consideration the propriety of erecting, as soon as possible, suitable workshops, which, in wet weather, as well as during the severer por-



tion of the Winter season, would be very desirable to have at command, for the male Patients generally, who could, on those occasions, be engaged more or less suitably and agreeably at some useful in-door pursuit.

Thorough-draining of the grounds was continued to be carried on to some extent, during the past year, and will still be persevered in. Upwards of 1420 perches of Draining, *secundum* Smith, of Deanston, have now been completed on the farm.

#### AMUSEMENTS.

The Patients continue, as hitherto, to enjoy music and dancing regularly amongst themselves, in addition to the usual Harvest Home Entertainment, on which latter occasion, a select number of strangers is introduced, whose presence and free intercourse with them give much increased gratification and happiness, being productive apparently of the best results and effects, the Patients, one and all, taking the greatest delight in this innocent episode in the year's dull round of their necessary isolation from the ordinary affairs and doings of *extern* life, and the occurrence of which creates new hopes for the future, besides giving a present earnest that they are not totally excluded from, or considered unfitted for, social companionship with their more highly favoured fellow mortals *outside* the Asylum, who, in the good providence of a common Creator and Benefactor, are so inestimably privileged above them, by reason of the enjoyment of "the talent" of a "right mind" being still continued in their possession.

#### VISITERS.

Amongst the several very respectable persons—strangers from distant parts—visiting the Asylum during the year, were two Physicians from the United States of America, and one from Germany; the names of the former being Dr. Bell, Medical Superintendent of the M'Clellan Lunatic Asylum at Boston, and Dr. Ray,\* Physician Superintendent of the Asylum at Maine, U.S.A.; and that of the latter, Dr. Focke, one of the Resident Medical Officers of the Hospital for the Insane, at Siegburg, of

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\* Dr. Ray is the author of a work of high character and repute, on the "Medical Jurisprudence of Insanity."



which Dr. Jacobi, of European celebrity in the treatment of the insane, is the chief Resident Physician. These gentlemen were all on a special tour of inspection of the principal public Asylums in Great Britain and Ireland, as well as over the Continent of Europe, and hence their respective visits here, which were as unexpected as gratifying and desirable—it being of much practical value to such Establishments as these, being inspected and witnessed, in their daily operations, by professional men of the first character and experience in everything relating to the superintendence and management—medical and moral—of a Lunatic Asylum, as happens to be the case with the above, each being, when at home, engaged within the walls of his own Establishment, in carrying forward its objects as well generally as in detail. It is, therefore, not overstating the matter to say, that visits, made by persons in the position of the above-named highly qualified and experienced gentlemen, cannot but be considered important—indeed, most valuable and advantageous to the place visited. The privilege certainly is no small one, that of having an opportunity offered of conversing, *viva voce*, with those whose minds, and talents, and time, have been given and devoted to a subject of such deep interest as the treatment of insanity, in all its phases, confessedly is, and from whom, in the unrestricted and *bonâ fide* freedom in which a friendly but not less searching inspection of the kind stated, is carried on, suggestions truly useful and practical are obtained, and made all the more valuable because imparted disinterestedly. The records made in the “Visitors’ Book,” by the above eminent and distinguished persons, of their respective visits, may not be uninteresting, or out of place, to extract into this Report.

They are as follow :—

“*Belfast Asylum, April 1, 1845.*

“Luther V. Bell, M.D., Physician and Superintendent of the M’Clean Asylum for the Insane, at Boston, Massachussetts, on a visit of examination to the Insane Institutions of Europe, in behalf of the Hospital about to be erected in Rhode Island, desires to leave his unqualified testimony to the excellence of this Asylum. In the aspect of cheerfulness and hope of its inmates, in the activity and extent of its employments, in its absolute cleanliness, in its freedom from personal restraints, direct and



indirect, it is not going too far to say, that, in his somewhat extensive examinations, he has not met its superior."

" *Belfast Asylum, August 29, 1845.*

" Dr. Ray, late Physician and Superintendent of the Hospital for the Insane, of the State of Maine, U.S.A., very fully concurs in the opinion, recorded above, of his friend and countryman, Dr. Bell, in favour of the high condition of this Asylum. After an inspection of most of the Asylums in England and Scotland, and many on the Continent, he has no hesitation in saying, that it may be favourably compared with any one he has seen, in regard to any of those qualities in which the merit of such an Institution consists—superior, indeed, in regard to some, and inferior in none."

" *Belfast Asylum, 5. 2. 46.*

" Die hiesige Anstalt, obwohl manche Details der Einrichtung von ihrem schon etwas alterem Ursprung zeugen macht dennoch auf den bereisten Trrenarzt einen erfreulichen Eindruck, so gut ist sie gehalten, so hinreichend fur Beschäftigung und alle die mittel gesorgt, die der Fortschritt der Humanität und der Wissenschaft in diesem Gebiet der Heilkunde an die Hand giebt.\*

" DR. FOCKE,

Zweiter Arzt in Sieberg."

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YEAR'S EXPENDITURE AND AVERAGES IN FOOD, &C., &C.

This year's total expenditure amounted to £3,468 10s 10d, exceeding that of last year by the sum of £238 2s 4d, the total of which was £3,230 8s 6d; and the average cost, per head, this year, every charge of management inclusive, was £13 15s 1d,—last year's being £12 9s 7 $\frac{1}{4}$ d;—being an increase, this year, of £1 5s 6d on each inmate, which is in part to be accounted for by the higher price of provisions. The average expense per head *per diem* was 9 $\frac{1}{16}$ d.

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\* The above has been rendered into English, by a professional friend, as follows :

The present Establishment, although many details of its management testify of a somewhat ancient origin, makes, nevertheless, an agreeable impression on a travelled Physician (for the Insane), so well is it kept up, so efficient in point of occupation, and so adequately cared for, in respect of all the means which the progress of humanity and of this department of science places at our disposal.



Total Expenditure in food, during the year,	£1,593	7	11
Cost per head in do., do., ... ..	6	6	4 $\frac{1}{4}$
Cost do., per day, in do., do., ... ..	0	0	4 $\frac{1}{8}$
Total Expenditure in clothing, do., ... ..	318	11	1
Cost per head in do., do., ... ..	1	5	3 $\frac{1}{8}$
Total Expenditure in Salaries and Wages, do.,	664	18	0
Cost per head do. do.,	2	12	8 $\frac{3}{4}$

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THE LATE MARQUIS OF DOWNSHIRE.

It unhappily has to be stated, that, since the publication of last year's Report, the Board has been deprived of one of its original members, by the much lamented death of the Marquis of Downshire. His Lordship's attendance at the Board was necessarily limited, owing to his other and more important public duties requiring so much of his presence out of Ireland; but still, his visits to the Asylum were by no means unfrequent. At all times, he took the liveliest interest in its welfare and prosperity, being ever ready and willing to render what assistance he could, even at a distance, when any matter in particular occurred to require his aid in the promotion of its objects. On various occasions, the most ample proof was given of the deceased Nobleman's kind feelings in this respect; and not only did he pay the promptest and most courteous attention to any communication forwarded to him, concerning the business of the Establishment, special or otherwise, but no detail was deemed too trifling by him to have his attention called to, wherein his services, however indirectly, could be made of the least avail. The memory of his Lordship will long and justly continue to live in the remembrance of those immediately connected with the management of the Institution, for his uniform kindness and urbanity, which added such true grace to the coronet he so unexpectedly was summoned from Above to relinquish for ever

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The Resident Physician having now ventured to present the Governors with the foregoing summary of the principal proceedings of the year, just brought to a close, would, before concluding, desire to express to them the grateful sense he entertains of their continued and formally-expressed full confidence in his superintendence and general administration of the affairs



of the Asylum, and this not only on their own journals, but, also, before the highest Government authorities—a confidence which he trusts, with the blessing and under the guidance of a Gracious Providence, he will never forfeit, but be enabled to retain unimpaired, so long as he shall be honoured with the office he holds ;—a confidence, too, which he can, with much unfeignedness, say, has been a rich reward to him in the performance of duties, at all times, full of the deepest responsibility and anxiety, and the possession of which has always been such a stimulus to him, in endeavouring to discharge those duties with any degree of satisfaction, either to his own mind or that of others, or so as to maintain the high character and position which the Institution has ever enjoyed before the public generally, and amongst kindred Establishments in particular, under the truly benevolent, enlightened, and liberal system, which, since its foundation, has so invariably been acted upon by the Governors, in its entire conduct and management.

ROBERT STEWART, M.D.,

RESIDENT PHYSICIAN.

*Belfast District Asylum, 31st March, 1846.*

# GENERAL TABLES OF STATISTICS,

&c., &c.

TABLE XII.,

*Shewing the admissions, discharges, &c., &c., during the year ended 31st of March, 1846.*

	<i>Males.</i>	<i>Females</i>	<i>Total.</i>
In Asylum, 1st April, 1845, ... ..	142	106	248
Admitted from do. to 31st March, 1846, ...	51	53	104
Re-admitted, having relapsed, ... ..	2	1	3
	195	160	355
Discharged, recovered, ... ..	32	29	61
Do., relieved, ... ..	10	4	14
Died, ... ..	9	15	24
Remaining in Asylum, 31st March, 1846,	144	112	256
	195	160	355

TABLE XIII.,

*Shewing the admissions, discharges, &c., from each County in the district, during the year ended 31st of March, 1846.*

## ADMITTED FROM EACH COUNTY.

	<i>Males.</i>	<i>Females.</i>	<i>Total.</i>
Antrim, ... ..	26	30	56
Down, ... ..	27	23	60
County of the Town of Carrickfergus, ...	0	1	1
	53	54	107

## DISCHARGED TO EACH COUNTY.

Antrim, ... ..	24	25	49
Down, ... ..	26	23	49
County of the Town of Carrickfergus, ...	1	0	1
	51	48	99

## REMAINING IN ASYLUM, 31ST MARCH, 1846.

Antrim, ... ..	69	55	124
Down, ... ..	73	55	128
County of the Town of Carrickfergus, ..	2	2	4
	144	112	256



TABLE XIV.,

*Shewing how long the Patients who were discharged, and died, during the year, were ill before admission :—*

ILL BEFORE ADMISSION.				Recovered and Relieved.		Died.	
				Males.	Females.	Males.	Females.
Under 3 months,	...	...	...	17	21	7	5
From 3 to 6 do.,	...	...	...	9	7	—	6
From 6 to 12 do.,	...	...	...	5	2	1	—
From 1 to 2 years,	...	...	...	4	1	1	2
From 2 to 5 do.,	...	...	...	3	1	—	2
From 5 to 10 do.,	...	...	...	4	—	—	—
From 10 to 20 do.,	...	...	...	—	1	—	—
Total, ... ..				42	33	9	15
				75		24	

TABLE XV.,

*Shewing how long the Patients who were discharged, and died, during the year, resided in the Asylum :—*

PERIOD OF RESIDENCE.				Recovered and Relieved.		Died.	
				Males.	Females.	Males.	Females.
Under 3 months,	...	...	...	13	11	2	8
From 3 to 6 months,	...	...	...	13	11	3	—
From 6 to 12 do.,	...	...	...	6	5	—	1
From 1 to 2 years,	...	...	...	4	2	1	2
From 2 to 5 do.,	...	...	...	4	3	1	1
From 5 to 10 do.,	...	...	...	2	1	2	2
From 10 to 17 do.,	...	...	...	—	—	—	1
Total, ... ..				42	33	9	15
				75		24	

TABLE XVI.,

*Shewing the duration of the disease of the Patients who were discharged, and died, during the year :—*

DURATION OF DISEASE.				Recovered and Relieved.		Died.	
				Males.	Females.	Males.	Females.
Under 3 months,	..	...	...	3	3	1	4
From 3 to 6 months,	...	...	...	12	12	2	3
From 6 to 12 do.,	...	...	...	10	8	1	—
From 1 to 2 years,	...	...	...	6	4	2	3
From 2 to 5 do.,	...	...	...	5	4	1	2
From 5 to 10 do.,	...	...	...	4	1	2	2
From 10 to 20 do.,	...	...	...	2	1	—	1
Total, ... ..				42	33	9	15
				75		24	

TABLE XVII.,

*Shewing the admissions and discharges, together with the average number of Patients in the Belfast Asylum, each quarter, for the year ending 31st March, 1846 :—*

Quarter ending	ADMITTED.						DISCHARGED.						Average daily No. per quarter.
	New Cases.		Relapsed Cases.		Total.		Recovered and Relieved.		Died.		Total.		
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	
30th June, 1845,	16	10	—	—	16	10	14	9	—	—	14	9	250,41
30th Sept, do.,	14	11	—	—	14	11	13	9	2	4	15	13	248,25
31st Dec., do.,	12	16	1	1	13	17	11	7	2	4	13	11	253,80
31st Mar., 1846,	9	16	1	—	10	16	4	8	5	7	9	15	256,35
Year's Total. {	51	53	2	1	53	54	42	33	9	15	51	48	252,18
	104		3		107		75		24		99		

TABLE XVIII.,

*Shewing the aggregate admissions, discharges, &c., from each County in the District, from the opening of the Asylum, in June, 1829, to 31st March, 1846 :—*

Counties.	ADMITTED.						DISCHARGED.						Remaining 31st March, 1846.	
	New Cases.		Relapsed Cases.		Total.		Recovered and Relieved.		Died.		Total			
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.		
Antrim, ... ..	398	414	25	25	423	439	261	274	93	110	354	384	69	55
Down, ... ..	404	354	32	27	436	381	298	251	65	75	363	326	73	55
C.fergus, ... ..	11	9	...	1	11	10	6	5	3	3	9	8	2	2
Totals, ... {	813	777	57	53	870	830	565	530	161	188	726	718	144	112
	1,590		110		1,700		1,095		349		1,444		256	

*Recapitulation of the above, with centesimal ratios :—*

ADMITTED, ..	{	New cases, .. ..	1,590	Ratio, .. ..	93.53
		Relapsed, .. ..	110	Do., .. ..	6.47
			1,700		100.00
DISCHARGED, {	{	Recovered & Relieved,	1,095	Ratio, .. ..	64.41
		Dead, .. ..	349	Do., .. ..	20.53
Remaining in Asylum, .. ..			256	Do., .. ..	15.06
			1,700		100.00

TABLE XIX.,

*Shewing the religious persuasion of the 256 Patients remaining in the Asylum, on the 31st March, 1846 :—*

	MALES.	FEMALES.	TOTAL.
Established Church, .. .. .	33	31	64
Roman Catholics, .. .. .	58	45	103
Presbyterians and Protestant Dissenters, ..	53	36	89
	144	112	256



TABLE XX.,

*Distinguishing the religions of the total number of Patients admitted from the opening of the Asylum, in June, 1829, to 31st March, 1846, with centesimal ratios:—*

	MALES.	FEMALES.	TOTAL.	RATE PER CENT.
Established Church, ... ..	206	204	410	24.12
Roman Catholics,... ..	291	272	563	33.12
Presbyterians and Protestant Dissenters,	372	354	726	42.70
Jew, ... ..	1	—	1	.06
Totals, ... ..	870	830	1,700	100.00

TABLE XXI.,

*Shewing the number of Patients remaining in Asylum, on the 31st March, of each year, from its opening, and the yearly average number :—*

YEARS.	MALES.	FEMALES.	TOTAL.	YEAR'S AVERAGE.
1830	44	34	78	39.45
1831	58	61	119	103.68
1832	66	75	141	132.65
1833	59	71	130	131.45
1834	67	78	145	136.78
1835	81	86	167	156.20
1836	80	82	162	163.37
1837	79	90	169	165.96
1838	85	93	178	178.84
1839	106	102	208	194.13
1840	123	104	227	217.35
1841	132	113	245	244.67
1842	138	112	250	246.80
1843	140	112	252	249.44
1844	144	120	264	253.15
1845	142	106	248	258.83
1846	144	112	256	252.18

TABLE XXII.

*Forms of disease of the total number of patients remaining in the Asylum, on 31st March, 1846 :—*

	Males.	Females.	Total.
Mania, .. ..	98	77	175
Do., complicated with Epilepsy, .. ..	4	4	8
Mono-mania,—Melancholia, .. ..	13	13	26
Dementia, .. ..	26	17	43
Congenital Idiocy, .. ..	3	1	4
	144	112	256

*Of the above cases remaining in the Asylum,  
31st March, 1846, are*

	Males.	Females.	Total.
Convalescent, } from acute Mania, { ..	11	25	36
Considered curable, } ..	15	8	23
Doubtful, .. ..	22	7	29
Considered Chronic cases, from Chronic Mania, Epi- } lepsy, &c., .. ..	96	72	168
	144	112	256

TABLE XXIII.,  
*Shewing the per centages of discharges and deaths, during the year, ended  
 31st March, 1846 :—*

	OF 107 RECENT CASES.		OF 248 CHRONIC CASES.		ON 355—THE TOTAL NUMBER.	
	No. of Cases.	Rate per cent.	No. of Cases.	Rate per cent.	No. of Cases.	Rate per cent.
Discharged Recovered,	32	29.91	29	11.69	61	17.18
Do. Relieved,	7	6.54	7	2.82	14	3.94
Died, .. .. .	13	12.14	11	4.44	24	6.76
Total, .. .. .	52	48.59	47	18.95	99	27.88

TABLE XXIV.,  
*Shewing the per centages of discharges and deaths, and the average per centage,  
 calculated on the average number of Patients for nine years, ending  
 31st March, 1846 :—*

Years ending 31st March.	Yearly aver- age number.	RECOVERED.		RELIEVED.		DIED.	
		No. of Cases.	Rate per cent.	No. of Cases.	Rate per cent.	No. of Cases.	Rate per cent.
1838	178.84	50	27.95	9	5.03	22	12.30
1839	194.13	58	29.87	7	3.60	16	8.24
1840	217.35	55	25.30	5	2.30	28	12.88
1841	244.67	64	26.15	9	3.67	24	9.80
1842	246.80	72	29.17	11	4.45	27	10.94
1843	249.44	90	36.08	13	5.21	18	7.21
1844	253.15	69	27.25	13	5.13	21	8.29
1845	258.83	68	26.36	21	8.14	40	15.50
1846	252.18	61	24.19	14	5.55	24	9.51
Averages of the above 9 years, }	232.82	65.22	28.03	11.23	4.78	24.44	10.49

TABLE XXV.,  
*Shewing the articles manufactured and made by the Patients during the year :—*

2,092 Hanks Linen Yarn.	30 Men's Jackets.
90 Hanks Thread.	36 Pairs Trousers.
1,472 Yards Plain Linen.	24 Vests.
66 Yards Twilled Linen.	15 Quilts.
160 Yards Ticken.	167 Shirts.
109 Yards Twilled Calico.	157 Shifts.
101 Yards Gingham.	79 Aprons.
100 Yards Camlet.	181 Petticoats.
194 Yards Chequer.	90 Wrappers.
462 Pairs Stockings.	100 Day Caps.
107 Pairs Leather Shoes.	72 Night Caps.
70 Pairs do., (soled and heeled).	15 Bed Tickens.
75 Pairs List do. do.	116 Handkerchiefs.
51 Pairs Sheets.	24 Gowns.
24 Pairs Suspenders.	50 Bolsters.



TABLE XXVI.,

NATURE OF EMPLOYMENT.					Males.	Females.	Total.
Cultivating the Ground, ...	...	...	...	...	52	—	
Weaving, winding, warping, ...	...	...	...	...	14	—	
Making and repairing shoes, ...	...	...	...	...	4	—	
Pumping water, ...	...	...	...	...	6	—	
Tailoring, ...	...	...	...	...	2	—	
Sweeping yards, carrying coals, &c., ..	...	...	...	...	14	—	
Breaking freestone, &c., ...	...	...	...	...	8	—	
Carpenter-work, ...	...	...	...	...	1	—	
Smith-work, ...	...	...	...	...	1	—	
Painting, ...	...	...	...	...	1	—	
Basket-making, ...	...	...	...	...	1	—	
Spinning, ...	...	...	...	...	—	20	
Knitting, ...	...	...	...	...	—	14	
Making and repairing clothing, bedding, &c., ...	...	...	...	...	—	24	
Quilting, ...	...	...	...	...	—	2	
Washing, &c., in Laundry, ...	...	...	...	...	—	14	
Assisting Servants, ...	...	...	...	...	—	6	
					104	80	184

TABLE XXVII.

*An Account of Receipts and Disbursements of the BELFAST DISTRICT ASYLUM, for one year, being from 1st April, 1845, to 31st March, 1846.*

The Charge.				The Discharge.			
Balance of last account, in favour of the public, ..	£137	4	3	Paid for Provisions, ..	£1,593	7	11
Received from the Lords Commissioners of her Majesty's Treasury, ..	3,316	1	7	" " Clothing, ..	385	1	1
	—	—	—	" " Bedding, ..	92	11	3
Received for Garden Vegetables sold, ..	47	13	4	" " Furniture, ..	100	12	3
Received for small and diseased Potatoes, ..	7	17	6	" " Stationery, Advertising, and Printing, ..	24	8	5
Received for Oats, ..	31	14	8	" " Coals, Soap, and Gas, ..	212	11	7
	—	—	—	" " Medicine, ..	24	10	6
	87	5	6	" " Repairs on Buildings, &c., 195	5	11	
				" " Farm and Garden expenses, ..	109	5	3
				" " Incidental expenses, ..	58	2	8
				" " Insurance, ..	7	16	0
				" " Salaries & wages, ..	664	18	0
					—	—	—
					£3,468	10	10
				Balance, ..	72	0	6
					£3,540	11	4
Balance in favour of the public, 1st April, 1846, £72 0 6							



TABLE XXVIII.

*An Account of the Expenditure on, and Produce of, the Lands of the BELFAST DISTRICT ASYLUM, for one year, being from 1st April, 1845, to 31st March, 1846.*

Dr.				Cr.			
EXPENDITURE.				PRODUCE.			
To Seed Potatoes, ..	£32	0	0	By Potatoes, 843 cwt., (used in the establishment, and averaged at 2s 4d per cwt., £98	7	0	
" Farm and Garden Seeds, ..	9	17	7	" Potatoes, 189 cwt, small and diseased, sold at 10d per cwt.,	7	17	6
" Lime, ..	14	1	8				£105 4 6
" Brick, ..	13	2	0	" Oats, 65 cwt., (used in Establishment,) at 8s 9d, ..	28	8	9
" Stones, ..	18	12	0	" Do., 44 cwt., sold at 8s 9d, ..	19	13	9
" Spades, Shovels, Hooks, &c.,	5	13	10	" Do., 29½ do., do. 8s 2d, ..	12	0	11
" Iron, ..	4	2	4				60 3 5
" Tythe, ..	4	5	8	" Hay, 160 do., (used in Establishment,) at 2s.,	16	0	0
" Poor-rates, ..	1	15	10	" Straw, 240 do., at 1s 6d, ..	..	..	18 0 0
" Bran, ..	2	12	6	" Vegetables sold, ..	£47	13	4
" Repairing Cart Harness, ..	1	4	10	" Do. (used in Establishment,)	31	4	0
" Shoeing Farm & Market Horse, 1	17	0					78 17 4
" Balance, ..	..	..	£109 5 3	" Osier Rods, made into baskets,	..	..	1 10 0
			171 10 0				£280 15 3
			£280 15 3	By Balance, ..	..	..	£171 10 0

# Dietary

OF

## THE BELFAST DISTRICT ASYLUM

### FOR THE INSANE POOR.

#### BREAKFAST.

One Quart Stirabout (made with 7 oz. of coarse, or 8 of fine meal) and	} Males.	} each Morning.	
Three-fourths of a pint of new or mixed milk, ...			
One pint and a-half Stirabout, and	} Females.		
One half-pint new or mixed milk, ... ..			

#### DINNER.

Three pounds potatoes, and	} Males.	} Sunday, Tuesday,
One quart soup, ... ..		
Three pounds potatoes, and	} Females.	} Wednesday, & Thursday.
One and half-pint soup, ... ..		
Three and a-half pounds potatoes, and	} Males.	} Monday, Friday, and
One pint mixed milk, ... ..		
Three pounds potatoes, and	} Females.	} Saturday.
One pint mixed milk, ... ..		

#### SUPPER.

Eight ounces loaf bread, and	} Males.	} Each Evening.	
Three-fourths of a pint mixed milk,			
Six ounces loaf bread, and	} Females.		
One half-pint mixed milk, ... ..			

Those of the convalescent Patients who are actively employed are allowed four ounces of boiled meat, in addition to the soup, four days in the week. When the state of the patients' health requires it, the diet is changed, accordingly; and any other substituted that may be considered necessary.



