

Second annual report of the Cumberland & Westmorland Lunatic Asylum : 1863.

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SECOND
ANNUAL REPORT

OF THE
CUMBERLAND & WESTMORLAND
LUNATIC ASYLUM.

(First Report never published)

1863.



CARLISLE :
PRINTED BY C. THURNAM AND SONS, ENGLISH-ST.

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ASYLUM STAFF.

RESIDENT.

T. S. CLOUSTON, M.D., MEDICAL SUPERINTENDENT.

MR. JONAS TODD, CLERK AND
STEWARD.

Male Head Attendant.

Five Ordinary Male Attendants.

Shoemaker Attendant.

Tailor Attendant.

Male Night Watch.

House Porter.

MISS H. C. GRODER, MATRON.

Head Female Attendant.

Six Ordinary Female Attendants.

Female Night Watch.

Cook.

Head Laundress.

Assistant do.

House Maid.

Two Kitchen Maids.

NON-RESIDENT.

THE REV. J. F. SIMPSON, CHAPLAIN.

W. B. PAGE, Esq., F.R.C.S., CONSULTING MEDICAL OFFICER.

H. DOBINSON, Esq., TREASURER.

Engineer, Gasman, and Lodge-keeper.

Farming Man.

Joiner.

Fireman.

Two Labourers.

REPORT OF THE COMMITTEE OF VISITORS
OF THE UNITED COUNTIES OF CUMBERLAND AND
WESTMORLAND.

Your Committee have to report that the number of patients at present in the Asylum is as follows :—for Cumberland, 101 males, 80 females ; for Westmorland, 24 males, 20 females ; total, 225.

The General Committee have met at the Asylum once a month, and the House Committee once a fortnight during the past year.

The present weekly cost of maintenance is 9s. 4d. a head, being the same as it was during the previous quarter.

By the 62nd section of the Lunacy Act your Committee are required, at this Sessions, to lay before the Justices of the County a Report, in writing, of the state and condition of the Asylum ; and as to its sufficiency for the proper accommodation of the number of lunatics for whom it may be necessary to provide accommodation ; and as to the management of such Asylum, and the conduct of the officers and servants thereof, and the care of the patients therein : a copy of which Report is to be transmitted to the Commissioners in Lunacy.

In accordance with this requirement your Committee have now to report that the state and condition of the Asylum is most satisfactory, though, at the same time, they regret to say that they are unable to provide sufficient accommodation therein for the number of lunatics who are chargeable to the two Counties. This arises in part, at least, from the number of chronic cases which have been removed from the workhouses to the Asylum ; and should this state of things continue, and still further applications for admission of fresh cases be made, the Committee will feel themselves obliged, unless some other provision be made for the care of chronic and

incurable cases, to call upon the united Counties to raise funds for the enlargement of the Asylum, or for the erection of detached buildings adjacent thereto, in such way as shall be considered most advisable to meet the necessities of the case. The number of incurable cases at present in the Asylum is 173, out of a total of 225.

They are glad to be able to report most favourably as to the management of the Asylum by Dr. Clouston, and also as to the conduct of the officers and servants at present engaged therein, and the care of the patients, which reflects very great credit upon the Medical Superintendent and the various officers under him.

It will be necessary for the Court at this Sessions to appoint a Committee for the ensuing year, in compliance with the terms of the Act.

The Annual Report of the Medical Superintendent has been laid before the Committee, and will, along with other papers relating to the Asylum, be printed and circulated among the Magistrates and the Chairmen of the Boards of Guardians of the two Counties.

(Signed)

E. W. HASELL.

THOS. HENRY GRAHAM.

PHILIP H. HOWARD.

CHAS. FETHERSTONHAUGH.

ROBERT BRISCO.

W. LAWSON, junr.

THOS. SALKELD.

WM. CRACKENTHORPE.

TO THE CHAIRMAN AND VISITORS
OF THE CUMBERLAND AND WESTMORLAND
ASYLUM.

GENTLEMEN,

I beg to submit to you the following Report of the Cumberland and Westmorland Lunatic Asylum for the year 1863.

On the 31st of December, 1862, there were 196 patients in the Asylum ; there are now 225, being an increase of 29.

There have been 68 admissions during the year, of whom 36 were males and 32 females.

There have been 28 discharges during the year, 12 of whom were males and 16 females.

There have been 11 deaths, 5 of whom were males and 6 females.

The average number of patients resident during the year has been $209\frac{175}{365}$.

The number of patients admitted, discharged, and dead, during the year; the number who were discharged recovered, relieved, and not improved; and the numbers belonging to each of the two Counties, I have shown in a tabular form. In regard to the admissions, I have shown in the tables, the number in each month of the year, their ages, the assigned causes of the disease, the number of cases who had had previous attacks, and how many, the form of insanity under which they laboured according to the common classification, and according to what I conceive to be the real causes of the disease, so far as these could be ascertained, the state of their bodily health on admission, their occupations, social condition, the number curable, and the number already dismissed cured.

ADMISSIONS.

The causes and character of the insanity, as shown in the tables, explain how so many as 39 of the cases admitted were, from the first, incurable. In 30 cases the insanity resulted from one or other of the following irremovable causes, viz., congenital defect, epilepsy, old age, consumption, and general paralysis. Of the *assigned* causes

of the disease, 35 were physical and 6 mental ; in the remainder, the causes were unknown. Intemperance among the former, and domestic affliction among the latter, next to those I have mentioned, were the most frequent of the assigned causes. Twenty of the cases were predisposed to insanity by having had previous attacks, and in 11 cases the disease was hereditary.

It is extremely difficult to ascertain the real cause of many cases of insanity. A circumstance can scarcely be called the *cause* of a patient's becoming insane, when it merely rouses into an active form mental derangement that had previously existed unrecognized, or was so strongly predisposed to that any mental or physical disturbance would develop it ; and a physical disease, such as epilepsy, or general paralysis, cannot with propriety be called a cause of insanity, when it may itself be but another effect of the *real* cause of the derangement of mind. In the attempt I have made to classify 42 of the cases, according to what I considered to be the real causes of the disease in them, I follow that system of classification recently proposed by Dr. Skae, of the Royal Edinburgh Asylum, which takes as its basis the doctrine that no mental derangement can exist without a bodily cause, and that therefore the cases should be classified independently of the mental symptoms present.

One great object of the Institution has been fulfilled in the case of the 39 incurable patients admitted, as well as in the 29 curable ; for almost without exception, those incurables have been, and will be, much improved in their bodily health and mental state. They frequently require more care, attention, good diet, and even medical treatment to improve them, than the curable do, to cure them. Improvement means, in them, an approach to the habits and ways of sane civilized men, a greater capability of exerting the self-control which is left them, a greater desire and more power to employ the mind and body in useful healthy occupation, and more happiness and enjoyment of life. In some of them, improvement means the eradication of the bad habits which previous neglect had engendered. To effect this improvement, all the resources of a well-conducted Asylum are required.

Of the 36 males admitted, about one-half had been unskilled labourers, one-sixth skilled tradesmen, one-sixth came under the headings "Schoolmaster," "Sailor," and "Exciseman," while the remainder were unknown. Of the 32 women admitted, three-

fourths were domestic servants or the wives of workmen or labourers.

17 of the patients admitted had been previously insane inmates of workhouses. Many more of them had been inmates of workhouses for a short period before admission owing to a practice which seems to prevail either among the Relieving Officers or the relatives of patients, of sending them to the workhouse first, as a kind of preliminary measure to sending them to the Asylum. Such a practice cannot be too strongly condemned. If a man becomes unfit to follow his usual occupation from mental derangement, as a general rule, he cannot be too soon sent to an Asylum. His chances of recovery and restoration to society may entirely depend on the disease being properly treated in time; and in the cases to which I refer, the time when proper treatment is most likely to be successful—that between a man's being incapable of doing his usual work and his becoming totally unmanageable out of an Asylum—is lost in the workhouse, where, as a general rule, nothing is, or can be done for him; and if the insanity should not assume such a form as to make the patient *unmanageable*, it is much to be feared that it is allowed to take its course, and the patient swells the list of the “Imbecile and Insane Inmates of Workhouses,” till some temporary outburst of excitement is the occasion for his being sent to the Asylum, utterly incurable, ill-fed, and idle in his habits. There is generally no difficulty in managing such cases when they come to the Asylum. The better dietary and regular out-door exercise strengthen the bodily health, and consequently lessen the mental irritability; the discipline of the house and the efforts of the attendants improve the habits and induce the patient to employ himself usefully; the means of amusement and recreation rouse whatever mental power still remains, and may even call up the long unfelt sense of conscious happiness and enjoyment of life—but the patient can never be restored to society a self-supporting member of it.

Surely it is not necessary for either the Medical Officers of the Unions or the Relieving Officers to put off exercising the power conferred on them by the Legislature to take immediate steps for curing a recent case of insanity, till they have consulted the Board of Guardians, and waited, it may be, a week, until the Board meets. An industrious man, who has all his life before earned a respectable livelihood, may console himself for having been in an Asylum by the

thought that it was in the Asylum he recovered from his affliction ; but what can he think of his having been an involuntary able-bodied inmate of a workhouse ?

This is one of the eight English County Asylums, in which the number of male patients exceeds that of the females. It can scarcely be that absolutely fewer females become insane in the two counties, when the general female population exceeds the male by three thousand. Insanity is somewhat more common among males than among females ; but on account of the lower rate of mortality of the disease among the latter, there are more female than male pauper lunatics in England, even allowing for the disproportion in the total numbers of each sex.

Scarcely one-half of those admitted could be said to be in good bodily health ; 30 of them were in indifferent health and reduced condition ; while 6 were in bad health and an exhausted condition.

DISCHARGES.

17 of the patients discharged had recovered, being 25 per cent. on the number admitted. This is a very fair proportion, considering the number of chronic incurable cases that were admitted.

9 of the patients discharged were relieved, and 2 not improved.

The period of residence in the Asylum of those discharged recovered was short. In all of them it was under 18 months, and in two thirds of them under 4 months ; while in almost all of them the disease had not been allowed to exist long before they were sent to the Asylum. In three of the cases that had been only a very short time in the Asylum the patients unfortunately relapsed, and were readmitted, but this merely shows the great necessity of keeping patients for some time in the Asylum after they are apparently well, for in those three cases there was no trace of mental derangement when they left the Asylum. In the majority of cases those relapses are the result of going back again to the associations connected with the original coming on of the insanity ; in some cases the exciting causes of the outbreak of the disease have to be again encountered ; whilst in the remainder relapses are the result of the want of proper healthy employment for mind and body after the patient is discharged from the Asylum. I am sure that the Guardians of the Poor and the

Relieving Officers merely require to have this fact of the preventive influence of suitable occupation and comfortable circumstances pointed out to them, to make them do all they can to provide such employment for patients leaving the Asylum, when their friends are unable to do so. Regular work for both mind and body will do much to counteract the ill effects of the associations of the persons, places, and circumstances that were connected with the original outbreak of the malady.

As is usually the case, most of the patients who recovered, had laboured under Mania, while most of those who were taken away only relieved, had laboured under Melancholia. Melancholy patients are in many cases so discontented and anxious to get away from the Asylum, whilst they appear so rational to their relatives when they come to see them, that they are often prevailed on to take them away before the mental soundness is re-established. It is difficult for even the Medical Attendant of a melancholy patient to say when the depression of mind has quite disappeared, and it is but seldom that such patients can be got to see the necessity for a period of probation in the Asylum after they have got over the worst symptoms of the disease. In future, however, I shall, with the leave of the Committee, take advantage of that provision of the Lunacy Act which allows a patient to be sent out on trial before he is finally discharged, in some of those cases.

DEATHS.

The deaths have been $5\frac{1}{3}$ per cent. on the average numbers resident, which is a very low rate of mortality.

The deaths in all the cases but three were the result of brain disease, or such necessarily fatal cause. Two of those three also may be said to have arisen from such causes, the one being exhaustion from mania, and the other an epileptic fit. The third, and really the only case which was not necessarily inevitable, was from typhoid fever, complicated with another disease it is true; but to the fever I attribute the fatal result.

TREATMENT.

The general principles of treatment I have endeavoured to carry out since I was appointed your Medical Superintendent have been those that are now almost universally recognized as the best for the

treatment of the insane and the management of an Asylum, viz., to treat the patients kindly, to maintain good order and discipline in the house, to provide healthy and suitable employments for all who can employ themselves, to endeavour to get those to work who do not do so, to provide suitable amusements for their leisure hours, to endeavour to get them all roused into taking an interest in something, thus exercising and strengthening the mental faculties they have left, and to keep up the bodily health and strength in all of them. It has ever been my endeavour to have a due regard to economy so far as consistent with the efficiency of the Institution. The dietary was somewhat altered by the Committee at my suggestion, and the change was one by which a saving was effected without reducing the scale too low. It has been found to answer well. The greater variety which it secures in the patients' dinners has given, so far as I am aware, universal satisfaction.

Into the medical treatment it would be out of place for me to enter here. It has been chiefly directed to the carrying out of the last general principle I stated, viz., to keep the bodily health of the patients in the best possible state. Many of the symptoms of insanity may be treated, and treated successfully, by the medical art, but nature alone can cure the disease, and it is by following her indications that she may be best assisted. A few hours hard work in the open air or the laundry is generally a far better, as it is a more natural way of overcoming that most common of all the symptoms of insanity, sleeplessness, than any kind of drug; a hearty laugh at a funny story, or at the performances of a ventriloquist, is a far more effectual mode of counteracting depression of spirits than any stimulant; a good dinner has generally a far more soothing effect than any sedative; a piece of tobacco, or a pinch of snuff is, in most cases, a much better way of preventing an old snuffer or smoker from breaking windows and quarrelling than any kind of quieting medicine.

WORK, AMUSEMENTS, &c.

Although the work done must be regarded chiefly in its good effects on the patients who do it, yet the benefits to the Institution accruing from it have been by no means inconsiderable. The patients dug almost all the 35 acres of land laid down in turnips, potatoes, and vegetables, and did all the work that was necessary

while those crops were growing. They levelled one of the fields from which the bricks were taken, and have partly levelled the other, and they are now occupied in making a road round the farm. All the carpenter work required in the house has been done by ourselves, including the fitting up of the the new larder and dairy, a large part of the wards has been painted, and most of the plumber work has been done without any assistance from without. A shoemaker and a tailor have been employed at my suggestion; the one instead of an ordinary attendant, and the other at the time when the number of male patients was so much increased that another attendant was necessary; and now the clothes of the male patients and the shoes of all the patients are being made and repaired in the house. And on the female side as much work of a different kind has been done. All the laundry work of the establishment done, all the articles of wearing apparel used by the females made and repaired, all the stockings used in the house knitted, window blinds made for the whole house, valances above the windows made for some of the wards, are ample proofs that the females have done their share of the work. But a full statement of the work done (exclusive of the work on the farm) with its estimated value, drawn up by Mr. Todd and Miss Groder, will be found appended to this Report.

For the amusement of the patients we have the Library and an abundant supply of newspapers and periodical publications: and lately I have appropriated one room as a reading room, a patient who had previously made reading covers for all the periodicals in each of the wards having charge of the books. In summer the men played cricket three nights a week, and I got a set of croquet materials made in the joiner's shop for the women, and found they enjoyed the game very much. In-doors, in each ward, the patients have the means of playing bagatelle, dominoes, and draughts; and since the long evenings commenced we have had a fortnightly dance in the dining hall, with occasional lectures, a ventriloquist's entertainment, and a concert. Special entertainments—made special chiefly by the addition of something to eat to amusement proper—were provided, once in Spring, once in the open air in Summer, at Hallowe'en, and at Christmas. I am sure every one in the Asylum will bear me out when I say that those amusements have been most beneficial to the patients, and are looked forward to by them with the greatest interest and pleasure. To those who have kindly

assisted us thus to amuse the inmates of the Asylum I must tender my best thanks. Those patients who are able and otherwise fit go out to walk on the country roads thrice a week, when the weather permits. Those walks are much enjoyed by them. They feel they are not prisoners when they thus get beyond the Asylum grounds. I am not aware that they in the least annoy the public.

I must not omit to mention the great benefits the patients derive from their attendance on the regular Religious Services in the Chapel, and from the Chaplain's visits to the sick, and in the wards. Those Services and visits have a soothing and elevating effect on the minds of most of those who are able to be present at them, and are one decided means of promoting the good order and discipline of the house. About two-thirds of the patients generally attend chapel.

No serious accident has occurred, and on the whole there is much reason for thankfulness that the objects of the Institution have been so far attained during the past year. The great drawback has been the want of sufficient accommodation for the recent cases of insanity that have occurred during the last three months.

In conclusion, I have to express my entire satisfaction with the conduct and efficiency of the officers of the establishment. To the Rev. J. F. Simpson, Miss Groder, and Mr. Todd, I have to express my thanks for their cordial co-operation with me ever since I entered on my duties here.

I have also to express my thanks to Mr. Page for the advice and assistance I have received from him in the management of the Asylum, and the treatment of the patients.

To the Committee I beg most respectfully and sincerely to return my thanks for the confidence they have placed in me, and for the unvarying kindness and consideration with which they have received any suggestions I have thought it my duty to offer.

I have the honour to be,

Gentlemen,

Your obedient Servant,

T. S. CLOUSTON, M.D.,

Medical Superintendent.

TABLE I.

GENERAL RESULTS OF THE YEAR.

					Males.	Females.	TOTAL.
Number of Inmates at the close of 1862..					106	90	196
Admitted during the year					36	32	68
Total number under treatment					142	122	264
Discharged					M. 12	F. 16	T. 28
Of whom were Recovered					M. 11	F. 6	T. 17
" Relieved					1	8	9
" Not Improved					0	2	2
Deaths					5	6	11
Total number of Inmates at the close of 1863					125	100	225

Average daily number resident during the year, 1863 :—

Males.	Females.	TOTAL.
115 $\frac{94}{365}$	94 $\frac{81}{365}$	209 $\frac{175}{365}$

					Males.	Females.	TOTAL.
Number of Cumberland Patients at the close of 1862					85	74	159
" " " " 1863					101	80	181
" Westmorland " 1862					21	16	37
" " " " 1863					24	20	44

TABLE II.

ADMISSIONS, DISCHARGES, AND DEATHS, EACH MONTH.

	Admissions.			Discharges.			Deaths.		
	M.	F.	Total	M.	F.	Total	M.	F.	Total
January ...	2	2	4	1	3	4	0	0	0
February ...	2	2	4	0	2	2	0	1	1
March ...	2	1	3	1	2	3	0	1	1
April ...	4	2	6	5	1	6	1	1	2
May ..	3	8	11	0	0	0	0	0	0
June ...	2	5	7	2	0	2	1	3	4
July ...	7	4	11	1	0	1	0	0	0
August ...	11	2	13	0	4	4	1	0	1
September ...	1	4	5	0	2	2	0	0	0
October ..	1	1	2	2	2	4	1	0	1
November ...	1	1	2	0	0	0	1	0	1
December ...	0	0	0	0	0	0	0	0	0
TOTALS ...	36	32	68	12	16	28	5	6	11

TABLE III.

AGES OF THOSE ADMITTED, DISCHARGED RECOVERED,
AND DEAD.

	Admitted.			Discharged Recovered.			Dead.		
	M.	F.	Total	M.	F.	Total	M.	F.	Total
Under 10 Years	1	0	1	0	0	0	1	0	1
From 10 to 20	3	3	6	2	2	4	0	0	0
" 20 " 30	8	5	13	4	0	4	1	1	2
" 30 " 40	5	6	11	0	2	2	1	0	1
" 40 " 50	9	8	17	1	2	3	0	1	1
" 50 " 60	5	6	11	2	0	2	1	1	2
" 60 " 70	3	2	5	1	0	1	0	2	2
" 70 " 80	2	2	4	0	0	0	1	1	2
TOTALS ...	36	32	68	10	6	16	5	6	11

TABLE IV.

FORM OF MENTAL DISEASE IN THOSE ADMITTED.

	Males.	Females.	TOTAL.
Acute Mania	3	2	5
Mania	6	11	17
Epileptic „	2	2	4
Puerperal „	0	1	1
Melancholia	14	5	19
Dementia	3	4	7
Epileptic Dementia	2	4	6
General Paralysis	4	2	6
Congenital Imbecility	1	1	2
Not Insane... ..	1	0	1
TOTAL	36	32	68

TABLE V.

FORMS OF INSANITY IN THOSE ADMITTED CLASSIFIED, ACCORDING TO THE REAL CAUSES OF THE INSANITY, AS FAR AS THESE COULD BE ASCERTAINED.

	Males.	Females.	TOTAL.
Congenital Insanity	3	2	5
Epileptic Insanity	4	6	10
Insanity from Masturbation	1	0	1
Puerperal Insanity	0	1	1
Insanity from Lactation	0	3	3
Insanity, accompanying change of life (climacteric)	2	5	7
Senile Insanity	4	4	8
Phthisical Insanity	1	2	3
General Paralysis with Insanity	4	2	6
Unknown 23 { Sthenic	5	6	11
{ Asthenic	11	1	12
Not Insane	1	0	1
TOTAL	36	32	68

TABLE VI.

ASSIGNED CAUSES OF DISEASE IN THOSE ADMITTED.

				Males.	Females.	TOTAL.
Physical.	{	Congenital defect...	3	2	5
		Epilepsy	3	6	9
		Intemperance	4	2	6
		Old Age	1	1	2
		Paralysis (Hemiplegia)	0	2	2
		Paralysis (Paraplegia)	1	0	1
		Change of Life	0	1	1
		Child Birth	0	2	2
		Over Lactation	0	1	1
		Masturbation	1	0	1
		Destitution	0	1	1
		Injury to Head	0	1	1
Moral.	{	Domestic Affliction	0	3	3
		Study	1	0	1
		Sudden arrival of Son from sea	0	1	1
		Reverse of Fortune	1	0	1
Predisposing.	{	Hereditary	7	4	11
		Previous Attack	9	11	20
		Unknown	7	6	13

TABLE VII.

THE NUMBER OF ATTACKS OF INSANITY IN THE ADMISSIONS
OF THE YEAR.

				Males.	Females	TOTAL.
Cases of First Attack	21	19	40
" " Second " 	7	7	14
" " Third " 	0	1	1
Have had several Attacks	2	3	5
Congenital	3	2	5
Unknown	3	0	3
TOTAL				36	32	68

TABLE VIII.

DURATION OF DISEASE PREVIOUS TO ADMISSION, AND CONDITION
OF THOSE ADMITTED.

Duration of Disease.	Incurable.		Curable.		Already Dis- missed Cured.	
	Males.	Females	Males.	Females.	Males.	Females.
Under 1 week..	0	1	2	0	1	0
" 2 "	0	2	6	4	2	1
" 3 "	1	1	0	1	0	0
" 1 month	2	0	3	1	2	0
" 2 "	2	2	1	3	0	1
" 3 "	1	0	0	0	0	0
" 4 "	0	2	2	1	0	0
" 6 "	0	1	0	0	0	0
" 7 "	0	0	1	1	1	0
" 18 "	1	1	0	0	0	0
" 2 years..	2	0	0	2	0	0
" 3 "	1	0	0	0	0	0
" 5 "	1	1	0	0	0	0
" 6 "	1	1	0	0	0	0
" 9 "	0	1	0	0	0	0
" 10 "	0	1	0	0	0	0
" 15 "	1	1	0	0	0	0
" 17 "	1	0	0	0	0	0
Congenital ...	3	1	0	0	0	0
Unknown ...	3	3	1	0	0	0
TOTAL ...	20	19	16	13	6	2

TABLE IX.

ILLUSTRATIONS OF SUICIDAL TENDENCY IN THOSE ADMITTED.

				Males.	Females.	TOTAL.
Have attempted Suicide	6	3	9
„ Meditated „	8	5	13
TOTAL	14	8	22
FORM OF INSANITY DURING WHICH SUICIDE WAS ATTEMPTED.						
Melancholia	6	3	9
FORMS OF INSANITY DURING WHICH SUICIDE WAS MEDITATED.						
Acute Mania	0	1	1
Mania	2	1	3
Epileptic Mania	1	1	2
Melancholia	4	2	6
General Paralysis	1	0	1
TOTAL	8	5	13
MEANS USED IN ATTEMPTS MADE.						
Abstinence	2	0	2
Hanging	3	0	3
Strangulation	1	0	1
Cutting Throat	1	1	2
Precipitation	0	2	2

TABLE X.

STATE OF BODILY HEALTH AND CONDITION OF THOSE ADMITTED.

	M.	F.	Total
In good Bodily Health and Condition	21	11	32
In indifferent Health and reduced Condition...	13	17	30
In bad Health and exhausted Condition	2	4	6
TOTAL	36	32	68

TABLE XI.

OCCUPATIONS OF THOSE ADMITTED.

Males.			Females.		
Cabinet Maker	...	1	Anchor Smith's wife...		1
Cart Drivers	...	3	Cabinet Maker's wife..		1
Engraver	...	1	Charwoman	...	1
Excise Officer	...	1	Domestic Servants	...	5
Farm Servants	...	4	Fitter's wife	...	1
Grooms	...	2	Governess	...	1
Joiners	...	2	Hawker's wife	...	1
Labourers	...	6	Heaver's wife	...	1
Lead Ore Miners	...	2	Housekeepers	...	7
None	...	3	Labourers out of doors		3
Pauper	...	1	Mill Workers	...	2
Sailors	...	2	Night Watchman's wife		1
Schoolmasters	...	2	None	...	3
Shoemaker	...	1	Ostler's wife	...	1
Thread Maker	...	1	Pauper	...	1
Unknown	...	3	Seamstress	...	1
Wheelwright	...	1	Unknown	...	1
TOTAL	...	36	TOTAL	...	32

TABLE XII.

SOCIAL CONDITION OF THOSE ADMITTED.

					Males.	Females.	TOTAL.
Married	9	13	22
Single	25	17	42
Widowed	2	2	4
TOTAL	36	32	68

TABLE XIII.
RELIGIOUS PERSUASION OF THOSE ADMITTED.

	Males.	Females.	TOTAL.
Church of England	23	17	40
Methodists	2	3	5
Presbyterians	1	2	3
Roman Catholics	0	3	3
Independents	1	1	2
"Dissenter"	1	0	1
None	2	0	2
Unknown	6	6	12
TOTAL	36	32	68

TABLE XIV.
DISEASES OF THOSE DISCHARGED RECOVERED, RELIEVED, AND NOT IMPROVED.

	Recovered.			Relieved.			Not Improved.		
	M.	F.	Total	M.	F.	Total	M.	F.	Total
Acute Mania ..	0	1	1	0	0	0	0	0	0
Mania ...	6	2	8	1	1	2	0	0	0
Puerperal Mania	0	3	3	0	0	0	0	0	0
Epileptic ..	0	0	0	0	1	1	0	1	1
Melancholia ..	4	0	4	0	6	6	0	0	0
Dementia ...	1	0	1	0	0	0	0	1	1
TOTAL ...	11	6	17	1	8	9	0	2	2

TABLE XV.
PERIOD OF RESIDENCE OF THOSE DISCHARGED RECOVERED, RELIEVED, AND NOT IMPROVED.

	Recovered.			Relieved.			Not Improved.		
	M.	F.	Total	M.	F.	Total	M.	F.	Total
Under 2 Months	3	0	3	0	1	1	0	0	0
" 3 "	4	2	6	0	1	1	0	0	0
" 4 "	1	1	2	0	0	0	0	1	1
" 5 "	0	0	0	0	1	1	0	1	1
" 9 "	1	1	2	0	0	0	0	0	0
" 12 "	1	1	2	1	2	3	0	0	0
" 18 "	1	1	2	0	2	2	0	0	0
" 2 Years	0	0	0	0	1	1	0	0	0
TOTAL ...	11	6	17	1	8	9	0	2	2

TABLE XVI.
CAUSES OF DEATH.

	Males.	Females.	TOTAL.
Apoplexy	0	1	1
Cancer of Mamma	0	1	1
" Stomach	1	0	1
Epileptic Fit	1	0	1
Exhaustion from Acute Mania ...	0	1	1
General Paralysis	1	0	1
Old Age	0	1	1
Phthisis Pulmonalis	0	2	2
Ramollissement of Brain	1	0	1
Typhoid Fever	1	0	1
TOTAL	5	6	11

TABLE XVII.
PERIOD OF RESIDENCE OF THOSE DECEASED.

	Males.	Females.	TOTAL.
Under 2 Weeks	0	1	1
" 1 Month	0	1	1
" 3 "	1	0	1
" 12 "	0	1	1
" 18 "	1	1	2
" 2 Years	3	2	5
TOTAL	5	6	11

TABLE XVIII.
FORM OF INSANITY IN THOSE DECEASED.

	Males.	Females.	TOTAL.
Acute Mania	0	2	2
Mania	0	1	1
Chronic Mania	0	1	1
Melancholia	1	0	1
Dementia	2	2	4
Epileptic Dementia	1	0	1
General Paralysis	1	0	1
TOTAL	5	6	11

TABLE XIX.
AGES OF THE PRESENT INMATES.

						Males.	Females.	TOTAL.
Under 10 years			1	0	1
Between 10 and 20 years				6	3	9
" 20 "	30 "			24	14	38
" 30 "	40 "			37	26	63
" 40 "	50 "			28	27	55
" 50 "	60 "			16	17	33
" 60 "	70 "			10	9	19
" 70 "	80 "			3	4	7
TOTAL						125	100	225

TABLE XX.
FORM OF INSANITY OF PRESENT INMATES.

						Males.	Females.	TOTAL.
Mania		27	46	73
Melancholia		10	7	17
Dementia		56	35	91
Monomania		6	1	7
Epilepsy		20	8	28
General Paralysis		6	3	9
TOTAL						125	100	225

TABLE XXI.
HOW THE PRESENT INMATES ARE EMPLOYED.

						Males.	Females.	TOTAL.
Garden and Farm			44	0	44
Tradesmen		14	0	14
Household Work, assisting Attendants, &c.		33	23	56
Sewing and Knitting		0	28	28
Laundry		0	19	19
Total usefully employed						91	70	161
Reading and Writing		43	22	65

TABLE XXII.

TRADES AND OCCUPATIONS OF PRESENT INMATES.

MALES.			FEMALES.		
		No.			No.
Bookbinder	1	Beggar	1
Blacksmith	1	Charwomen	4
Bobbin Turner	1	Cook	1
Butcher	1	Domestic Servants	21
Basketmaker	1	Dressmakers	3
Calico Printers	2	House Keepers	30
Cart Drivers	2	Labourers	8
Clerk	1	Millworkers	2
Cabinetmaker	1	Nurse	1
Clogger	1	Paupers	10
Excise Officer	1	Prostitutes	2
Farmers	2	Staymaker	1
Farm Servants	9	Shopkeeper	1
Grocer	1	Unknown	10
Grooms	3	Vagrant	1
Gardener	1	Winders	4
Joiners	7			
Labourers	34	TOTAL	100
Miners	9			
Painter	1			
Portrait Painter	1			
Paupers	7			
Quarrymen	2			
Saddler	1			
Sailors	2			
Schoolmasters	3			
Shoemakers	7			
Ship Captain	1			
Soldiers	3			
Spirit Merchant's					
Traveller	1			
Stonemason	1			
Tailor	1			
Upholsterer	1			
Unknown	9			
Waller	1			
Weavers	2			
Wheelwright	1			
Workhouse Master	1			
TOTAL	125			

TABLE XXIII.

CLASSIFICATION OF THE PRESENT INMATES AS
REGARDS THE KIND OF BUILDING IN WHICH THEY MIGHT BE
PLACED, AND THEIR CURABILITY.

	Males.	Females.	TOTAL.
Fit for detached cottage, (either convalescent, or quiet, industrious, and would appreciate the liberty they would enjoy, and would not attempt to escape) ...	13	3	16
Fit for detached building of an inexpensive character, with sleeping accommodation chiefly dormitories of large size	45	27	72
The remainder requiring ordinary Asylum accommodation	67	70	137
TOTAL	125	100	225
Curable	10	13	23
Doubtfully Curable	17	12	29
Incurable	98	75	173
TOTAL	125	100	225

ANNUAL STATEMENT FOR 1863,
OF
RECEIPTS AND PAYMENTS
ON ACCOUNT OF THE
CUMBERLAND & WESTMORLAND COUNTY ASYLUM,
AT GARLANDS, NEAR CARLISLE.

RECEIPTS.

Balance in Treasurer's hands, Jan.,						
1863	£1347	3	2			
Ditto in Clerk's hands	42	3	2			
				£1389	6	4
From Sales, Farm Account :—						
Fat Sheep	92	5	9			
Wool	55	2	0			
Pork	26	4	0			
Grazing Cattle and Sheep	25	6	0			
Sheep Skins and Tallow	9	6	6			
				208	4	3
From Sales, Maintenance Account :—						
Dripping	17	3	7			
Bones	4	19	2			
Rags, &c.	1	7	3			
Coffins and Shrouds	3	8	0			
Stones for Roads	0	15	0			
				27	13	0

MAINTENANCE ACCOUNT.

From Unions for Maintenance, &c., of Patients :—						
Alston Union	78	7	1			
Bootle do.	76	1	5			
Brampton do.	237	4	3			
Carlisle do.	1112	7	9			
Carried forward. .	£1504	0	6	£1625	3	7

Brought forward .	£1504	0	6	£1625	3	7
Cockermouth do.	609	8	8			
East Ward do.	212	14	4			
Kendal do.	588	17	2			
Longtown do.	122	15	10			
Penrith do.	705	1	7			
West Ward do.	188	14	0			
Whitehaven do.	700	19	5			
Wigton do.	518	4	11			
				5150	¹⁶ 12	5
From Country Treasurer for Main- tenance of Patients chargeable to the County of Cumberland . .	164	19	5			
				164	19	5
From County Treasurer for original outlay on the Farm in Stock, Imple- ments, Manure, &c.	600	3	1			
Ditto for New Meat Larder and Dairy	95	5	8			
„ Seven new Cast-iron Gas Retorts	79	13	8			
„ Additional Furniture and Re- pairs, see Building and Re- pairs Account	204	4	7			
				979	7	0*
Total amount of Receipts				£7920	6	5*

PAYMENTS.

Salaries and Wages of Officers and Servants of the Garlands Asylum
on the 31st December, 1863, and amount paid for Salaries and
Wages during the year:—

T. S. Clouston, M.D., Medical Superintendent	£300	0	0	per ann.
*W. B. Page, F.R.C.S., Consulting Medical Officer, 16 visits	16	16	0	
*Rev. J. F. Simpson, Chaplain	125	0	0	per ann.
*H. Dobinson, Treasurer ..	20	0	0	"
H. C. Groder, Matron ..	40	0	0	"
Jonas Todd, Clerk and Steward	85	0	0	"

Men Servants.

Head Attendant	41	0	0	per ann.
*Night do.	48	5	0	"
Shoemaker do.	30	0	0	"
Tailor do.	30	0	0	"
One do.	30	0	0	"
Three Attendants	27	10	0	"
One Attendant	25	0	0	"
House Porter	23	0	0	"
† Engineer and Gate-keeper ..	1	6	0	per wk.
*Carpenter	1	4	0	"
*Stoker	0	15	0	"
† Farming Man	0	16	0	"
*Two Farm Labourers	0	15	0	"

Women Servants.

Head Attendant	20	0	0	per ann.
Night Nurse	16	0	0	"
Two Attendants	16	0	0	"
Two do.	15	0	0	"
Two do.	12	0	0	"
Head Laundress	23	0	0	"
Laundry Maid	13	0	0	"
Cook	20	0	0	"
Housemaid	12	0	0	"
Two Kitchen Maids	10	0	0	"

1257 19 7

Carried forward. . . £1257 19 7

Marked *, neither boarded nor lodged.
Without a mark, boarded and lodged.
Marked †, with house and vegetables.
Marked ||, a suit of clothes in the year.

Brought forward ... £1257 19 7

PROVISIONS,

Exclusive of Garden and Farm.

Arrowroot	...	70 lbs.	...	£3 19 0
Apples	...	5 measures	...	0 5 0
Barley	...	742 lbs.	...	4 13 6
Beef	...	2398 stones	...	819 11 1
Bread	...	18555 loaves of 4 lbs.	...	455 18 11
Butter	...	4148½ lbs.	...	186 12 5½
Cocoa	...	4 lbs.	...	0 6 0
Coffee	...	705 lbs.	...	49 18 0
Cheese	...	1395 lbs.	...	40 14 5¼
Currants	...	433 lbs.	...	7 7 0
Chicory	...	84 lbs.	...	2 2 6
Candied Lemon	...	7 lbs.	...	0 7 8½
Carraway Seeds	...	3 lbs.	...	0 3 4
Eggs	...	168 dozen	...	7 9 10½
Flour	...	636 stones	...	59 0 4
Gelatin	...	12 packets	...	0 9 0
Ginger	...	5 lbs.	...	0 10 0
Hops	...	2 lbs.	...	0 4 0
Herbs	0 2 0
Jam	...	1 lb.	...	0 1 0
Lemons	...	11½ dozen	...	0 15 9
Milk	...	15846½ gallons	...	643 5 3½
Mustard	...	26 lbs.	...	1 18 0
Mutton	...	1398¼ lbs.	...	36 6 2
Nutmegs	...	½ lb.	...	0 3 0
Nuts	...	14 lbs.	...	0 5 0
Oatmeal	...	1040 stones	...	95 3 4
Onions	...	5 stones	...	0 5 10
Oranges	...	800	...	2 1 10
Peas	...	58 stones	...	4 16 0
Potatoes	...	1496 stones	...	42 17 3
Pepper	...	42 lbs.	...	2 4 4
Rice	...	294 lbs.	...	2 17 9
Raisins	...	398 lbs.	...	8 2 8
Sago	...	178 lbs.	...	2 4 6
Salt	...	177 stones	...	1 13 2
Sugar	...	5768 lbs.	...	109 18 7
Snuff	...	51 lbs.	...	10 4 0
Saltpetre	...	8 lbs.	...	0 4 8
Spices	...	3½ lbs.	...	0 11 2
Tea	...	945 lbs.	...	129 2 0
Treacle	...	88 lbs.	...	0 12 6
Tobacco	...	227 lbs.	...	44 7 10
Tapioca	...	2 lbs.	...	0 1 8
Vinegar	...	11 gallons	...	1 5 6
Yeast	...	2 lbs.	...	0 2 0
				2781 4 11¼

Carried forward ... £4039 4 6¼

Brought forward £4039 4 6½

CLOTHING.

Boots and Shoes	63 pairs	..	£28	7	6
Bonnets ..	80	5	16	8
Buttons ..	46 gross	..	2	12	6
Calico ..	521 yards	..	18	13	5
Flannel ..	12 yards	..	0	15	6
Gingham ..	78 yards	..	3	1	9
Knitting Cotton	34 lbs.	..	3	18	6
Leather and Shoemaker's Material	9	16	10½
Laces ..	6½ gross	..	1	9	3
Muslin ..	24 yards	..	0	17	6
Needles ..	1400	0	10	6
Printed Cotton	717 yards	..	23	17	10
Repairs, Boots & Shoes	76 pairs	..	6	15	3
Strong Linen ..	476 yards	..	20	7	0
Sailcloth ..	82½ yards	..	5	6	1
Thread	4	2	8
Tapes ...	12 dozen	..	1	6	7
Waterproof Cape	1	1	0
Woollen Cloth..	87½ yards	..	19	19	4
Worsted ..	164 lbs.	..	19	15	1
					178 10 9½

NECESSARIES.

Bath Bricks ..	11 dozen	..	£1	0	0
Blacking ..	4¾ gross	..	0	14	0
Black Lead ..	69 lbs...	..	1	11	0
Blue ..	28 lbs...	..	1	8	0
Candles ..	114 lbs.	..	3	9	6
Coal ..	520 tons	..	260	0	0
Dubbing ..	7 lbs.	0	5	10
Emery Paper ..	12 sheets	..	0	1	0
Fire Wood ..	12½ carts	..	1	14	9
House Cloth ..	186½ yards	..	6	16	7½
Lime ..	5½ tons	..	2	4	10
Matches ..	1½ gross boxes	..	0	15	0
Nitre ..	4 lbs.	0	2	4
Oil ..	10 gallons	..	2	15	0
Rubbing Stones	5¾ gross	..	0	19	8½
Soap ..	5629 lbs.	..	89	0	10¼
Soda ..	204 stones	..	7	12	9½
Starch ..	166½ lbs.	..	3	8	5¾
Turpentine ..	2 gallons	..	1	4	0
Tallow ..	28 lbs. .	..	0	15	0
Washing Powder	8 dozen packets	..	0	4	0
Wax Tapers ..	29 dozen	..	1	4	0
Whiting ..	210 lbs.	..	0	3	1
					387 9 8½

Carried forward £4605 5 0½

Brought forward £4605 5 0½

SURGERY AND DISPENSARY.

Drugs	£17 4 9		
Instruments	0 14 0		
Linseed Meal.. ..	0 4 0		
Graduated Glasses for Wards ..	2 0 0		
		20 2 9	

WINE, SPIRITS, PORTER, &c.

Bitter Beer .. 2 dozen ..	£0 6 0		
Brandy 6 gallons ..	8 8 0		
Gin 16 „ ..	11 4 0		
Porter 198 „ ..	16 11 0		
Rum 1 bottle ..	0 2 8		
Wine, Port .. 40 gallons ..	28 0 0		
Wine, Sherry .. 24 „ ..	11 14 0		
Whisky 4 „ ..	3 4 0		
		79 9 8	

FURNITURE, BEDDING, AND REPAIRS.

Bedding	£6 6 0		
Brushes	10 10 0		
Carpenter and Fitter's Tools ..	3 16 4		
Carpeting, Oilcloth, &c. ..	18 12 3		
Furnishing Ironmongery, Locks, Keys, &c.	32 13 8½		
House Linen	2 10 9		
Ordinary Repairs and Fittings ..	34 17 4		
Paint, Varnish, &c.	6 7 6		
Spoons	2 17 0		
Sundries	7 16 2		
Utensils, Crockery, and Glass ..	24 13 0		
Wash Leathers and Sponges ..	2 0 0		
Wood for Furniture and Repairs ..	29 11 2		
		182 11 2½	

MISCELLANEOUS.

Advertising	£39 15 2		
Amusements	3 8 4		
Books, Printing, and Stationery ..	32 9 9		
Expenses after escaped Patients ..	7 11 8		
Insurance	8 4 0		
Newspapers and Periodicals ..	17 15 6		
Stamps	10 6 2		
Sundries	34 10 3		
Removal of Patients	3 3 9		
		157 4 7	

Carried forward. . . £5044 13 3

Brought forward ... £5044 13 3

GARDEN AND FARM.

Apple Trees	£5	1	5
Fencing	54	15	1
Implements and Harness	47	6	8
Indian Meal	12	9	2
Manure	102	17	9
Oats and Bran	15	9	1
Pigs	38	2	0
Repairs, Tolls, &c.	7	19	8
Rates and Taxes	29	12	8
Seeds	5	15	9
Seed Potatoes	12	15	8
Sheep	367	13	9
Straw	12	0	0
Team-work	15	6	0
Wages	119	16	6
						<hr/>		
						847	1	2
Received from County Treasurer to Stock the Farm	600	3	1					
						<hr/>		
							246	18 1
						<hr/>		
Carried forward	£5291	11	4

Brought forward ... £5291 11 4

BUILDING AND REPAIRS ACCOUNT.

Amount received from County Treasurer, as per			
Farm Expenditure	£600	3	1
Erecting new Meat Larder and Dairy, as per contract	80	0	0
Wood, Iron-work, and Glass for do.	15	5	8
Seven new Cast-iron Gas Retorts, Furnace Bars, &c.	58	0	1
Fire Bricks, Fire Clay, Cement, and Labour setting up Gas Retorts	21	13	7
Repairs to Ventilating Shafts, and Spouting for Sheds in the Airing Courts	34	3	2
Iron Hurdles, with Gate and Posts, to fence round the Gas Works	23	18	8
Paint and Oil	22	9	10
Drapery and Fittings for Window Blinds and Valances in the Wards	19	16	9
Carpeting for additional Dormitories	16	4	10
Chairs do. do.	7	16	0
Wood do. Bedsteads	18	11	4
Wood for Wash Boards, Clothes Benches, and two new Windows in No. 3 M. and F. Wards	7	19	2
Two Gas Lamps, with Cast-iron Pillars	7	14	3
Bricklayer and Mason Work, breaking openings for new Windows and Ventilators, and sundry Repairs	13	3	1
Painting Lobby and Staircase in Superintendent's House, and Lock to front door	6	14	0
New flight of Stairs to Workshop at No. 4 Male Ward	4	19	2
One 3-cwt. Platform Weighing Machine	3	15	0
Two large Tea Tins	3	17	6
Joiner and Smith's Tools	2	14	1
One additional Bell to front door	0	15	0
One Cast-iron Boiler	2	0	5
Ecclesiastical Commissioners' Rent Charges	7	12	4
		979	7 0
Total amount of Payments £6270 18 4			
Balance in Treasurer's hands	£1638	17	8
Ditto in Clerk's hands, after payment of December Quarter Account		10	10 5
		1649	8 1
		£7920	6 5

GENERAL STATEMENT OF THE RECEIPTS AND PAYMENTS ON ACCOUNT OF THE CUMBERLAND AND WESTMORLAND COUNTY LUNATIC ASYLUM,

From 1st January to 31st December, 1863.

RECEIPTS.		PAYMENTS.	
Balance in hand, 1st January, <i>Treasurer</i>	...	Balance due to <i>Treasurer</i>
Do. <i>Steward</i>
	£1347 3 2		£0 0 0
	42 3 2		
<i>Receipts under the following heads, viz. :—</i>		<i>Payments under the following heads, viz. :—</i>	
1 From Interest on Monies invested	...	1 Monies invested during the year
2 From Sales and Produce of Labour, &c.	...	2 Salaries and Wages...	...
3 Maintenance Account, viz. :—	...	3 Provisions (including all articles of Diet, excepting	...
Private Patients	...	Wine, Spirits, and Porter)	...
(1) From Counties and Boroughs	...	4 Wine, Spirits, and Porter
to which Asylum belongs...	...	5 Necessaries (e.g. Fuel, Light, Washing, &c.)	...
(2) From other Counties & Boroughs	...	6 Surgery and Dispensary
Pauper ditto	...	7 Clothing
	5315 15 10	8 Furniture and Bedding
4 From County and Borough Treasurers, under the following heads :—	...	9 Funeral Expenses (charged in Furniture and Bedding Account)	...
For Buildings and Repairs	...	10 Building and Repairs
" Furniture and Fittings	...	11 Garden and Farm
" Rent of Land	12 Rent of Land, Rates, Taxes, and Insurance	...
" Rent of Buildings	...	13 Miscellaneous, viz. :—Advertising, Books, Stationery, &c.	...
" Rates and Taxes
" Original outlay on the Farm, viz. :—Stock, Implements, Manure, and Fencing
5 From Voluntary Contributions	Total Payments	6270 18 4
6 Miscellaneous, viz. :—	...	Balance in hand, 31st December— <i>Treasurer</i> ...	1638 17 8
Balance due to <i>Treasurer</i> , 31st December	...	<i>Steward</i> ...	10 10 5
	0 0 0		£7920 6 5
Total Receipts	£7920 6 5		

JONAS TODD, Clerk and Steward.

Examined and found correct—J. R. DONALD, District Auditor.
5th February, 1864.

AVERAGE WEEKLY COST OF MAINTENANCE, MEDICINE, CLOTHING,
AND CARE OF PATIENTS DURING THE YEAR 1863.

							S.	D.
Provisions	5	1 $\frac{1}{8}$
Clothing	0	3 $\frac{1}{16}$
Salaries and Wages	2	3 $\frac{5}{8}$
Necessaries (<i>e.g.</i> , Fuel, Light, Washing, &c.)	0	8 $\frac{1}{2}$
Surgery and Dispensary			0	0 $\frac{7}{16}$
Wine, Spirits, and Porter			0	1 $\frac{3}{4}$
Furniture and Bedding			0	4
Garden and Farm	0	5 $\frac{7}{16}$
Miscellaneous	0	3 $\frac{7}{16}$
							9	8 $\frac{1}{4}$
Less Monies received for Articles, Goods, and Produce sold (exclusive of those consumed in the Asylum)..							0	5 $\frac{3}{16}$
Total average Weekly Cost per head ..							9	3 $\frac{1}{16}$

Daily average Number of Patients resident, 209 $\frac{175}{365}$.

Weekly Charge for Maintenance, &c., of Patients from Counties to
which Asylum belongs :—

Quarters ending March,	June,	September,	December,
10/6	9/9	9/4	9/4

No Private Patients, or Patients from other Counties or
Boroughs.

CONTRACT PRICES OF THE PRINCIPAL ARTICLES OF PROVISIONS
AND NECESSARIES SUPPLIED DURING THE YEAR.

Description of Articles.	For the Quarters ending							
	25th March.		25th June.		25th Sept.		25th Dec.	
	s.	d.	s.	d.	s.	d.	s.	d.
Arrowroot .. at per st.	18	8	18	8	11	6	11	6
Barley .. " "		1	8	1	8
Beef (fore-quarters, } best quality) .. }	5	11	5	11	7	7	7	7
Bread (wheaten, } at per loaf } best quality) } of 4 lbs. }	0	6 $\frac{1}{8}$	0	6	0	6	0	5 $\frac{1}{2}$
Butter (salt) .. at per st.	13	0	13	0	11	3	13	0
Cheese (new milk) .. " "	7	6	7	6	8	9	8	9
Coffee .. " "	21	0	21	0	18	8	18	8
Currants .. " "	5	10	4	8	4	6	4	6
Flour (best seconds) .. " "	1	11 $\frac{1}{2}$	1	11	1	10	1	8
Milk (new) .. " gal.	0	10	0	10	0	10	0	10
Mutton (carcase) .. " st.	7	3	7	3	7	7	7	7
Mustard .. " lb.	1	6	1	8	1	4	1	4
Oatmeal .. " st.	1	11	1	10	1	10	1	9
Peas (split) .. " "	1	8	1	8	1	6	1	6
Pepper .. " lb.	1	0	1	0	1	1	1	1
Raisins .. " st.	4	8	5	0	6	3	5	9
Rice .. " "	2	9	2	9	2	9	2	9
Sago .. " "	3	6	3	6	3	6	3	6
Salt .. " "	0	2	0	2	0	2 $\frac{1}{2}$	0	2 $\frac{1}{2}$
Snuff .. " lb.	4	0	4	0	4	0	4	0
Sugar (moist) .. " st.	5	3	5	3	5	10	4	8
Tobacco .. " lb.	4	0	4	0	3	10	3	10
Treacle .. " st.	2	0	2	0	2	0	2	0
Vinegar .. " gal.	2	6	3	0	2	0	2	0
Coal .. " ton	10	0	10	0	10	0	10	0
Soap .. " st.	4	6	4	6	4	4 $\frac{1}{2}$	4	4 $\frac{1}{2}$
Soda .. " "	0	9	0	9	0	9	0	9
Starch .. " "	7	0	7	0	5	0	5	0

NUMBER OF PATIENTS IN THE ASYLUM ON THE 31ST DECEMBER,
1863, AND UNIONS TO WHICH CHARGEABLE.

				Males.	Females.	Totals.
Alston Union	4	0	4
Bootle do.	2	1	3
Brampton do.	8	2	10
Carlisle do.	19	28	47
Cockermouth do.	17	8	25
East Ward do.	6	4	10
Kendal do.	16	11	27
Longtown do.	4	1	5
Penrith do.	18	11	29
West Ward do.	3	5	8
Whitehaven do.	16	14	30
Wigton do.	10	10	20
Chargeable to the County—Cumberland	2	5	7
				<hr/> 125	<hr/> 100	<hr/> 225

ORDINARY DIET TABLE.

		BR'KFAST.					DINNER.								SUPPER.					
		Bread.	Porridge.	Milk.	Coffee.	Butter.	Bread.	Meat Pie.	Cooked Meat free from bone.	Dumpling.	Irish Stew.	Cooked Vegetables.	Soup.	Broth.	Milk.	Bread.	Milk.	Tea.	Butter.	Cheese.
		oz	pt	pt	pt	oz	oz	oz	oz	oz	oz	oz	pt	pt	pt	oz	pt	pt	oz	oz
Sunday	Men	...	1	1	10	12	1	8	...	1	$\frac{1}{2}$...
	Women	6	1	$\frac{1}{2}$...	9	9	$\frac{3}{4}$	6	...	1	$\frac{1}{2}$...
Monday	Men	...	1	1	3	...	5	12	1	8	...	1	...	1
	Women	6	1	$\frac{1}{2}$	2	...	4	9	$\frac{3}{4}$	6	...	1	...	$\frac{3}{4}$
Tuesday	Men	...	1	1	6	...	$2\frac{1}{2}$	$1\frac{1}{2}$	8	1	...	$\frac{1}{2}$...
	Women	6	1	$\frac{1}{2}$	3	...	$2\frac{1}{2}$	$1\frac{1}{2}$	6	...	1	$\frac{1}{2}$...
Wednesday	Men	...	1	1	3	22	1	8	...	1	$\frac{1}{2}$...
	Women	6	1	$\frac{1}{2}$	2	18	$\frac{3}{4}$	6	...	1	$\frac{1}{2}$...
Thursday	Men	...	1	1	16	1	8	...	1	$\frac{1}{2}$...
	Women	6	1	$\frac{1}{2}$	13	$\frac{3}{4}$	6	...	1	$\frac{1}{2}$...
Friday	Men	...	1	1	3	...	5	12	1	8	...	1	...	1
	Women	6	1	$\frac{1}{2}$	2	...	4	9	$\frac{3}{4}$	6	...	1	...	$\frac{3}{4}$
Saturday	Men	...	1	1	7	$1\frac{1}{2}$	8	1	...	$\frac{1}{2}$...
	Women	6	1	$\frac{1}{2}$	5	$1\frac{1}{2}$	6	...	1	$\frac{1}{2}$...

EXTRA DIET FOR WORKING PATIENTS EMPLOYED IN THE KITCHEN & LAUNDRY.

MEN.		WOMEN.		
Bread.	Cheese.	Bread.	Cheese.	Tea.
ounces.	ounces.	ounces.	ounces.	pints.
3	1	2	$\frac{3}{4}$	$\frac{1}{2}$

PORRIDGE.—Six ounces of oatmeal to each pint.

COFFEE.—For 100 persons, $1\frac{1}{2}$ lb. coffee, $\frac{1}{4}$ lb. chicory, 4 lbs. sugar, and 3 gallons of milk.

DUMPLING.—For men, each, 9 ounces flour, 1 ounce currants and raisins, one-sixth of an ounce of sugar, and 2 ounces dripping. For women, each, 7 ounces flour, 1 ounce currants and raisins, one-sixth of an ounce of sugar, and 2 ounces dripping.

MEAT PIE.—For men, each, 6 ounces of uncooked meat free from bone, 3 ounces of flour, and 1 ounce dripping. For women, each, 5 ounces of uncooked meat free from bone, 3 ounces of flour, 1 ounce of dripping, and seasoned to taste.

IRISH STEW.—For 100 persons, 32 lbs. of uncooked meat free from bone, 6 stone of peeled potatoes, with a suitable dilution of water, and pepper and salt to suit taste.

SOUP.—For 100 persons, 40 lbs. meat (necks, houghs, &c.) including bone, liquor from stewed bones, thickened with bread crusts and vegetables, and seasoned to taste.

BROTH.—For 100 persons, 28 lbs. meat (necks, houghs, &c.) including bone, 10 lbs. barley, liquor from stewed bones, thickened with bread crusts and vegetables, and seasoned to taste.

TEA.—For 100 persons, 1 lb. tea, 4 lbs. sugar, and 2 gallons milk.

RATIONS ALLOWED TO ATTENDANTS AND SERVANTS.

8 lbs. bread, $\frac{1}{2}$ lb. butter, $\frac{3}{4}$ lb. sugar, $\frac{3}{4}$ lb. cheese, 2 ounces tea, and 2 ounces coffee weekly; 1 quart milk daily to males, and 3 gills to females. Cooked meat and vegetables each day for dinner, at discretion, with rice, sago, or fruit dumpling three days in the week.

NEEDLEWORK DONE BY THE FEMALE PATIENTS DURING THE
YEAR 1863.

	Made.	Price.			Repair'd	Price.		
		£	s.	d.		£	s.	d.
Aprons	100	1	0	0	200	0	8	4
Bonnets	72	1	16	0
Bonnets trimmed ...	80	1	0	0	50	0	2	1
Blankets	150	0	12	6
Boots and Shoes bound	30	0	15	0
Chemises	38	0	19	6	276	2	2	5
Caps	48	0	16	0	300	0	12	6
Carpets	50	0	8	4
Counterpanes	120	0	10	0
Dresses	114	7	16	0	1352	7	0	3
Drawers	6	0	2	0
Handkerchiefs	48	0	2	0
Knife Cloths	24	0	1	0
Pillow Cases	74	0	12	4	170	0	14	2
Petticoats quilted ...	8	0	6	8	90	0	7	6
Pudding Cloths	72	0	3	0
Stockings	141	7	16	0	5535	22	16	0
Shirts	183	6	12	0	959	3	8	5
Shrouds	6	0	2	0
Shawls	20	0	1	8
Socks	20	0	5	0	30	0	2	6
Sheets	200	0	16	8
Stays	40	0	3	4
Tuckers	24	0	1	0
Valances	27	0	13	6
Window Blinds	75	0	18	9
	1240	32	6	1	9492	39	18	4

H. C. GRODER.

WORK DONE BY THE SHOEMAKER ATTENDANT AND PATIENTS,
FROM 6TH JUNE TO 31ST DECEMBER, 1863.

48 Pairs new Boots and Shoes.

193 Pairs Boots and Shoes repaired.

Cost of Material used, as per Shoemaker's Work Book	£20	9	9
Profit from Labour, as per ditto
	£31	9	11

WORK DONE BY THE TAILOR ATTENDANT AND PATIENTS,
FROM 11TH SEPTEMBER TO 31ST DECEMBER, 1863.

9 New Tweed Jackets.

1 „ „ Vest.

47 „ „ Caps.

4 „ Females' strong Dresses.

6 „ Canvas Shoe Bags.

9 Carpets repaired.

29 Pair Drawers do.

16 Flannel Shirts do.

115 Jackets do.

147 Pairs Trousers do.

110 Vests do.

22 Stocks do.

Cost of Material used, as per Tailor's Work Book	...	£19	12	0
Profit from Labour, as per ditto
		£15	3	5

Estimated Value of Carpenter, Joiner, and Painters'

Work done by the Patients £56 7 0

GARDEN AND FARM ACCOUNTS FOR THE YEAR ENDING 31ST DECEMBER, 1863.

GARDEN AND FARM.			STOCK ACCOUNT.		
1862.			1863.		
Dec. 31.	To Stock on hand—		Dec. 31.	By Stock on hand—	
	16 Pigs £48 0 0		118 Half-bred Hogs £200 12 0
	Vegetables 14 3 8		12 Shearlings 27 0 0
		62 3 8		20 Pigs 45 0 0
1863.				1 Horse 5 0 0
Dec. 31.	To increase on Stock	... 367 17 11			277 12 0
				12 Acres of Turnips to be eaten off by Sheep 63 0 0
				2 Stacks of Hay 50 0 0
				1 Mow do. 2 0 0
					115 0 0
				Potatoes—	
				For House use 16 13 4
				„ Seed 4 15 0
				„ Pigs 5 6 3
					26 14 7
				Carrots 1 15 0
				Onions, &c. 1 10 0
					3 5 0
				50 Yards Manure 7 10 0
		£430 1 7			£430 1 7

GARDEN AND FARM PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDING 31ST DECEMBER, 1863.

RECEIPTS.		PAYMENTS.	
1862.		1863.	
Dec. 31.	To Implements, Tools, Harness, &c., on hand, less 12½ for wear and tear	Dec. 31.	By Cash paid for Sheep and Lambs £367 13 9 Pigs 38 2 0
1863.			£405 15 9
Dec. 31.	To Sales, as under— 40 Fat Sheep £92 5 9 575 lbs. Wool 55 2 0 92½ stones Pork 26 4 0 Grazing Cattle and Sheep 25 6 0 Sheep Skins and Tallow 9 6 6	Do.	Bones and Guano 102 17 9 Seed Potatoes 12 15 8 Turnip and other Seeds 5 15 9
		Do.	Oats and Bran 15 9 1 Straw 12 0 0 Indian Meal 12 9 2
	To supplied the Asylum with— 392 stones Pork 111 1 9 2220 lbs. Mutton 60 13 2 2213 stones Potatoes 45 2 11 291 „ Cabbages 7 1 0 147 „ Carrots 2 5 8 265 „ Turnips 2 0 5 Onions, Leeks, &c. 1 9 0	Do.	Implements and Harness 47 6 8 Team Work 15 6 0 Repairs, Tolls, &c. Wages 119 16 6
		Do.	Fencing... .. 54 15 1 Apple Trees 5 1 5 Rates and Taxes 29 12 8
	To increase in Stock	By Balance in favour of Asylum...	89 9 2 5 8 11
			£852 10 1

JONAS TODD, Steward.

