

**Sixth annual report of the Trustees of the State Lunatic Hospital at
Northampton : October, 1861.**

Contributors

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

OCTOBER, 1861.

BOSTON:
WILLIAM WHITE, PRINTER TO THE STATE.
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Commonwealth of Massachusetts.

SIXTH ANNUAL REPORT

OF THE

TRUSTEES OF THE THIRD HOSPITAL FOR INSANE, AT NORTHAMPTON.

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

The Trustees of the State Lunatic Hospital, at Northampton, present their Sixth Annual Report.

They submit a statement of its condition, agreeably to the requirements of law, of its general management, and of the improvements made during the past year, and proceed to make such suggestions in reference to such further improvements, as in their judgment will tend to the increased usefulness of the institution, as one of the established charities of the Commonwealth.

On the thirtieth day of September, 1860, the whole number of inmates of the hospital was three hundred and fifteen. The present number is three hundred and thirty-two, showing each year an increasing number of patients. One hundred and twenty-two have been admitted during the past year.

A table, marked A, is appended, showing the number remaining at the end of each month, and the average number to be $316\frac{1}{4}$. The whole number of State paupers supported during

the whole, or a part of the year, is 244, the average number for the whole time, $231\frac{1}{2}$, and the present number 217.

The statistical information relative to the patients admitted the past year, is contained in tables furnished by the Superintendent in his annual report to the Trustees, which is herewith presented.

The statutes require us to exhibit a list of the salaried officers of the institution, and their salaries, which is contained in a table appended to the report of the Superintendent, and marked B.

The financial condition of the hospital, as it appears from the statement of the Treasurer, is as follows:

Due to the hospital from various sources,	\$17,716 90
Cash on hand,	843 71
	<hr/> \$18,560 61

Bills against the hospital rendered and unpaid,	\$12,950 24
Estimated amount not rendered, . . .	1,000 00
Due for money borrowed,	4,062 61
	<hr/> \$18,012 85

By the above statement it will appear that the resources of the institution are sufficient, if all immediately available, to meet its present liabilities for current expenses.

The bills due the hospital are for the board and clothing of State paupers, and of those committed by towns, at their expense, and of private patients. The State pays its bills for paupers on the first of January and July. The Trustees are required to make up their report to the thirtieth of September, in each year; of course there is a large amount due from the State treasury, except at the times of the semi-annual payments. The bills of patients supported by towns and by friends are payable on the first of April and October. There is delay in the prompt payment, by the State, and by towns and individuals; and this delay, which can never be entirely prevented, makes it necessary to be constantly borrowing money to pay bills as presented, and to pay a large amount of interest during the year.

The expenditures of the past year have considerably exceeded the income, and under existing laws this must continue to be the case. The board of State paupers is fixed at \$2.50 per week; the board of other patients will necessarily be graduated by the price paid by the State.

The salaries of the officers, under a law passed in 1859, are to be paid from the current income of the hospital. Many needed improvements of a permanent character, upon the grounds, will be required for the yet early years of the institution. To bring the expenses within the income, therefore, either improvements must be abandoned, the price of board must be increased, the salaries of officers and other general expenses must be reduced, or the quantity and quality of the food diminished, inferior attendants be employed, who will serve for smaller compensation, and less care and attention be bestowed upon those who are sent here for treatment for the most serious of all diseases, and the hopes of the public be disappointed.

The older hospitals, which have heretofore charged higher prices for the support furnished, and drawn the salaries of their officers from the State treasury, are able now to make a better show of their financial condition than we can.

But if the policy of the State is to charge all the expenses of maintaining the hospital to the hospital itself, and to prescribe the limits of the charges made by the hospital to its inmates, and to pay for any deficiency of income to meet expenses out of the State treasury, then the Trustees are simply the agents of the Commonwealth, to manage the affairs of the institution as well as they are able, and call upon the State to pay the bills.

And we respectfully submit that it is not consistent with the wise and humane policy which caused the establishment of this great public charity, designed for the noble purpose of restoring mental as well as bodily health, to restrict the expenses within the narrowest limits which will sustain animal life; but to furnish, within reasonable bounds, all the means which the experience of the skilful officers of such institutions deem best calculated to be the most beneficial to those committed to their care. A liberal economy is the best economy.

The table appended shows a summary of the board accounts for the past year:

The whole amount charged for State paupers, at	
\$2.50 per week, is	\$28,661 07
For private boarders,	12,252 28
For board of persons sent by towns,	5,282 32
<hr/>	
Whole amount for board,	\$46,195 67

Amount charged for clothing furnished State paupers, \$994 67

The diet table annexed to the report of the Superintendent is satisfactory to us. We favor a sufficiency and variety of wholesome food, and discourage equally extravagance or parsimony.

The heating apparatus has been much improved since the last Report, and much more comfort can be realized from a given quantity of fuel, than formerly; still, with so large rooms and halls, there must inevitably be a large expenditure in this department, with the best economy which can possibly be exercised.

Two years ago the legislature made an appropriation for a fence around the farm, of eighteen hundred dollars. This has been principally completed, with the exception of the gate-way, which required considerable grading to prepare for its erection. The whole work, without charge for grading, will be brought within the appropriation.

The legislature also appropriated four thousand dollars for a barn. This estimate was thought sufficiently high, when made, and we intended to bring the expense within the sum appropriated. But it was found necessary, as the work progressed, to lay broader and deeper foundations, to increase the size to accommodate the anticipated increase of stock, to build, in connection with it, a large piggery, and provide for the making of large quantities of manure, under cover; and it was deemed wise to incur the additional expense necessary to procure the best possible conveniences at once, rather than to suffer temporarily, and again apply for aid to complete a work so important to the general purposes of the establishment. The excess of the expense over the appropriation is about two thousand dollars.

The appropriation of four thousand dollars at the last session of the legislature, for the purchase of lands and buildings

adjoining our grounds, and near our buildings, was highly judicious, and the beneficial effects will be constantly felt. All the tenements which we intended to purchase, have been so purchased, and conveyed to the Commonwealth, with the exception of a small lot, at most, valued at one hundred dollars, and which we hope to make an arrangement for at no distant day.

The appropriations of eight hundred dollars for a coal house, and eight hundred dollars for a bowling alley, have been expended for the purposes designed, and will prove valuable appendages to the institution. The subject of providing an abundant supply of pure water, and of being certain of having it at all times, imperatively demands that we should bring it to the early and earnest attention of the legislature. We fully accord with the views of the Superintendent, as stated in his report, which accompanies this Report, in regard to its importance.

The water now and heretofore used is impure, and the regularity of the supply is liable to interruption, from causes beyond our control, and we have almost every year been subjected to very heavy expenses to supply the hospital with water, in addition to the regular annual tax paid under a contract originally made by the Commissioners, for a supply six days in a week, being the best which they could then make, while the question of the completion, or the opening of this third asylum for the insane was warmly debated, and its policy discussed by opposite parties, with great zeal, if not with great bitterness.

But the question of the policy of its establishment is no longer an open question, and we must now deal with it as one of the regular permanent institutions of the Commonwealth, and to be cherished as one of the acknowledged channels of public beneficence.

We cannot properly estimate or describe the necessity or the value of water in such an institution, and it would seem hardly necessary for the Trustees to do more than to make known its wants, in this respect, to ensure the desired legislative action without delay. The security to the property, and the indispensable necessity to health alike require early action to remedy the defects and the constant dangers to which the establishment is liable. Fortunately, a remedy is at hand, and we can avail ourselves of it at a reasonable sum of money.

A spring is found on the hospital farm, which skilful engineers, who have made careful admeasurements in the driest seasons of the year, agree in assuring us will afford us an abundant supply during a greater part of the year, and which can be brought into our tanks in the attic of the building, for about three thousand dollars original outlay. The cost of pumping up the water will be an additional yearly charge.

One of the modes of present supply can be retained as a resort in case of accident to the main source and mode of supply. And probably we might make sure of a permanent, unfailing supply of this prime, vital essential of economy, and security, and health, for a sum, the interest of which would be much less than the sums hitherto unavoidably incurred in procuring water of the inferior quality and uncertain quantity which we have been obliged to use.

The estimated expense is trifling, when compared with the unspeakable importance of the advantages to be secured by it. And if the cost were estimated many times higher than it is, we should feel it our duty to state it to the legislature, and should regard ourselves recreant to our duty as the guardians of so important a State charity if we did not make known its wants fully and frankly, and rely with unwavering confidence in its readiness to grant whatever is made to appear essential to the welfare of the institution; and the Trustees most respectfully and earnestly ask that an appropriation of three thousand dollars may be granted for this purpose.

The Trustees have visited the various parts of the hospital, monthly, according to the by-laws, and bear witness to the neatness of the rooms and halls, the cleanliness of the inmates, and the good order and system which prevail in all its departments.

We have also made diligent inquiries, and given special attention to the general management of the establishment, with a view to ascertain whether any improvements can be made, or any more rigorous system of economy introduced. We can suggest none, beyond what the increasing experience of the Superintendent and his assistants will enable them to make, having in view a judicious use of the pecuniary means at their command, and a wise regard for the best interest of the unfortunate classes of our fellow beings committed to their charge.

We know of no abuses to correct, no frauds to expose, no acts of indiscretion, or passion, or cruelty to mention, by which the inmates have suffered, or the public been injured. And we desire to express our undiminished confidence in the capacity, integrity and fidelity of the Superintendent and his assistants, and their hearty devotion to the welfare of the institution.

We believe that the construction of the buildings, the mode of heating and ventilation, the style of living, the rigid system of enforcing habits of cleanliness, neatness and order, together with the increasing amount and variety of exercise and amusement, afford as many sources of comfort to the inmates as can be reasonably demanded or expected.

Yet we expect that for years to come, at least, the treasury will be called upon to supply increasing wants, and to furnish money to pay necessary expenses, beyond all which is paid for the support of State paupers, or by other classes which resort here for medical treatment or retirement.

And still, we cannot close our Annual Report without expressing our thanks to the legislature for the regard which they have paid to our requests for pecuniary aid, by granting what we have applied for, and our fullest confidence in their readiness to respond cheerfully and promptly to all future reasonable applications, which they are convinced will tend to increase and extend the usefulness of the institution, and to restore to reason, and bodily health and happiness, and return to bless the community, large numbers of unfortunate persons who have formerly been, and who may yet be, useful and influential members of society.

All which is respectfully submitted.

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

NORTHAMPTON, October 1, 1861.

TABLE A.

*Showing the number of Patients remaining at the end of each Month,
from September 30, 1860, to September 30, 1861.*

MONTHS.	Males.	Females.	Total.
October 31, 1860,	125	179	304
November 30, 1860,	127	177	304
December 31, 1860,	129	175	304
January 31, 1861,	132	175	307
February 28, 1861,	134	174	308
March 31, 1861,	137	136	313
April 30, 1861,	138	174	312
May 31, 1861,	140	176	316
June 30, 1861,	147	185	332
July 31, 1861,	148	188	336
August 31, 1861,	142	185	327
September 30, 1861,	149	183	332

Average 316 $\frac{1}{4}$.

TABLE B.

*Showing the number of State Paupers remaining at the end of each
Month from September 30, 1860, to September 30, 1861.*

October 31, 1860,	216
November 30, 1860,	220
December 31, 1860,	223
January 31, 1861,	226
February 28, 1861,	227
March 31, 1861,	229
April 30, 1861,	232
May 31, 1861,	235
June 30, 1861,	240
July 31, 1861,	243
August 31, 1861,	243
September 30, 1861,	244

Average, 231 $\frac{1}{2}$.

TREASURER'S REPORT.

To the Trustees of the State Lunatic Hospital at Northampton :

The Treasurer respectfully submits the following Statement of the Receipts and Expenditures for the year ending September 30, 1861 :—

RECEIPTS.

Received for board of private boarders, . . .	\$11,033 84
for board of town paupers, . . .	4,782 43
for board of State paupers, . . .	26,442 45
of town paupers, for clothing, . . .	334 41
of private boarders, for clothing, . . .	705 21
of private boarders, for contingencies, . . .	42 02
of private boarders, for advancements, . . .	618 75
of boarders, on sundry other accounts, . . .	130 44
for animals and produce of farm sold, . . .	515 71
for persons employed on farm, provisions, &c.,	126 49
on water construction account, . . .	1,000 00
Borrowed of banks and others, . . .	34,000 00
	<hr/>
	\$79,731 75

PAYMENTS.

For provision and supplies, . . .	\$14,850 00
fuel,	5,513 85
gas and oil,	2,088 34
wages and salaries,	9,566 66
furniture,	1,133 32
clothing,	1,333 84
contingencies,	661 83

For repairs,	\$1,219 51	
farm,	2,801 32	
farm stock,	1,278 28	
farm wages,	1,683 75	
house implements, . . .	347 06	
advancements,	698 14	
insurance,	175 00	
alien commissioners, . .	75 72	
coal house,	700 00	
safe,	150 00	
barn,	1,962 34	
water construction, . . .	963 88	
fence,	68 45	
banks and others, "borrowed,"	29,937 39	
interest,	359 39	
miscellaneous,	1,319 97	
Balance in hands of Treasurer, .	843 71	
	<hr/>	\$79,731 75

WM. HENRY PRINCE, *Treasurer.*

September 30, 1861.

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. DICKINSON,
S. M. SMITH,
ALFRED R. FIELD,
Committee.

October, 1861.

SUPERINTENDENT'S REPORT.

*To the Board of Trustees of the Hospital for the Insane, at
Northampton :*

GENTLEMEN,—In compliance with the by-laws of the institution, the Superintendent presents his fourth annual report :

At the close of the last year, there were in the hospital three hundred and fifteen patients, of whom one hundred and thirty-seven were males, and one hundred and seventy-eight were females.

Since then one hundred and twenty-two have been admitted, of whom seventy are males and fifty-two are females.

Seventy-five patients have been discharged during the year, of whom forty-three are males, and thirty-two are females.

Thirty have died ; of these, fifteen were males and fifteen were females.

There are therefore now remaining under treatment, three hundred and thirty-two. One hundred and forty-nine of these are males, and one hundred and eighty-three are females. The whole number under treatment during the year is four hundred and thirty-seven.

We have now in the hospital seventeen patients more than at the beginning of the year, and during this year the benefits of the institution have been extended to thirty-seven persons more than in the year preceding.

Thirty patients have died during the year now closed, from the various causes stated in table 10. The greatest number of deaths from any one cause has been from tubercular disease of the lungs ; four males and five females having died from this cause. About the same number have died from the slow wasting away which removes so many in the last stages of chronic

dementia. Of these cases we have a very large proportion received from the other hospitals at the opening of this institution. This fact will for several years make our mortality larger than the average in hospitals, and also give an extraordinary proportion of deaths from chronic diseases.

The proportion of patients received during the year now closed, who were supported by their friends, is larger than before, being this year nearly fifty-six per cent. of all admissions, against forty per cent. last year. This class of patients is more the subject of premature removal than the pauper class, partly on account of inability of friends to meet the expenses of protracted treatment, partly from that impatience of delay which is so very troublesome to the physician in the treatment of all chronic diseases, partly from that desire for change of means, and method and climate, and surrounding circumstances, which so frequently, in chronic disease, impels the friends of a patient to "try every thing that can be heard of," in the delusive hope of hurrying those important changes which Nature so kindly and carefully protracts. The effect of these various motives is that many who have what to a physician seems a reasonable chance of recovering perfectly under a faithful perseverance in a proper course of treatment, lose this chance by premature removal to their homes, and instead of becoming useful members of society, are, by the mistaken views of their own friends, condemned to a life of uselessness and suffering. The Superintendents of all hospitals have frequent occasion to regret this action of misguided or mistaken friends, and of seeing the delightful process of restoration suddenly suspended, or painfully protracted by the injudicious interference of those whose great anxiety and impatience seriously impair their judgment.

The usual tables of figures are here presented, defective and deceptive to a considerable extent, from causes referred to in previous reports.

TABLE No. 1,

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

	Male.	Female.	Total.
Number of patients September 30, 1860, .	137	178	315
admitted since,	70	52	122
under treatment during the year, .	207	230	437
discharged during the year, . .	43	32	75
died during the year,	15	15	30
remaining September 30, 1861, . .	149	183	332

TABLE No. 2,

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

COUNTIES.	Male.	Female.	Total.
Hampshire County,	13	5	18
Hampden County,	21	22	43
Franklin County,	6	5	11
Berkshire County,	6	4	10
Middlesex County,	—	—	—
Suffolk County,	2	—	2
Essex County,	1	—	1
Worcester County,	—	1	1
Norfolk County,	1	—	1
Other States,	20	15	35
Totals,	70	52	122

TABLE No. 3,

Showing the Ages of all admitted during the year.

AGES.	Male.	Female.	Total.
Between 10 and 20,	3	6	9
20 and 30,	13	9	22
30 and 40,	24	14	38
40 and 50,	15	10	25
50 and 60,	5	10	15
60 and 70,	6	3	9
Over 70,	4	—	4
Totals,	70	52	122

TABLE No. 4,

Showing the Nativity of all Patients admitted during the year.

	Male.	Female.	Total.
America,	62	39	101
Ireland,	5	12	17
England,	2	1	3
Africa,	1	—	1
Totals,	70	52	122

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

SUPPOSED CAUSES.	Male.	Female.	Total.
Hereditary,	2	4	6
Ill health,	4	6	10
Acute cold,	—	1	1
Intemperance,	21	2	23
Pecuniary difficulties,	2	—	2
Domestic trouble,	1	—	1
Opium,	—	1	1
Epilepsy,	3	2	5
Masturbation,	6	—	6
Puerperal,	—	6	6
Religious excitement,	—	2	2
Spiritualism,	1	—	1
Hard labor,	—	4	4
Hard study,	1	—	1
Old age,	2	—	2
Unknown,	25	24	49
Paralysis,	1	—	1
Political excitement,	1	—	1
Totals,	70	52	122

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

AGES.	Male.	Female.	Total.
Between 10 and 20,	8	6	14
20 and 30,	15	16	31
30 and 40,	23	16	39
40 and 50,	13	7	20
50 and 60,	4	7	11
60 and 70,	4	—	4
Over 70,	3	—	3
Unknown,	—	—	—
Totals,	70	52	122

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

DURATION OF THE DISEASE.	Male.	Female.	Total.
Less than one year,	26	24	50
From 1 to 2 years,	8	5	13
2 to 5 years,	23	6	29
5 to 10 years,	4	3	7
10 to 15 years,	4	7	11
15 and over,	5	4	9
Unknown,	—	3	3
Totals,	70	52	122

TABLE No. 8,
Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Male.	Female.	Total.
Married,	36	16	52
Widowed,	3	10	13
Single,	31	26	57
Totals,	70	52	122

TABLE No. 9,
Shows the Occupation of the Male Patients.

Farmers, 12	Druggist, 1
Laborers, 18	Lawyer, 1
Students, 4	Nurseryman, 1
Machinist, 1	Tinner, 1
Merchants, 9	Mason, 1
Clerks, 3	Printer, 1
Clergymen, 2	Painters, 2
Cabinet makers, 3	Carpenter, 1
Barber, 1	No business, 5
Author, 1	Total, 70
Manufacturers, 2	

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

CAUSES OF DEATH.	Male.	Female.	Total.
Phthisis,	4	5	9
Apoplexy,	—	1	
Marasmus,	4	4	8
Cancer,	—	1	1
Epilepsy,	2	1	3
Softening of brain,	1	—	1
Typho mania,	—	1	1
General paralysis,	1	—	1
Maniacal exhaustion,	2	—	2
Chronic diarrhœa,	1	—	1
Pneumonia,	—	2	2
Totals,	15	15	30

TABLE No. 11,
Showing the Proportion of Commitments.

Committed by Judge and Courts,	49
two Justices,	8
Overseers of the Poor,	2
Governor,	—
Alien Commissioners,	—
Friends;	63
Total,	122

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

Supported by State,	28
by Towns,	26
by Friends,	68
Total,	122

A few words may be said here, perhaps, with some advantage, of a class of cases for which our Commonwealth, with all her noble liberality, and in her magnificent charity, has thus far failed to make that provision which the claims of the unfortunate in other respects have drawn from her bountiful hand. The subject is brought more prominently into notice at this time, because a much larger proportion of patients than ever before, has this year been admitted to this institution from the class referred to. The fact that patients of this class seek the treatment of an institution of this kind, is not to be received as proof that it is the most suitable place for them, but only that there is nothing better provided for them. And while it must not be considered cause of reproach against our noble Commonwealth, that she has not as yet made more suitable provision for this class of sufferers, we may indulge a reasonable hope that the time is not far distant when blessings shall be daily invoked upon her at firesides not yet reached by the warmth of her noble charity.

My own ideas on this subject are so clearly and so fully expressed by one whose ample experience in hospital management, and whose wide philanthropy and mature judgment give him a claim to be heard, that I prefer to transcribe his words rather than trust so important a subject to any of my own.

Dr. Kirkbride, of the Pennsylvania Hospital for the Insane at Philadelphia, uses the following language in treating of the class of cases to which I refer.

Speaking of the "Provisions for the habitually intemperate," he says: "This subject is one of deep interest to the philanthropist, and is constantly brought to the notice of those who have charge of Hospitals for the Insane, by the frequent applications for the admission of improper cases of this description, by the difficulty which frequently exists in determining whether the individual should be admitted or not, and the earnest appeals for advice in reference to this unfortunate class of persons.

"Although the frequency of intemperance as a direct cause of insanity, may occasionally have been overrated, still the records of this and of most other institutions of a similar character, show conclusively that even in this way, it is a prominent and fearful one, the diseases of no less than 66 out of

663 men who have been received here, being clearly attributable to this cause alone. If we could record all the cases which were produced by it indirectly, by the ill health which it engenders, by the loss of property and of character; the family difficulties which it excites; the activity given by it to the worst passions and vices; the silent grief over long cherished hopes, and the deep mortification of sensitive and refined minds which result from it; its effects on others besides the victim of the habit: on parents, wives, children and friends, the number to whom intemperance is assigned as a direct cause in our table, would but feebly portray the proportion of those who indirectly, but not less certainly, owe to it their insanity as well as their other sources of permanent sorrow and domestic wretchedness.

“Where real insanity is the result of intemperance, a hospital for the insane is unquestionably the proper place for the victim of this wide spread vice, and when mania-a-potu,—which ought never to be received into an institution for the insane,—terminates in insanity, as it occasionally does, the same destination is then proper for the wretched sufferer, whose case is likely to be of long standing, and the recovery always doubtful.

“An uncontrollable fondness for, and indulgence in, ardent spirits or other stimulants, with the usual results of such a course, are occasionally only symptoms of insanity, coming on in the progress of the case, often in individuals of the most correct habits, who had never before manifested such a propensity, and disappearing as the other symptoms of insanity are removed. In these individuals, of course, this peculiarity offers no reason for interfering with the ordinary disposition of such cases.

“There are, however, other and quite numerous cases of habitual drinkers who are not suitable for a hospital for the insane, but for whom some special provision should be made on their own account, and still more for the sake of their families and friends, and for the peace and quiet of the community.

“One of these classes is composed of individuals whose intemperance leads to acts of outrage against society, and brings grief and terror into quiet families, with ruin to their worldly prospects, but who seem to care little for reformation, and for whose acts insanity cannot be pleaded as an excuse. The seclusion of these persons brings temporary improvement, but

nothing more, and if allowed, they would, for limited periods, be frequently found in our hospitals for the insane, for admission into which they clearly have no just claim.

“The moral effect produced on other patients in the wards, by the presence of such individuals, is almost always unhappy. They cannot legally be detained but for a short period; they are commonly indignant at the restraints which are necessarily imposed on them, and when discharged, they return to their homes only to renew the same scenes of debauchery and outrage. Insane patients object most strongly and reasonably to such associates, and with great justice, protest against disease being placed on a par with vice, and misfortune with wilful debasement, claiming, with truth, that although insanity is a heavy affliction it brings with it no reproach, and its acts sully no one with dishonor.

“There is another class, however, much more numerous, too, than is generally supposed, for whom advice is frequently solicited, and whose cases, on many accounts, are possessed of great interest. They differ, in nearly every respect, from those previously referred to, except an uncontrollable fondness for stimulants, and a moral weakness which prevents their resisting the slightest temptation.

“When not under the influence of the habit they are fully sensible of its enormity, and of the results sure to follow from its circumstances; are anxious to reform, and willing to submit to almost any privation to effect that object. These are frequently persons of high standing in the community, possessed of wealth and every worldly comfort that could be desired. No business or profession is exempt, not even ministers of the Gospel. From the histories given by patients or their friends, it is common to learn that the sufferer is a man of liberal education, ample wealth, surrounded by an affectionate and devoted family, happy in all his domestic relations, and respected in the community, himself a truly benevolent man, active in works of charity, and ever ready to assist the suffering, yet with all this, an uncontrollable fondness for stimulation is destroying every thing, domestic happiness is gone, worldly ruin is impending, impaired health begins to foreshadow the coming destruction of a good constitution, and the future is ever darker than the present.

"Such cases do occasionally enter a hospital for the insane, and their good qualities of head and heart render their presence quite unobjectionable; but there is much in the discipline of such institutions not pleasant to them, and the society they there meet is apt to become tiresome, so that they are likely to leave before their reformation is complete.

"When the pecuniary means of patients are ample, detached cottages, or apartments disconnected with the regular wards, may be advantageously used, and then not under all the circumstances most favorable for a thorough reform.

"A certificate that the applicant for admission is insane, signed by a respectable graduate of medicine, is required here, and, it seems to me, should be everywhere, preparatory to the admission of a patient into a hospital for the insane. This one regulation, of itself, will exclude most of the 'habitually intemperate,' and although a few do enter as monomaniacs, the number is comparatively small. Commonly, the stay of these cannot be insisted on for a sufficiently long period, and reformation is rarely the result of the attempt.

"For all these different cases some provision should be made, a retreat provided, where those who are anxious to reform should be surrounded by every influence likely to second their good intentions, and where society would be protected from those who, with little care for the results, are not only ruining themselves, but destroying every good prospect of their families. The detention should be legalized, and not terminated but upon a proper medical or judicial investigation, and not regulated in any respect by the wishes of the patient or his friends.

"Such an institution should be under the direction of a well-educated and judicious physician, who should treat his patients as laboring under disease; and with kindness and firmness, a combination of medical and moral means, there is little doubt that many good citizens would be annually restored to society; and, where permanent reformation was found to be impossible, individuals would be kept from habitual debasement, their families saved from ruin, and society protected from violence and disorder. It is a field for labor worthy of the active benevolence of the age."

This is perhaps not the best time or place for speaking on this subject, when our country is calling for all the help we can render, and all the pecuniary aid we can spare, but another opportunity may not occur to present the subject, and it may be a long time before the “din of arms” will allow a purely philanthropic claim to be heard; meanwhile the sufferings of a peculiarly unfortunate class of our fellow men and women are unheeded in the general distress which should not harden us against the appeals of specific misfortune.

The thorough supervision practiced by your Board, over the affairs of the institution, and the monthly reports of the Superintendent, make it unnecessary to enter, at this time, upon minute details of our experience for the past year.

The retrospect shows a constant increase of our means of usefulness, and an increasing appreciation on the part of the public, of the advantages offered by the institution.

Our means of amusement have been enlarged by the addition of a bowling alley, containing two boards. An appropriation of eight hundred dollars was made by the last legislature for the purpose, and a substantial brick building has been placed in a convenient spot, containing every thing needed. It will soon be finished and occupied, and add greatly to the health and recreation of those for whom it was designed.

A billiard table was considered such an indispensable article of furniture, that one has been placed in a convenient position, (thus far without cost to the institution or the State,) in the hope that its importance as a means of exercise, health, and amusement, would be acknowledged, and the means of securing so desirable an article be furnished.

Under the general head of amusements may be included the usual games made use of as relaxative, besides walking, fishing, hunting, pic-nics, excursions to points of interest, reading, concerts, dances, &c., all of which serve to vary the monotony of hospital life, and excite new and interesting currents of thought.

The library has been increased somewhat, both by purchase and by donations from friends of the institution or of the patients. New pictures have been added to those which already adorned the walls. A room has been fitted as a reading-room,

and supplied with the daily papers, thus supplying a want long felt and regretted.

The heating and ventilation during the last winter were as successful, to say the least, as in former years. Some alterations in the furnaces have been suggested by accumulating experience, which it is hoped may do something to reduce the consumption of fuel. By some changes in the location of some pipes, and the addition of a separate damper to each fire-box, it is supposed still better effects will be produced.

The last legislature made an appropriation of eight hundred dollars for building a coal-house for the protection of the fuel from the inclemency of the weather, and a saving in the quantity consumed will undoubtedly result. The house is substantially built of brick, and although not sufficiently large to contain the winter's supply, will save much waste.

The subject to which I would most earnestly call your attention, and whose vital importance forbids longer silence, is the supply of water. The great necessity in a hospital for the insane is a *constant and certain supply of pure water*.

When this supply is insufficient or totally suspended, even for a short time, the inconvenience and actual suffering and danger become distressing.

A failure in this respect is the cause of very great inconvenience and irregularity in the laundry, produces a condition of the cess-pools and water-closets the most dangerous to the health of the whole family, and occurring in winter, would produce a suspension in the operations of our steam-heating and ventilating apparatus, which would cause an inconceivable amount of suffering from cold. To this may be added the possible danger from fire, should such a calamity befall us while the water tanks are empty. To this failure we are constantly liable.

To draw attention to this important matter, and to cause the adoption of measures for the perfection of the water supply, it seems hardly necessary to say more, yet it may be well to state some facts. Our supply is now obtained from a small river flowing at the foot of the hill on which the hospital stands. It is raised to the tanks in the attic by contract with the proprietors of a mill, for a specified sum per annum, for a certain number of gallons per day. In this contract Sundays are excepted, and in the case of accident to the driving power, the hospital is to

supply itself as it can. The practical result is, that when the river is full, and all the machinery in good order, the supply is abundant. During the hot and dry season it is often insufficient and irregular, and several times it has been totally suspended. Twice since the hospital was opened it has been necessary to obtain, at great expense, the means of supplying ourselves for many weeks. It will also be remembered that the opening of the institution was delayed some months by the necessity of making extensive repairs upon machinery, over which the hospital has, by the terms of the contract, no control.

Besides this, it has been found necessary to make another contract for a supply on Sunday, at an additional expense, as the tanks do not hold sufficient to meet the wants of two days.

It is safe to say that the institution pays a sum, annually, equal to the interest on ten thousand dollars, for our irregular and insufficient supply of this most important and indispensable of the necessities of life.

I should not feel that I had laid the matter fully before your Board if I omitted to speak of the quality of the water thus scantily, and irregularly and expensively furnished. I have already, at different times, drawn your attention to the color, and I may say the consistency of the article, as it has appeared in the reservoirs. You have found it holding in suspension so much foreign matter as to render it opaque. This matter consists of the natural debris, a rapid stream supplied by many feeders, and flowing through a soil of various composition, always carries with it. To this is added a miscellaneous mass of impurity poured into it by a great variety of manufacturing establishments. The mixture is at times disgusting to the sight and smell, and its effects equally offensive in the laundry and the kitchen. The precipitation of vegetable matter in the large boilers, as you are aware, will probably soon create a necessity for expensive repairs, by the "burning" and "scaling" of the iron where most exposed to the action of the fire.

Having thus stated at some length our deplorable condition with regard to this most important branch of domestic economy, it only remains to suggest a possible remedy, leaving it with your Board to consider the propriety of taking any present action in the matter. There is upon the grounds of the institution a never-failing spring of most excellent water, yielding a quantity

sufficient during the greater part of the year, to supply our daily wants. The practical questions are, How can this water be most economically carried to the tanks? And how can the possible deficiency (which may exist in the drought of summer) be supplied? The committee appointed by your Board has suggested that a pump to be carried by a water-wheel might be erected on the bank of the river, near the point at which the brook formed by the spring empties itself, so that the water of the river may be used when necessary to supply any deficiency of the spring.

It is supposed this could be done for a sum less than one-half of that upon which the institution is now paying annual interest. If this is so, the mere consideration of economy would recommend the change.

To complete the system of water supply in an institution of this kind, there should always be a surplus for emergencies, as of fire, or of failure of machinery. A proper arrangement of underground reservoirs, to be fed by the overflow of the tanks, would give this completeness, if a constant and uninterrupted supply could be furnished as proposed. The importance of this subject claims earnest and early attention, and it is hoped another year will not pass without proper measures being taken for the supply of so urgent a want.

The farm has received the usual care, and the crops have not fallen much below the average of former years. Every year adds to its value as its fertility is increased, and its waste places are made productive. Its capacity of carrying stock has not been great, but as each year adds to its productiveness this difficulty diminishes. The new barn adds much to its facilities in this respect, and each year, it is hoped, will show some increase in productiveness. As a means of exercise and occupation for the inmates the farm is invaluable, and the cost of carrying on its various operations is amply repaid in the increased health and vigor of those whose pleasure it is to assist in its cultivation.

The grounds have been still farther improved by grading and planting, clearing of groves and cutting walks. Delightful walks, of several miles in extent, can now be taken within the enclosure.

The erection of the gateway at the entrance to the grounds, has been postponed on account of the extensive grading necessary, which could not be done economically until the crops were secured and our teams made available for the purpose. The work will now be resumed, and if the season proves favorable, will be completed before winter. The undrawn balance of the appropriation for fencing will suffice to complete the gateway, but would not cover the expense of grading.

The commodious barn, by affording stabling for a greater number of cows, will enable us to produce all the milk needed in the institution, and thus prevent the necessity of purchasing large quantities at the high price heretofore paid.

The usual schedule of the products of the farm on hand, makes a part of the report, and is annexed, marked A.

The schedule of the names of officers and their salaries, is also annexed, marked B.

The schedule of personal property of the Commonwealth in the hospital, with its appraisal, I also annex, marked C.

The schedule of farming implements and farm stock, is appended, marked D.

A diet table is also subjoined.

I also add the form of bond required by the by-laws on the admission of patients, and a copy of the statute concerning the commitment of insane persons to the hospital, containing information often sought by letter.

“In the county of Suffolk any judge of the superior court, and in any other county the judge of the probate court, or if he is sick or absent or there is a vacancy in the office, any judge of the supreme judicial court or superior court, may commit to either of said hospitals any lunatic Indian, or other lunatic person who in his opinion is so furiously mad as to render it manifestly dangerous to the peace and safety of the community that he should be at large.”—*G. S., ch. 73, sect. 8.*

“Any person applying for the commitment of a lunatic under the provisions of the preceding section, shall first give notice in writing to the mayor or one or more of the selectmen of the place where the lunatic resides, of his intention to make such application; and satisfactory evidence that such notice has been given shall be produced to the judge.”—*G. S., ch. 73, sect. 9.*

“When it appears on application in writing to any two justices of the peace, one of whom shall be of the quorum, or to a police court, that a

person having no known settlement within this State is insane, such justices or court shall commit such person to one of the State lunatic hospitals."—*G. S., ch. 73, sect. 19.*

The following are the forms for Physician's Certificate for the application for admission, and the Bond which is to be executed before the order of admission is given.

CERTIFICATE.

I have seen and examined _____ of
and believe _____ to be insane.
M. D.

18

APPLICATION.

I request that the above-named _____ may be admitted
as a patient into the State Lunatic Hospital at Northampton.

18

[This to be signed by a guardian, near relative or friend.]

OBLIGATION.*

In consideration of _____ being admitted a
patient into the State Lunatic Hospital at Northampton, at the request of
_____, we, the undersigned, promise to pay to
the Treasurer of said Hospital _____ dollars
per week, for the board of said patient, so long as _____ may continue a
boarder in said Hospital, to provide or pay for all requisite clothing
or other things necessary or proper for the health and comfort of said
patient, to pay for damages not exceeding fifty dollars, which he may do
to furniture or other property of said Hospital, to pay reasonable
charges in case of elopement, and funeral expenses in case of death, to
remove _____ when discharged, and if removed uncured, against
the advice and consent of the Superintendent, before the expiration of
three calendar months, to pay board for thirteen weeks. Payments
to be made quarterly, with interest on each bill from the time when it
becomes due.

Witness our hands this _____ day of _____ A. D. 18 ____.

ATTEST,

} *Principal.*
} *Surety.*

* This obligation is to be signed by a responsible person satisfactory to the Board of Trustees.

Owing to the peculiar circumstances stated in the Report of
your Board to the legislature last year, viz.: the reduction in

the rate of board of State paupers, and the payment of salaries from our current receipts, it will be found that the hospital is at the present time indebted in an amount greater than that of the bills due from all sources. It seems desirable that our expenses should be kept within our income, to prevent the accumulation of indebtedness and the increase of our interest account, already large. The higher rates to be paid during the year now beginning, for almost every article we consume, will make this a difficult matter at the present rates of board. If the policy of the Commonwealth is to maintain the present rates, it will probably be necessary, before many years, to ask an appropriation to clear off the accumulating indebtedness, unless your Board shall direct some change in the quality or quantity of the supplies furnished the patients. I do not think such a change could be made to any great extent without bad effect on their comfort and perhaps their health, since the few luxuries afforded are of a kind tending to promote health, and the quantity is almost at a minimum.

A considerable amount has been expended in improvements of various kinds, which have added permanent value to the property of the Commonwealth, and it has been found necessary, in order to put the new barn in complete condition to answer all the requirements of the farm, to add somewhat to the amount received of the Commonwealth. As an offset, however, to this expense, there will be received a small sum from the sale of old buildings.

To many friends we are indebted for the kind interest shown in the institution in various ways. We have received presents of trees and shrubs for the garden, from Mr. Justin Sackett, of Springfield, B. K. Bliss, Esq., of Springfield, S. Wells, Esq., and Hon. Charles A. Dewey and others, of Northampton, and many acts of kindness from C. Clarke, Esq., and his musical friends. Our thanks are due the publishers of "The Independent," for a copy of their valuable paper, supplied regularly since the opening of the institution. For this we feel the more grateful, because it is the only paper so supplied. Our thanks are also due to Lyman W. Coe, Esq., of Waterbury, Conn., for the present of a fine clock, and to Hon. Edward Dickinson, of Amherst, Charles Allen, Esq., of Greenfield, and John Gardner, Esq., of New York, for additions to our library.

In conclusion, I would express my thanks to your Board for your valuable counsel and support in the manifold duties of my position, and for the uniform kindness which has lightened my labors.

Dr. C. K. Bartlett continues to perform the laborious duties of Assistant-Physician with great faithfulness and assiduity, and to him and the other resident officers, and to all who have in any way helped, I would here make my acknowledgments.

Mr. F. L. Eldridge, who has diligently and acceptably performed the difficult duties of clerk, retires at the close of the year, and the duty of appointing his successor will claim your early attention.

To Him, without whose help we labor in vain, our gratitude is wholly due for whatever success has attended our labors. Asking His continued favor, we enter on the duties of another year with renewed zeal, and with the hope of making the institution still more useful to the community and satisfactory to its patrons.

WM. HENRY PRINCE, *Superintendent*.

NORTHAMPTON, September 30, 1861.

SCHEDULE A,
Showing a list of Farm Products on hand.

90 tons hay,	\$990 00
12 tons straw,	84 00
350 bushels corn,	227 50
150 bushels oats,	60 00
40 bushels rye,	32 00
600 lbs. broom brush,	36 00
10 tons corn fodder,	40 00
600 bushels turnips,	150 00
150 bushels beets,	75 00
50 bushels mangel wurzel,	125 00
1,164 bushels carrots,	349 20
2,600 heads of cabbage,	104 00
10 barrels apples,	30 00
8 bushels buckwheat,	6 00
4 tons squash,	120 00
15 tons pumpkins,	30 00
12 tons melons,	10 00
6 bushels beans,	12 00
2,000 bushels potatoes,	660 00
200 bushels onions,	150 00
10 bushels seed corn,	10 00
100 lbs. broom seed,	25 00
	<hr/>
	\$3,325 70

SCHEDULE B.
List of Salaried Officers and their Salaries.

William H. Prince, M. D.,	Superintendent, salary,	\$1,600 00
	Treasurer, salary,	300 00
C. K. Bartlett, Assistant-Physician, salary,		600 00
F. L. Eldridge, Clerk, salary,		500 00
Asa Wright, Farmer, salary,		600 00
George W. Taylor, Engineer, salary,		480 00
		<hr/>
		\$4,080 00

SCHEDULE C.

Inventory of Stock and Supplies on hand, September 30, 1861.

Live stock on the farm,	\$2,225 00
Produce of the farm on hand,	3,325 70
Carriages and agricultural implements,	1,257 00
Machinery and mechanical fixtures,	5,688 00
Beds and bedding in the inmates' department,	7,075 18
Other furniture in the inmates' department,	4,846 12
Personal property of the State in the Superintendent's department,	450 00
Ready-made clothing,	101 67
Dry goods,	189 57
Provisions and groceries,	886 69
Drugs and medicines,	346 00
Fuel, { Coal,	\$5,289 00
{ Wood,	158 00
	<hr/> 5,447 00
Library, 500 volumes,	300 00
	<hr/> \$32,137 93

SCHEDULE D.

Inventory of Stock and Agricultural Implements.

3 horses,	\$500 00	13 manure forks,	\$17 00
8 oxen,	950 00	8 spades,	6 00
2 heifers,	40 00	9 chains,	18 00
5 calves,	50 00	6 bog hoes,	3 00
18 fat hogs,	360 00	4 small chains,	2 00
10 breeding sows,	150 00	8 picks,	4 00
1 boar,	25 00	4 crowbars,	5 50
15 shoats,	75 00	8 wheelbarrows,	8 00
Poultry,	75 00	2 corn shellers,	20 00
		8 ploughs,	40 00
	\$2,225 00	4 harrows,	32 00
		2 cultivators,	8 00
Team wagon,	\$60 00	8 axes,	4 00
2 rack wagons,	65 00	16 hay forks,	8 00
1 extra rack,	10 00	Scythes,	10 00
2 top buggies,	100 00	Carpenters' tools,	40 00
1 top buggy,	25 00	Ice tools,	60 00
1 business wagon,	15 00	Baskets and measures,	10 00
1 horse cart,	25 00	Plough pick,	7 00
3 ox carts,	120 00	Seed and corn planters,	14 00
2 extra stone bodies,	10 00	Hay cutters,	20 00
1 double sled,	35 00	Grain cradles,	6 00
1 single sled,	25 00	Drill and scrapers,	14 00
2 ox sleds,	10 00	Grindstone,	12 00
4 ox yokes,	20 00	3 stone drags,	30 00
11 harnesses,	170 00	1 ox roller,	18 00
11 robe blankets,	40 00	Mowing machine,	90 00
2 horse rakes,	8 00		
27 hand rakes,	6 50		\$1,257 00
24 hoes,	6 00		

DIET TABLE.

MONDAY.

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

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

Supper—Tea, bread and butter.

TUESDAY.

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

Dinner—Soup, bread and butter, pudding.

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.

THURSDAY.

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

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

Supper—Tea, bread and butter.

FRIDAY.

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

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

Supper—Tea, bread and butter.

SATURDAY.

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

Dinner—Baked beans, bread and butter, pudding.

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.

111

THE HISTORY OF THE

REIGN OF THE EMPEROR

OF THE GREAT MONGOLS

BY THE

EMPEROR OF THE GREAT MONGOLS

OF THE GREAT MONGOLS

OF THE GREAT MONGOLS

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