

Seventh annual report of the Trustees of the State Lunatic Hospital at Northampton : October, 1862.

Contributors

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SEVENTH ANNUAL REPORT
OF
THE TRUSTEES
OF THE
STATE LUNATIC HOSPITAL
AT NORTHAMPTON.

OCTOBER, 1862.

BOSTON:
WRIGHT & POTTER, STATE PRINTERS,
No. 4 SPRING LANE.
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Commonwealth of Massachusetts.

SEVENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

*To His Excellency the Governor of the Commonwealth of
Massachusetts, and the Honorable Council :*

The Trustees of the Northampton Lunatic Hospital present their Seventh Annual Report.

They are required, by law, to submit a statement of its condition, and they proceed to make as concise and clear an exhibition of its policy and conduct during the past year, as they can, and to make such suggestions as to future management as their experience enables them to make, with any changes which, in their opinion, will tend to promote and increase the usefulness of the institution.

On the thirtieth day of September, 1862, the whole number of inmates of the hospital was three hundred and thirty-two, the same number as on the thirtieth of September, 1861. One hundred and twelve have been admitted during the past year, ten less than the year before.

A table, marked A, is appended, showing the number remaining at the end of each month, and the average number to be $319\frac{3}{4}$. The average number for the year being $3\frac{1}{4}$ larger than the average number for the previous year. The whole number of State paupers supported for the whole or a part of the year

is 311. The highest number in any one month, 274, and the average for the year, 250 $\frac{3}{4}$.

The statistical information relative to the patients admitted during the past year is contained in tables embraced in the report of the Superintendent to the Trustees, which is herewith presented.

The statute requires us to exhibit a list of the salaried officers of the hospital, and the amount of their respective salaries, which is contained in a table appended to the report of the Superintendent, and marked B.

The financial condition of the institution, as it appears from the Treasurer's Report, is as follows :

Cash on hand, as by last Report, . . .	\$843 11
Cash borrowed during the year, . . .	40,761 84
Received from all other sources, . . .	53,120 41
	<hr/> \$94,725 36

Cash paid for borrowed money, . . .	\$35,000 00
Cash paid all other bills and expenses, including salaries of officers, . . .	59,057 36
Cash on hand, September 30, 1862, . . .	668 00
	<hr/> \$94,725 36

By this it will appear that it has for the past year been self-supporting, including the payment of the salaries of all the officers.

And it is a source of gratitude, as well as of gratification, that with the ordinary necessary improvements made in and about the buildings, and the furniture, and on the farm, and in the more tasteful and ornamental department of increasing and extending the walks about the grounds, and the enlarging and embellishing of the flower gardens, we have been enabled to meet the expenses without resort to the State treasury, and all this without any retrenchment in the amount or quality of the provisions for the supply of all the reasonable wants of the inmates. We cannot give assurance that we shall be able to do so well, pecuniarily, another year, and yet no effort will be spared which promises to unite a vigorous system of economy

with a due regard to the physical and mental improvement of all who resort here for curative treatment.

The whole amount received for the board of State

paupers the past year, is	\$29,185 30
For the board of town paupers,	5,763 84
For the board of private boarders,	13,159 16

A diet table is annexed, which is satisfactory to us. We hear no complaint of the mode of living.

Improvements are annually made in the heating apparatus which promote economy and comfort, and the cooking range, including the boilers and all the utensils connected with the preparation of the food, will require, during the year to come, very thorough repairs, if not to a great extent, a renewal.

In our last Annual Report, we stated the impurity of the water, which we were obliged to use from a mill stream, the frequent failures of a sufficient supply, the expense often incurred by reason of defective machinery or breach in the reservoir, and the danger to the health of the inmates of the hospital, as well as of the destruction of the property by fire, and earnestly prayed the legislature, by petition, for an appropriation of three thousand dollars, for the purpose of supplying the institution with pure water, from springs on the farm; and we desire to express our thanks to the legislature for the promptness and enlightened liberality with which they responded to our petition, and to assure them that the work of introducing the water into the tanks in the attics of the buildings is in a good state of forwardness, and is expected to be completed in the course of a few weeks.

The preparation of the ground around the spring justifies our most sanguine expectations of an abundant and permanent supply of the purest water for all the present and prospective wants of the hospital, and that we shall be able to accomplish the work within the limits of the legislative grant.

The Trustees have endeavored to exercise a watchful and faithful supervision of the establishment, in all its departments. They have visited the rooms and halls, not only at their regular

monthly meetings, but a week seldom passes without a call from one or more of their number.

We have adopted by-laws which require such attention to all branches of the business, and of the wants of all classes of persons placed here for improvement, as will secure the greatest success, and have made diligent inquiry as to the fidelity and competency of all who are entrusted with the performance of any assigned duty.

We find the whole institution cleanly, well warmed, and ventilated, and an air of order, system, and comfort, everywhere prevailing. The attendants are intelligent, considerate, and kind, and an abundant supply and variety of wholesome food is ever regularly provided.

The Superintendent, in his report, makes very valuable suggestions, relative to the importance of efforts to introduce a more varied system of labor, and to instruct those on the lower strata of weakened intellect in some of the useful departments of labor.

This subject is now attracting the attention of scientific, learned, skilful, and long-experienced superintendents of lunatic hospitals, and of medical gentlemen of the highest rank in their profession, both in this country and Europe.

for He also attaches great importance, and makes it prominent in his report, to the fact that of the cases of cure effected at the hospital by ~~sever~~, the larger portion occur amongst those who become inmates at an early period, after the symptoms of insanity are first developed, and recommends as early a resort as possible to the asylum in such cases. And why are not mental, as well as bodily diseases, more readily and more successfully prevented, or controlled, or cured, before they become permanently seated?

It is undoubtedly true, as a general remark, that when symptoms of mental derangement first manifest themselves, the friends of the sufferer shrink from exposure of public observation, and apprehend that the admission to a lunatic hospital is an admission that the patient's mind is disordered, and that he will thereafter, even if apparently perfectly restored, be less entitled to confidence and trust, his judgment be less reliable, and his future usefulness be consequently abridged. It may

relieve all such to be informed that a much larger proportion of those suffering from mental diseases are cured, than of those affected by bodily diseases.

This erroneous view can only be corrected by enlightening and educating the public mind, and impressing the true idea that minds disordered may be restored to health and soundness, as well as diseased bodies, by proper, and timely, and skilful treatment, especially when we consider that mental is so often the result of physical derangement, and caused by sympathy between these two elements of our organization.

Other important topics suggested by the experience and observation of the Superintendent, are embraced in his report, upon which we do not deem it necessary to remark, except to express our approbation of his views, and to direct attention to them.

The exercise in the bowling alleys, and the variety of entertainments and amusements derived by those in charge, tend powerfully to divert the minds of the inmates from brooding over their own troubles, and to enlist their sympathies in behalf of their companions and associates.

We can only say, in closing this Report, that from the most careful personal observation and examination, and the most diligent inquiries into the whole management of the institution in all its departments, we have reason to express our satisfaction, and confidently recommend it to the favor of the public, and assure all who are sent here for treatment, that they will find skill, care, kindness, and sympathy united, in earnest efforts to promote their comfort, and restore health and reason.

We renew the expression of our confidence in the Superintendent, and all associated with him, in the government and management of the hospital, and of our approbation of their administration of its affairs.

And we desire again to acknowledge, with great satisfaction, our obligations to the executive and legislative departments of the State government, for the confidence reposed in us, and for the ready and cheerful response to an application for money, to enable us to obtain a most essential necessity, an unfailing supply of pure water, at a time when the treasury seemed to require all its resources to meet the expenses of the war, and

thus to add greatly to the means of preserving the public property, and increasing the power of promoting the health, and comfort, and security of all who may avail themselves of the advantages of this increasingly useful charitable institution.

All which is respectfully submitted.

ELIPHALET TRASK,
ALFRED R. FIELD,
S. M. SMITH,
WALTER LAFLIN,
EDWARD DICKINSON,
Trustees.

NORTHAMPTON, October 1, 1862.

TABLE A.

*Showing the number of Patients remaining at the end of each Month
from September 30, 1861, to September 30, 1862.*

MONTHS.	Males.	Females.	Total.
October 31, 1861,	149	176	325
November 30, 1861,	141	176	317
December 31, 1861,	138	175	313
January 31, 1862,	137	176	313
February 28, 1862,	136	173	309
March 31, 1862,	134	172	306
April 30, 1862,	134	171	305
May 31, 1862,	136	173	309
June 30, 1862,	142	189	331
July 31, 1862,	146	191	337
August 31, 1862,	150	190	340
September 30, 1862,	147	185	332

Average $319\frac{3}{4}$.

TREASURER'S REPORT.

To the Trustees of the Northampton Lunatic Hospital :

The Treasurer respectfully submits the following Statement of the Receipts and Expenditures for the year ending September 30, 1862 :

RECEIPTS.

Received for board of private boarders, . . .	\$13,159 16
for board of town paupers, . . .	5,763 84
for board of State paupers, . . .	29,185 30
of town paupers for clothing, . . .	335 25
of private boarders for clothing, . . .	731 02
of private boarders for contingencies, . . .	558 37
of private boarders for advancements, . . .	784 29
of boarders on sundry other accounts, . . .	175 18
for animals and produce of farm sold, . . .	753 69
for persons employed on farm, provisions, &c., . . .	73 71
for appropriation, . . .	1,600 00
Borrowed of banks and others, . . .	40,761 84
Balance in Treasurer's hands, Sept. 30, 1861, . . .	843 71
	<hr/>
	\$94,725 36

PAYMENTS.

For provisions and supplies, . . .	\$17,233 32
fuel, . . .	7,615 38
gas and oil, . . .	2,740 20
wages and salaries, . . .	11,661 87
furniture, . . .	1,624 38

For dry goods and clothing, . . .	\$3,293 18	
contingencies,	2,338 61	
repairs,	2,368 24	
farm,	2,626 51	
farm stock,	1,024 56	
farm wages,	1,927 68	
improvements,	175 73	
advancements,	770 88	
appropriation,	1,600 00	
banks and others (borrowed,) .	35,000 00	
miscellaneous,	2,056 65	
Balance in hands of Treasurer, .	668 17	
	<hr/>	\$94,725 36

WM. HENRY PRINCE, *Treasurer*.

September 30, 1862.

The Committee appointed to examine the financial affairs of the institution report that they have looked at the books and accounts of the Treasurer, as presented to them by him, and find them satisfactory.

E. TRASK.

S. M. SMITH.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Northampton Lunatic Hospital :

GENTLEMEN,—In compliance with the by-laws of the institution, and the statutes of the Commonwealth, the Superintendent respectfully presents his annual report.

The year now closed has been one of continued prosperity to the institution, and of consequent gratification to its officers.

By the blessing of Providence, we have been spared all serious accident and calamity ; an extraordinary exemption from sickness has been vouchsafed to us, and a degree of success, which call for the deepest gratitude.

At the close of the last year there were in the hospital three hundred and thirty-two patients, of whom one hundred and forty-nine were males, and one hundred and eighty-three were females.

Since then, one hundred and twelve have been admitted, of whom sixty-four were males, and forty-eight were females.

Ninety-four patients have been discharged during the year, of whom fifty-seven were males, and thirty-seven females.

Eighteen have died, the number of males and females being equal.

There are now remaining under treatment three hundred and thirty-two. One hundred and forty-seven of these are males, and one hundred and eighty-five are females.

The whole number under treatment during the year is four hundred and forty-four.

The whole number now remaining is three hundred and thirty-two, the same as last year at this time.

Eighteen patients have died during the year. The table of "causes of death" shows the same number by "consumption"

and "marasmus," which term is used to designate that slow but sure process of decay and wasting which relieves from suffering so many cases of chronic dementia. The proportion of deaths is small, being twelve less than last year.

There has been a remarkable degree of health, and an entire absence of epidemic disease.

Among those discharged this year there has been a larger proportion than usual of

PREMATURE REMOVALS.

Many of our patients have been removed this year without having continued under treatment long enough to receive much benefit. In some cases there has been the plea of inability of friends to support the patient longer, even at the low rate charged; and many of these patients have, no doubt, in consequence, been condemned to a life of uselessness and suffering. Others have been removed from motives of mistaken economy, to be placed where a flickering vitality can be maintained at a rate lower than that paid by our Irish day-laborers in the meanest shanty on a railroad cut. There are, undoubtedly, cases in which poverty is imperative, and pride equally so—friends are unable to spare the means required to keep a patient at a hospital, and are unwilling to ask that assistance which the law allows. In cases where the disease is permanent, and nothing can be gained by longer residence in a hospital except the greater comfort of the patient and his family, there is a fair weighing of comfort against money, and, from the frequency of the operation in this life, the balance is soon struck. Gold is of the heaviest, and comfort of the lightest of luxuries. One can be resigned without a murmur, the other only with a groan. One flies at the bidding of many a reasonable pretext, the other only creeps by command of dire necessity. The one is a fleeting luxury, by no means indispensable, the other the permanent and solid representative of all possible worldly goods. The choice then is not difficult. There is a sacrifice of a natural feeling—a gratification of another natural feeling, and the struggle is ended that time. Too often only for that time. The patient removed from hospital treatment to his home, and consigned to the well meant but often injudicious care of his friends, often becomes more and more troublesome. He thinks

he has a right to demand of his own kin that gratification of all his whims and insane demands he would not expect from strangers. He bears refusal with impatience. He mourns the filial disobedience that will not obey his wild commands. He resents with tears what seems to him the impertinent opposition of a favorite daughter to his constantly recurring whims. The wife of his youth, warmed in his bosom, turns a viper's tooth upon him, and the poison of supplanted affection, of conjugal infidelity, of love grown cold, rankles or freezes in his heart. These delusions are facts to him, and he is constantly wounded in his tenderest feelings—his soul harrowed by the enormity of the offences committed against him by those who should respect and love. His family is fiendish—his home a hell. It is seldom that a patient laboring under this disease can be as comfortable at home as at an institution properly provided and conducted. It is the nature of the disease to pervert actions—to distort motives—to distrust professions—to suspect intentions, and to expect all manner of indulgence. Reason in abeyance, man becomes the creature of impulse, emotion, passion—susceptible to influences *which it is difficult for us, in the enjoyment of our reason, to appreciate*. Rare and subtle breathings from another sphere float over his diseased brain. His imagination, working by disordered organs, conjures strange fancies. Visions of things terrestrial and things celestial, of things present and things to come, things temporal and things eternal, rush with more than lightning rapidity from his teeming brain. Time and space are to him no more. The common relations of things are ignored. No perplexity puzzles—no danger daunts—no scruple staggers—no experience explains—no conception convinces. The chain of reasoning that can bind to a conclusion has not been forged. His world is not ours. All seems loose and shifting. The solid ground of what *we* call fact, and on which we stand, seems to have floated from under him, and left him suspended, the sport of airy powers. Like a balloon cast loose, he is off, and mortal power may vainly strive to follow. Where is the family circle that can offer a fitting home to one in this condition? Where is the skilled eye to see—the judicious hand to relieve—where the peace—where the comfort? Affection may lavish its riches—devotion may shame the martyrs—the midnight lamp may pale the watcher's cheek. One after another the

most affectionate nurses will fail—fatigued, disheartened, wounded, worn—they desist, and their cherished friend is returned to his proper home. The hospital receives him again sooner or later—too often later—too often too late. At the time of his removal, a few short months—short to him though long to his (must we say *selfish*) friends, would have completed his recovery, and returned him to his family and the world a useful man. But now he is stranded—a mere wreck—a monument to dead hopes—his only value, that he is still an object around which the affections, though with a deadly parasitical hug, may still cluster. We treat our animals and our implements more rationally. Is the horse sick? Send him to the best veterinary surgeon, and give him a rest in the cool pasture, out of sight and hearing of work; relieve him from all possible wear and tear. Is the watch out of order? If dearly bought and highly prized, do we hug it to our ignorant hearts, and pry, with wondering eyes and clumsy fingers, into the delicate intricacies of its internal economy? In exact proportion to its value is the care with which we refrain from doing this thing. It must be committed to skilful hands; none but an adept can readjust the disordered parts. It must go to the hospital; its derangement can only there be remedied. One can hardly imagine the folly that would keep it at home, in the hope that it would some day shake itself all right. And notwithstanding our impatience and inconvenience, we leave it until the skilled workman assures us it is again ready to work, and we can safely take it away. Why should we treat a valued relative with less consideration? Such audacious faith in the recuperative powers of nature—such stupid and culpable neglect to use the means Providence puts in our hands, can be justified neither by experience, nor by any just estimate of our responsibilities as in the presence of Him to whom we must render a strict account of the few talents committed to us.

Not only is permanent and vital injury often done to patients themselves by premature removal from the salutary restraints of a hospital, but there are other consequences not less unpleasant, involving great injustice toward the institution in which they have been placed, at a time when disease had not removed all possibility of feeling. Few patients go away from home, among strangers, to a hospital voluntarily. There is always

more or less coercion. When one leaves the hospital before he is cured, he rarely fails to connect all the disagreeable circumstances of his illness, as far as memory, and often as far as his imagination serves him, with those who have *last* exercised control over him. His perceptions are not clear, things appear to him as they are not—he misinterprets what is said and done. Not acknowledging his diseased condition, he feels aggrieved; he has been defrauded, deprived of his rights; abused, injured, neglected, starved, beaten, drowned, smothered, smoked, hung, confined, kicked out, scalded and frozen; and if there is any other indignity to be offered a man, he it is who has drained the cup to the dregs. This impression seldom wears entirely away, although recovery may take place. In some cases it does, but in many, the recollection of pure fancies as realities is never corrected. Fact and fiction have been so blended, that it has become impossible to separate them. Attention being a principal element in memory, those circumstances on which the attention is most closely fastened are most firmly retained. The things most disagreeable to us most strongly attract the attention, and are consequently best remembered. All his principal fancies are well remembered facts, closely associated with his present.

The contrast is very striking between these cases and those in which the cure has been complete before removal. When the delightful consciousness of returning reason—the new birth, we may almost say, of the soul has taken place within the walls of his temporary home, all connected with it is delightful. He leaves it with a real regret. After leaving it, he has often a feeling of home-sickness—a longing for its quiet, and for the feeling of security he left behind; and he revisits it, drawn by the same fond feeling which attracts us all to the place of our birth—to the place where our consciousness first awoke—where every tree and stone, and every rail in the fence is glorified by a halo of delightful associations. It is cruel to deprive him of this, one of our highest delights. It is unjust to an institution thus to subject it to misconception.

So much needed not, perhaps, to be said. But the subject is important in both aspects, and these remarks may possibly meet the eye of some who may profit by them. If they should

be the means of giving to one sufferer an additional chance of recovery, it is enough.

The usual imperfect statistical tables are here given.

TABLE NO. 1,

Showing the Number and Sex of all Patients admitted, discharged, died, and remaining.

	Males.	Females.	Total.
Number of patients September 30, 1861, .	149	183	332
admitted since,	64	48	112
under treatment during the year, .	213	231	444
discharged during the year, . .	57	37	94
died during the year,	9	9	18
remaining September 30, 1862, . .	147	185	332

TABLE NO. 2,

Showing the last Residence of all Patients admitted during the year.

COUNTIES.	Males.	Females.	Total.
Hampshire County,	9	10	19
Hampden County,	14	9	23
Franklin County,	7	1	8
Berkshire County,	6	1	7
Middlesex County,	2	1	3
Essex County,	1	—	1
Norfolk County,	3	3	6
Bristol County,	14	20	34
Other States,	8	3	11
Totals,	64	48	112

TABLE No. 3,

Showing the Ages of all admitted during the year.

	Males.	Females.	Total.
Between 10 and 20,	3	1	4
20 and 30,	12	7	19
30 and 40,	16	14	30
40 and 50,	20	17	37
50 and 60,	8	4	12
60 and 70,	3	3	6
Over 70,	2	2	4
Totals,	64	48	112

TABLE No. 4,

Showing the Nativity of all Patients admitted during the year.

	Males.	Females.	Total.
America,	39	14	53
Ireland,	21	30	51
England,	1	1	2
Scotland,	1	1	2
Canada,	2	2	4
Totals,	64	48	112

TABLE No. 5,
Showing the supposed Causes of Insanity.

SUPPOSED CAUSES.	Males.	Females.	Total.
Hereditary,	3	4	7
Ill health,	5	6	11
Intemperance,	11	4	15
Pecuniary difficulties,	2	1	3
Domestic trouble,	1	4	5
Opium,	1	—	1
Epilepsy,	2	—	2
Masturbation,	4	—	4
Puerperal,	—	2	2
War excitement,	1	—	1
Millerism,	1	—	1
Apoplexy,	1	—	1
Jealousy,	—	2	2
Deafness,	—	1	1
Over work,	1	—	1
Venereal excess,	1	—	1
Unknown,	30	24	54
Totals,	64	48	112

TABLE No. 6,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20,	11	2	13
20 and 30,	12	15	27
30 and 40,	20	18	38
40 and 50,	15	8	23
50 and 60,	4	1	5
60 and 70,	1	2	3
Over 70,	1	2	3
Totals,	64	48	112

TABLE No. 7,
Showing the duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	18	12	30
From 1 to 2 years,	10	4	14
2 to 5 years,	7	8	15
5 to 10 years,	10	11	21
10 to 15 years,	12	5	17
15 and over,	7	8	15
Totals,	64	48	112

TABLE No. 8,

Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Males.	Females.	Total.
Married,	27	22	49
Widowed,	4	11	15
Single,	33	15	48
Totals,	64	48	112

TABLE No. 9,

Showing the Occupation of the Male Patients.

Farmers, 10	Stable keeper, 1
Machinist, 1	Stone mason, 1
Blacksmith, 1	Brick mason, 1
Clerks, 2	Student, 1
Physician, 1	Author, 1
Merchant, 1	No business, 3
Shoemaker, 1	Laborers, 29
Tailor, 1	Unknown, 7
Minister, 1	Total, 64
Broker, 1	

TABLE No. 10,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Marasmus,	3	2	5
Phthisis,	—	5	5
Epilepsy,	1	1	2
Apoplexy,	—	1	1
General paralysis,	2	—	2
Maniacal exhaustion,	1	—	1
Suicide,	2	—	2
Totals,	9	9	18

TABLE No. 11,
Showing the Proportion of Commitments.

Committed by Judge and Courts,	26
two Justices,	3
Overseers of Poor,	7
Governor,	40
Alien Commissioners,	3
Friends,	33
Total,	112

TABLE No. 12,
Showing by whom the Patients will probably be supported.

Supported by State,	59
by Town,	19
by Friends,	34
Total,	112

Of the three hundred and thirty-two patients now in the hospital, two hundred and twenty are foreigners, mostly Irish, and but very few are recent cases. The great majority of them are cases of chronic dementia, most of them from the other hospitals in this State, and they had probably passed that stage of the disease in which any relief was to be expected from remedial treatment, long before they became inmates of this institution.

The ultimate disposition of this class of patients must before many years become a question quite interesting, both from a humanitarian and an economical point of view. Their rapid increase, during the last ten or fifteen years, would seem to indicate that the accommodations at present afforded by the Commonwealth, will soon be entirely insufficient to meet the demands of this unfortunate class. The already enormous expense of supporting so large a number of insane foreign paupers would cause our tax payers to receive with great disfavor any proposition to increase the number of institutions or to increase at any considerable expense the accommodations now existing. And yet, before the lapse of many years, something will be required, and perhaps a judicious system of *colonization*, as practiced in some European countries, may be found equally beneficial to the patient and the treasury of the Commonwealth. That these patients are not entirely unproductive, as a class, the industrial statistics of some institutions clearly show. The amount of labor performed in some of these, if the figures are reliable, is quite remarkable, and strongly suggestive of the idea that, by proper selection of cases, proper care and superintendence, in suitable localities, *under a suitable system of general supervision*, much might be done to develop a latent element of profit by fanning into life the now dormant and fading spark of usefulness in these truly pitiable sons and daughters of misfortune. A few trials, entirely experimental, made during the year now closed, lead to the belief that much good, with little risk, would result from a carefully conducted series of experiments in this direction under suitable skilful supervision. And I am inclined to the belief that the Commonwealth could be relieved of a considerable proportion of the expense of supporting these insatiable claimants of her bounty, if some proper plan could be adopted of utilizing the now wasted and expensive remnants of productive industry represented by this large class

of demented foreign paupers. The figures given in many hospital reports, show that already much is done in this direction within the walls of these institutions, and it is a question well worth considering whether the materials for an industrial establishment, with some considerable range of occupation, and the power of placing out at various service suitable cases, could not be selected from the accumulating mass of human debris which now encumbers and impedes the legitimate operation of our present system of public charity.

It may be urged, in answer, that each institution now in operation should be expected to make available all the productive power within its walls. But one easily sees that while the judicious employment of labor as a means of restoration to health, or a means of preserving the remains of health, is within the proper scope of such an institution, it would be an entire perversion of its beneficent powers to convert it to any extent into an industrial organization. This is not the proper place to discuss the question whether the fiat "in the sweat of his brow shall man," &c., pronounced so long ago, was a blessing or a curse. All will acknowledge the fact that, by a law of his nature, man seeks immunity from labor and exertion, and that one of the richest promises from above is the "*rest* that remaineth." Although the first and most extensive in its operation of all the stimuli to exertion, is the supply of our daily wants,—the satisfaction of our mere animal necessities,—the more powerful and most fruitful of results are those addressed to our moral and intellectual nature. When disease throws the shadow of eclipse across this side an immortal soul, it is only on the side of the animal instincts we look for undiminished heat and lustre. The paralyzed body gives no response to accustomed stimulus. The hemiplegic soul has no answer for the ordinary calls to exertion. Our patients, thanks to the noble charity of our Commonwealth, have their natural wants supplied without any exertion of their own. And now the principal incitements to labor are removed, and it is only by a persevering and systematic effort—how persevering and how often discouraging we all know—that one in this condition is induced—almost driven—to exert himself, again and again, until slowly and with great difficulty a *habit* of labor grows up. The *induction* of this habit may possibly be within the proper

scope of a hospital for the cure of insanity, but certainly its farther development, and its leading on to profitable pecuniary results does not. In the hospital let us have labor hygienic but not necessarily profitable. Let it cure, if it may; but in the name of humanity, do not oblige it to be profitable. Let it soothe and heal and amuse if it can, but let us look elsewhere for its profits. Few superintendents can spare from other pressing and higher duties the time and attention necessary to give any hope of success in industrial occupations in their hospitals.

May I not venture to say, without incurring the charge of proposing any utopian scheme, that an experimental institution such as is here hinted at, might legitimately and appropriately find in its kindly bosom a fit resting place for many of those truly unfortunate, and too often unjustly censured, because diseased, sufferers—the *possessed with the demon of intemperance*. Here could best be supplied that first and greatest need—that indispensable condition of radical cure, constant, systematic, and congenial employment. Here the mild but firm restraint so necessary—here the kind consideration for weakness—the charitable construction of motives—the appreciation of manly struggle so seldom accorded by the world, but without which no cure is possible, and relapse from temporary relief almost certain—here also that persevering and hopeful patience which “seventy times seven times” cannot discourage or disturb, could find a legitimate and hopeful sphere.

In my report of last year, I took occasion to refer to the wants of this class of unfortunate men *and women*, and to express the hope that their necessities and those still more dire of their families, might not be neglected in the rush and turmoil of the times. Drinking and fighting are equally the results of organization. It is just as natural for one man to drink to intoxication, especially if he inherits a predisposition to it, as it is for another man to fight. We are all inclined to fight on sufficient provocation, and we all have a favorite beverage—unfortunately not always innocent. Indulgence of both these natural appetites seems to place those who yield to either temptation in the same category before Him who has assigned the penalty to him “who says to his brother ‘thou fool.’” We care tenderly and properly for the victims who yield to the one temptation, and turn coldly from those who do not withstand the

other. Certainly none demand more tender care than those who offer life or limb on the altar of duty. At the same time none deserve more pity, or require more instant help, than those who offer not only life and limb but the immortal soul itself, with all its glorious possibilities, a sacrifice to the moloch of intemperance. One sees the dying soldier going, with exultation in his closing eye, to receive his reward, and feels that he who dies for his country dies well. But no one can look upon the horrible wasting away of a drunkard's *soul*, as one by one its powers are drowned out,—the eye of conscience finally closing to all perception of light,—with any feeling but one of awful commiseration, and of horror at the infinite capability of suffering with which it is indued.

FARM AND GARDEN.

The farm continues productive, and its increased fruitfulness is evidence of the excellent management of Mr. Wright, who has conducted the necessary operations from the opening of the hospital, with great judgment and success. Before the land came into the possession of the Commonwealth, it had been severely cropped and poorly fed, and its condition was what might be expected from the treatment. By careful, judicious, and systematic management, it has been constantly improving, and the greater part of it is now in good condition. The facilities for making manure are now unsurpassed on any farm, and if its condition does not continue to improve still more rapidly, it will be from want of the skill and experience necessary to make the best use of the means so amply provided. The sewerage from the house is poured in great abundance upon a meadow in the rear of the building, and although much of it is still wasted, some part is used in the preparation of fertilizing compost; and measures are to be taken to make still farther use of this most valuable material. The crops this year have been abundant for all the wants of the institution, with the exception of the hay crop, which cannot be so rapidly increased as others. Several acres of flowed land have been reclaimed; other pieces of wild and unproductive waste have been brought under cultivation, and the almost uninterrupted services of three horses and three pair of oxen have been required to carry

on these various operations, together with the other necessary work of the institution.

In summer the farm affords the best means of exercise to many of the patients. On certain occasions during haying as many as forty patients have been actively employed in the various operations upon the land, with great benefit to themselves, and benefit to the institution.

A schedule of the farm products is annexed, with an inventory of implements, teams, &c., and their appraisals as required by statute, with others required by law.

A beginning has been made of a garden for flowers and the more tender vegetables, and it is hoped we may soon render this department attractive and useful by the introduction of the culture of the smaller fruits, berries, &c., &c. A combined grapery and conservatory could be erected upon the south side of the boiler-house, at little expense, and early vegetables could be started in quantity sufficient to give a surplus for the market.

Some new walks have been opened in the groves. The groves have been trimmed and dressed. Shrubbery and trees have been planted, and a considerable improvement is already manifest in the appearance of the grounds immediately contiguous to the buildings. The large beds of flowers in view from all the windows add much to the general air of cheerfulness natural to the location, and the cool walks through the groves prove very attractive to patients of both sexes. The extensive groves and walks afford abundant opportunity for all necessary or desirable out-of-door exercise, and patients requiring it, are constantly waited on by a competent and faithful attendant. The whole one hundred and eighty-five acres are open to patients for exercise and amusement, and are freely used for the purpose by all those whose mental and physical condition permit this recreation.

ENTERTAINMENTS AND AMUSEMENTS

Have always been freely made use of, as far as our means would allow. One, or two, or more evenings in the week are devoted to readings, or lectures, or musical entertainments or exhibition of magic lantern or microscope, or dancing, or something of the kind, which may relieve the monotony of our

daily life. Every winter there has been a patient or two in the house whose pleasure and profit it has been to furnish an occasional lecture on some interesting subject. We had, during the Crimean war, several very interesting lectures from one of the patients, upon this subject, illustrated by diagrams of his own preparing, and he took great pleasure in thus communicating to his less fortunate fellow patients the various interesting items of news gleaned from the papers of the day, with proper geographical and other illustrations of his text. We have had also from another gentleman of highly cultivated literary taste, several lectures upon China and the Chinese, illustrated by various specimens of natural and artificial productions gathered by him during a residence with that curious and interesting people. Others have also found amusement and healthy occupation in the preparation and delivery of lectures on various subjects at their own convenience.

We are also indebted to the kindness of many ladies and gentlemen of the village, and of neighboring towns, for musical entertainments, which were the source of great enjoyment to all who listened. There are constantly many among us who are incapable of other enjoyment than that which finds its way to them through the avenues of the senses. To such, music and pictures, flowers and fruit, dancing and games not requiring much mental exertion, afford all the recreation they are capable of enjoying.

There is a sad want of means of employment for the *men* in the winter season, when operations on the farm are suspended. The care of the barn and stock gives employment to a few of those who are competent, but the greater part of our cases of dementia pass a great portion of their time in idleness, from mere *incompetency* to any work requiring thought, or the exercise of ingenuity. An effort will be made this coming season to procure some employment for a large number of this unfortunate class, and although no profit, *in money*, can be expected from it, some few may be found, among so large a number, who may derive a compensatory benefit from the necessary outlay. The tying of brooms, brading of hats and bonnets,—branches of industry prosecuted to a considerable extent in the vicinity,—and the making of baskets, &c., may possibly be adopted, to some extent, with advantage.

The Library is constantly increasing in size and usefulness. The great majority of our patients cannot read, and a very large proportion cannot understand what is read to them. Yet there are some in every hall, with whatever class of patients it is filled, who *can* understand and can enjoy what is read to them, and a daily reading exercise is a part of our routine. Many who are incapable of receiving any higher enjoyment from it, are gratified by the sound of the voice, and cluster around the reading chair evidently in quiet enjoyment of the mere sound of the human voice, their countenances void of any expression of intelligence, but their attitudes indicative of satisfaction and peace.

A small sum is appropriated annually by the Trustees to the increase of the library, and it is still farther enlarged by donations from kind friends. The donations would probably be much larger were it generally known with what avidity reading matter is seized upon by many of the patients.

The Bowling Alley continues an unfailing source of amusement to both sexes of patients. The billiard table, also, has its votaries, and many an otherwise heavy hour is made to pass pleasantly away. The usual minor games complete the list of amusements, which are very much the same in all well conducted hospitals. A reading-room, with writing table and stands for daily and weekly papers, receives its share of attention from those whose condition enables them to enjoy it.

Religious exercises continue to be held by the Superintendent on each evening in the week, not devoted to other purposes, and there is a regular service every Sunday by the clergyman of the village—an arrangement which is found useful and satisfactory, and, it is hoped, is attended with some lasting profit.

IMPROVEMENTS.

During the year now closed, many things, not very important in themselves, but together adding considerably to the means at command for the benefit of the patients, have been done. The walks have been extended, the flower beds multiplied, the groves cleaned to some extent, some acres have been reclaimed, while inside the home, something has been done to increase its comforts and convenience. A slight alteration has been made in the heating apparatus, by the substitution of larger pipes in the hot air chambers for conducting off the condensed steam. The

want of sufficient inclination to the coils of heating pipe has heretofore occasioned a delay in the return of the condensed steam to the reservoir which is placed under the centre of the building for its reception, and the consequence, in very cold weather, when the steam is rapidly condensed, has been an accumulation of water in the pipes, which materially retarded the circulation of steam, and consequently prevented the pipes from becoming warmed sufficiently to be useful. The change made in the size of the pipe returning the condensed steam, will undoubtedly partially remove the difficulty, but there still remains the insufficient inclination which is only to be overcome, at some future time, *by sinking the reservoir in which the condensed steam is collected*, to a depth sufficient to insure a rapid and constant flow. The pipes cannot otherwise be kept clear for the steam, and consequently some of them will become obstructed and useless as heaters for a great part of the time. The past and present outlay for heating purposes is a very considerable proportion of the expense of the institution. The *compact arrangement* of the radiating surfaces in the heating apparatus at the Worcester hospital, has this great advantage, that the condensed steam has not a great distance to run, and the pipes are therefore kept constantly open to the free and unobstructed circulation of steam, and are therefore constantly hot, the current of cold air thrown upon them by the fan, although sometimes at very low temperature, not being able to reduce very much their heating power. It is hoped that the change made this summer in the size of the pipe may do something toward removing a very serious impediment to the entire success of the apparatus.

SUGGESTIONS.

When the building was being completed for the reception of patients, the kitchen was the last stronghold of the mechanics to be vacated, and on it was expended the last small remnant of the many appropriations somewhat grudgingly placed at the command of the able commissioners for building. The consequence was, hurried and insufficient preparation for the work required in the kitchen. What was an insufficient and inconvenient cooking apparatus for two hundred and fifty patients, has now become a dilapidated and still less sufficient apparatus

for the three hundred and fifty patients; and to insure an economical and convenient preparation of food for so large an increase in the number to be fed, a new range and one or two new boilers are absolutely needed.

The quality of the water heretofore used in the institution, and the method of raising it to the tanks, were open to so many serious objections, that in my report of last year I recommended to your Board a radical change in this department of our domestic economy, and petition was made to the legislature for an appropriation of three thousand dollars, for the purpose of securing a full supply of pure soft water from a spring on the hospital grounds, not very far from the buildings. With a promptness highly honorable to that body, a bill was passed appropriating the sum asked for the purpose. The new works are now nearly completed, and it is hoped we shall soon be in the enjoyment of an abundant and steady supply of this indispensable article.

When the present arrangement of tanks and distributing pipe was made, it was not expected that the number of inmates would exceed two hundred and fifty, and it was gauged to meet the reasonable wants of that number. We have now nearly one hundred more, and our means of heating water for so many are deficient. Some days many of the halls are entirely without hot water. A warm bath is wanted for a patient, and he must either go without it, or be carried to a distant part of the building, with great inconvenience and some risk. The floor of a soiled room must be instantly cleaned, and the attendant must leave his hall, to bring from the kitchen in small quantities, a great distance, the hot water necessary to his purpose.

If the demands of the laundry and kitchen were supplied by an additional tank, placed upon or near the boilers, the tank in present use would probably supply all other necessities of the house, and comfort and order once more take the place of the present suffering and disorder. The tank need not be large, as its operation, exposed to the great heat of the boilers, would be very similar to that of an ordinary "water buck," heating water about as rapidly as it can be passed through it.

To Dr. C. K. Bartlett, the Assistant-Physician, I am under obligations for the readiness and ability with which his duties have been performed; and to the Clerk, Mr. F. L. Eldridge,

and Supervisors, and to all whose sense of duty has led to a prompt performance of their duties, and to continued efforts to promote the interests of the institution, and the comforts of its inmates.

To your Board I am under the deepest obligations for the careful scrutiny each department has so constantly received, and for the kindness and consideration with which my efforts for the advancement of the interests of the institution have been received and seconded.

My acknowledgments are also due the many kind friends who have, from time to time, remembered the sufferers here gathered, and who have in any way contributed to their relief. The smallest donation, the slightest vibration of a sympathizing voice, is not without its effect. It may not cure one patient—but it may; and if it should not, it may assuage some sorrow, it may lessen some affliction, it may lighten some load, it may help to lift another's cross. As it is done to one of our little ones, it is done to Him whose promise is sure. Let us trust Him.

WM. HENRY PRINCE, *Superintendent.*

NORTHAMPTON, October 1, 1862.

SCHEDULE C.

Inventory of Stock and Supplies on hand, September 30, 1862.

Live stock on the farm,	\$2,836 00
Produce of the farm on hand,	3,321 25
Carriages and agricultural implements,	940 00
Machinery and mechanical fixtures,	5,711 00
Beds and bedding in the inmates' department,	7,181 30
Other furniture in the inmates' department,	4,918 81
Personal property of the State in Superintendent's department,	405 00
Ready-made clothing,	501 94
Dry goods,	1,083 15
Provisions and groceries,	2,153 94
Drugs and medicines,	300 00
Fuel,	5,893 18
Library,	375 00
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	\$35,622 57

SCHEDULE D.

Inventory of Stock and Agricultural Implements.

3 horses,	\$600 00
6 oxen,	530 00
23 cows,	920 00
8 heifers,	96 00
18 fat hogs,	360 00
12 breeding sows,	120 00
60 pigs,	150 00
Live poultry,	60 00
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	\$2,836 00
3 ox carts,	\$120 00
1 team wagon,	75 00
1 extra rack,	15 00
2 one-horse rack wagons,	55 00
1 spring wagon,	15 00
1 buggy wagon,	25 00
1 horse cart,	30 00
1 stone dray,	20 00
Farming utensils,	300 00
Harnesses,	95 00
2 ox sleds,	10 00
2 horse sleds,	50 00
2 carryalls,	130 00
	<hr/>
	940 00
	<hr/>
	\$3,776 00

DIET TABLE.

MONDAY.

Breakfast—Coffee, bread and butter, hash, or potatoes.

Dinner—Roast meat and vegetables, bread and butter, rice, fruit.

Supper—Tea, bread and butter.

TUESDAY.

Breakfast—Coffee, bread and butter, hash, and potatoes.

Dinner—Soup, bread and butter, pudding, fruit.

Supper—Tea, bread and butter.

WEDNESDAY.

Breakfast—Coffee, bread and butter, hash, beefsteak.

Dinner—Fresh fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter, ginger snaps.

THURSDAY.

Breakfast—Coffee, bread and butter, hash, or meat and potatoes.

Dinner—Corned beef, vegetables, bread and butter, rice.

Supper—Tea, bread and butter.

FRIDAY.

Breakfast—Coffee, bread and butter, meat and potatoes.

Dinner—Salt fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter, plain cake.

SATURDAY.

Breakfast—Coffee, bread and butter, hash, potatoes.

Dinner—Baked beans, bread and butter, pudding, fruit.

Supper—Tea, bread and butter.

SUNDAY.

Breakfast—Coffee, bread and butter.

Dinner—Cold corned beef, vegetables, bread and butter, pies.

Supper—Tea, bread and butter, gingerbread.





