

**State of the Lincoln Lunatic Asylum (instituted November 4, 1819) :
[twenty-first report].**

Contributors

Lincoln Lunatic Asylum (Lincoln, England)
Harvey, R. S.

Publication/Creation

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STATE

OF THE

LINCOLN

LUNATIC ASYLUM.

(INSTITUTED NOVEMBER 4, 1819.)

1845.

LINCOLN :

PRINTED BY W. AND B. BROOKE, HIGH-STREET.

CONTENTS.

	PAGES.
Plan of the Building and Grounds	3
Annual Report	9
Officers, Trustees	10
Subscribers, Life Governors by benefaction	11
Governors Deceased, Unknown, Public Bodies, &c.....	12
Legacies	13
Statement of the number of Patients Admitted, and of those Discharged from the Books, in 1844	13
Ditto, from the Opening of the Institution	13
State of the Patients when discharged from the Books, in 1844	13
Ditto, from the Opening of the Institution	13
Re-admitted Cases.....	13
Ditto, after apparent Recovery.....	13
Admissions, Recoveries, Deaths, and causes of the Deaths in each year, from the Opening of the Institution	14
Periods of Decease after Admission, in 1844	15
Ditto, from the Opening of the Institution	15
Ages at the time of Decease, in 1844	15
Ditto, from the Opening of the Institution	15
Number of Deaths in each Month, from the Opening of the Institution ...	15
Weekly Return of the State of the Patients	16
Daily Return of the State of the Patients	17
Recoveries, as affected by the duration of the Complaint before admission	18
Results of the Cases Received in 1844, as found March 31st, 1845, showing the practice of the House	19
Disbursements and Receipts in 1844, and Statement of the Debts and Credits	20
Average Cost of the Patients, per year, per week, per day, in 1844.....	21
Number of Patients admitted in 1842, 1843, 1844, respectively	22
Payments of Patients on the Books in ditto	22
Number of each Rank of Patients admitted in ditto	22
Payments of each Rank of Patients on the Books in ditto	22
Number and Payments of each Rank of Patients admitted or re-admitted, from the Opening of the Institution	22
Principal Provisions, &c., consumed in 1842, 1843, 1844, respectively ...	23
Daily average number of Patients and Household in ditto	23
Daily average consumption of Bread and Meat per head, in ditto	23
Weekly average loss of weight of Bread and Meat in ditto	23
Dietary	24
Articles of Work made up by the Female Patients	24
Airing Grounds, Apartments, Beds	24
Extracts from the Rules	25
<i>viz.</i> , Government.	
Meetings of the Boards.	
Forms and Terms of Admitting Patients.	
Visiting by Governors.	
Visiting by Strangers.	
Visiting by the Friends of the Patients.	
Books, Accounts.	
Form for Legacies	26

1845.

L I N C O L N
L U N A T I C A S Y L U M .

TWENTY-FIRST REPORT.

The Governors are aware that a considerable debt was incurred by this Institution for the purpose of purchasing a Female Airing Ground, for constructing additional Galleries to accommodate the more disorderly Patients, for the erection of additional Dormitories to receive Patients requiring a special watch during the night, and for a variety of other purposes connected with the health, comfort, and restoration of the Patients. The principal sum of this debt has been systematically reduced by the efforts of the Boards and the benevolence of the Public ; and, during the past year, in consequence of a special appeal to the Nobility, Gentry, Clergy, and other principal inhabitants and proprietors of the county, a further reduction has been made, leaving a debt of £1000 : so that the Boards have now in prospect the hope of a reduction in the present rate of charge upon the Patients, when the whole debt shall be liquidated.

It has been stated in a former report that a beneficent control, not founded on instrumental and mechanical force, produces salutary effects, under which those exaggerated and extreme cases, which formerly existed every where, and which we now occasionally hear of as an excuse for

violent treatment, have gradually disappeared. The Suicides formerly occurring, or attempted, in this House, are now not heard of : and from some cause not easily explained, the suicidal propensity seems to have disappeared, and to cease very soon after the admission of a Patient into the House. This must partly be attributed to great attention on the point of general health, especially in the matter of fresh air and ventilation and diet ; as also in the entire disuse of instrumental restraint, solitary confinement, and other depressing agencies ; and in the general cheerfulness of the premises, and the open cheerful tone attempted in the whole house. The monthly Balls have perhaps contributed to this effect : and it should be added, that the whole of the Patients, with the rarest exceptions, are admitted : it appearing that Patients on other occasions gross in their conduct and conversation, or even violent, exercise a control over themselves on these evenings, and become more and more orderly at each successive meeting. On the other hand, the company is not scrupulously limited to ladies and gentlemen of superior station, but these parties are very freely accessible to children and respectable individuals, of the same class in life as the Patients themselves.

The eager and animated reception of certain mechanical amusements, such as the rocking-horse, foot-ball, &c., when first introduced, might have afforded materials for glowing description. The experience, however, of this house has not encouraged any sanguine expectations from such a quarter ; but has on the contrary developed the disappointing truth, that there is a fickleness and instability in the insane on the point of interest in such external objects, that disposes them to become quickly sated with enjoyments of this nature. It is quite evident that they will not seek such amusements of their own accord ; they must be systematically presented to them, and on system discontinued, and varied, and again produced, as are the monthly balls of the house in the winter season ; so as to force attention by their novelty, and withdraw the Patients from that abstraction into which they so naturally relapse.

At the end of the disorderly galleries are the apartments for the Noisy Patients : a matter accompanied in every Asylum with very serious difficulties, as affecting the comfort of the whole Establishment. Innumerable schemes have been resorted to and suggested for obviating the evil ; such as placing the Patients in upper rooms with windows turned away from the house, or with sky-lights, or with hollow walls containing sawdust—all of which have failed in preventing the transmission of sound—which has reverberated as from a focus—or has produced that stifled and muffled noise found to be much more irritating and intolerable than the direct noise. No one in the present day would venture on the proposition to gag a noisy Patient : and it may indeed be considered as established, that these Patients find some sort of relief to their irritability, in their noise—and in some degree control each other by the exercise : and we would further venture the position, that any inspector who passes through an

Asylum, and finds all to be order and silence, ought to suspect that some severe and harsh measures have produced this unnatural repose. Accident has in some degree relieved this Institution from the difficulty. It is a principle of this House that inspection shall every where be facilitated to the utmost possible extent, by the use of sash doors, which are usually glazed, and also wired when necessary in the noisy wards. The Boards did not approve the prison-like aspect of the wire, and substituted plate glass about half an inch thick ; which is found to be quite safe, with the additional unexpected result of so deadening the noise, that very little inconvenience is now experienced on that point. The celebrated Dr. Conolly remarks—"The extreme tranquillity, which I have already noticed, as surprising at the Salpêtrière, was observable in the wards of the St. Yon. I imagine that this great degree of quiet and silence in some of the French Asylums, and which I have also remembered in some of the English Asylums, although certainly not at Hanwell, is not altogether a proof of excellence ; but arises from the Patients not being habituated to seeing many visitors, or to being addressed and noticed, or allowed much of the freedom of conversation, or discourse rather, in which so many Lunatics take delight ; and which certainly calls for occasional restriction. My partiality for Hanwell perhaps influences me in my preference of what I witness there, to the forced decorum and reserve to which I am now alluding. I certainly do not object to seeing the Officers, who enter the wards, surrounded by Patients eager to communicate their joys or their sorrows, to prefer their requests, or often just complaints, and to make their mindful and affectionate inquiries. These opportunities form the principal relief of the terrible monotony of years, passed by those confined to one building and its grounds, many of them for life. The mere expectation of such visits constitutes much of their happiness, and whatever interferes with them is a denial of comfort to the Patients in their captivity and affliction. Nor can I consider the discipline or the prosperity of an Asylum endangered if, on entering the work-rooms, the knitter or embroidress suspends her occupation, or the tailor leaves his shop-board, or the carpenter desists a few moments from hammering and planing, to exchange a few cheerful words with a visitor ; whereas to walk through work-rooms and wards full of insane persons, and see no hand raised, and find all silent, appears to be somewhat unnatural, and makes one suspect that many feelings are forcibly repressed, which to express would be a pleasure or relief that ought not to be withheld. The visit of the chief Officer of an Asylum ought to be the chief medicine ; it should be the principal among remedies ; the daily repetition of it, his manner, his voice, are all of more influence for good or for evil, than all the stores of the Pharmacopœia. To ensure good effects demands a great devotion of time, considerable alacrity of mind, and a genuine and never-failing compassion ; none of which qualities are called for to walk through a silent crowd of toiling people. And if the Officers habitually pass the patients by in

silence, with small recognition or regard, or merely order medicines, baths, or means of repression, it is not to be supposed that the attendants will be habitually considerate and kind to those, scarcely deemed worthy of the notice of the Officers to whom they are responsible."

In addition to the numerous precautions, which have been adopted in this Institution, for securing sufficient warmth and comfort for the Patients by means of woollen clothing, ample bedding, board floors, and a liberal supply of coal for the sitting apartments and infirmaries, laths of hard wood framed and painted, have been substituted for the iron frames formerly employed, to support the loose straw in the beds of the uncleanly Patients, whose personal warmth was liable to be abstracted by the conducting property of the metal. Increased cleanliness moreover has resulted, from the facility thus afforded, of removing into the courts and properly washing, the wooden frames. A broad shallow zinc receptacle is placed on the floor under each of these beds; the floors themselves and the walls being painted, so as to be easily washed, when required in the more aggravated cases. The whole house is now sweet, and the governors have found the greatest advantage from not allowing a Class of dirty patients, as recognising an admitted receptacle for foulness and neglect.

In every Asylum where classification is attempted, a separation is effected between the orderly and disorderly Patients; the latter having usually assigned to them the less inviting portions of the Building and Grounds. Of this arrangement the insensible Patients are unconscious; but others will occasionally be found so classed, quite sensible of the privation, having been withdrawn from more rational association for occasional offences against good order. To such patients this change, when employed with discretion and the effects carefully watched, has been found to restore quickly their suspended habits of self-control. On the other hand the same resource, if lightly resorted to or long continued, presently loses its moral effect, and may become the means of establishing and aggravating the very evils proposed to be corrected,—hardening the feelings, destroying self-respect, inducing recklessness or despondency, and reducing these Patients to the same condition with their insensible associates. Such management can only be regarded as standing upon a footing, in principle, with mechanical restraint, solitary confinement, cold baths, nauseating medicines, narcotics, and all the other devices which have been resorted to for evading the difficulties unavoidably attendant upon a watchful, intelligent, and humane superintendence of the insane.

Until lately the "Daily Returns from the Attendants, of the State of each Patient under their respective charge," was entered upon a slate kept by each attendant for the purpose, and laid daily before the House-Surgeon, who examined the items and recorded the general numerical results. The slates are now superseded by a printed form, bound up in books: so that the Returns themselves will remain a record of the daily

state and treatment of every Patient in the house, as regards the following particulars, viz.—

- | | |
|----------------------------------|------------------------------------|
| 1 With confined bowels. | 25 Under hired nursing. |
| 2 With relaxed bowels. | 26 Under night watching. |
| 3 Uncleanly by day. | 27 Kept <u>their</u> beds by day. |
| 4 Uncleanly by night. | 28 Had epileptic fits by day. |
| 5 Wet by day. | 29 Had epileptic fits by night. |
| 6 Wet by night. | 30 Met with <u>accidents</u> , &c. |
| 7 Slept on loose straw. | 31 Capable of occupation. |
| 8 Slept on straw cases. | 32 Incapable of occupation. |
| 9 Wore socks in bed. | 33 Provided with occupation. |
| 10 Noisy in the day time. | 34 Unprovided with occupation. |
| 11 Noisy in the night time. | 35 Had active employment. |
| 12 Destroyed their clothing. | 36 Had sedentary employment. |
| 13 Destroyed their bedding. | 37 Employed in the front grounds. |
| 14 Refused a part of their food. | 38 Employed in kitchen garden. |
| 15 Refused all their food. | 39 Employed cleaning rooms, &c. |
| 16 Attempted suicide. | 40 Employed in the laundry. |
| 17 Under medicinal treatment. | 41 Employed in the kitchen. |
| 18 Under surgical treatment. | 42 Exercised in the galleries. |
| 19 Took wine medicinally. | 43 Exercised in the courts. |
| 20 Took porter medicinally. | 44 Exercised in the front grounds. |
| 21 Allowed extra meat. | 45 Exercised beyond the walls. |
| 22 Disallowed meat. | 46 Engaged in active sports. |
| 23 Forcibly fed. | 47 Attended evening prayers. |
| 24 Bathed in a warm bath. | |

A reference to these books will disclose at any period, the principal facts connected with the daily history of each Patient, during his stay in the Asylum. The results are produced in a tabular form before each weekly Board, and needful inquiry instituted.

There are various reasons why a Lunatic Asylum should be situated near to a town. Such proximity is important as regards a ready inspection by the Governors and the Public, attention by a staff of non-resident medical Officers, facility of supplies, and convenient access by the Patients to the streets and public places, “a relief to the terrible monotony of years passed by those confined to one building and its grounds, many of them for life.” Moreover the town should be large enough to exercise a moral control over the management of the Institution, and to be independent of the influence arising from the official expenditure of a large establishment. In the Lincoln Asylum, every Board, every Document, and the Institution itself, are always open to each individual Governor: and any stranger may, at the pleasure of any Governor, inspect every part of the Establishment and the personal condition of the Patients: an openness of management which has established public confidence upon the basis of ocular conviction, under extraordinary efforts made to shake it; and has given rise to many important improvements.

An examination of the Plan prefixed to this Report, will exhibit negatively the omission of some provisions, occasionally to be met with in other Asylums, viz. :

- Restraint Rooms.
- Seclusion Rooms.
- Padded Rooms.
- Noisy Cells.
- Detached Cells.
- Cold Bath Rooms.
- Distinct Departments for Uncleanly Patients.
- Apartments warmed with heated air.
- Sitting Apartments without Fireplaces.
- Attendants' Rooms with Fireplaces.
- Exercising Galleries between rows of Bed Rooms.
- Exercising Galleries used as Sitting Rooms.
- Day Rooms above the first Floor.
- Inhabited Rooms below the Ground Floor.
- Airing Grounds minutely subdivided.
- Airing Grounds with high division Walls.
- Day Apartments for unassociated Patients.
- Official Rooms occupying the front of the Building.
- Rooms for an accumulation of Stores.
- Lodging Rooms for Strangers.
- Manufactories.
- Bake House.
- Brew House.
- Beer Cellar.
- Cow House.
- Dairy.
- Stable.
- Orchard.
- Burial Ground.

These omissions are intentional : some of them are coeval with the building : and others are the results of practical experience.

The Governors will find appended to the present statement, an abstract of the successive proceedings in this house towards the system of abolishing mechanical restraint ; shewing that that system was the unexpected result of gradual progressive improvement and experience, and not the result of any theory or any attempt at effect.

June, 1845.

R. S. HARVEY,
CHAIRMAN.

OFFICERS.

President,

The Right Honorable the EARL of YARBOROUGH.

Vice-Presidents,

The Right Honorable the EARL BROWNLOW, *F.R.S.*

The Right Honorable the EARL of RIPON.

The Rev. Sir CHARLES JOHN ANDERSON, Bart.

Sir GILBERT HEATHCOTE, Bart., *M.P.*

Sir WILLIAM AMCOTTS INGILBY, Bart.

Sir WILLIAM EARLE WELBY, Bart.

Sir EDWARD FRENCH BROMHEAD, Bart., *F.R.S.*

The Very Rev. GEORGE GORDON, *D.D.*, Dean of Lincoln.

The Rev. RICHARD PRETYMAN, Precentor of Lincoln.

CHARLES CHAPLIN, Esq.

CHARLES D. W. SIBTHORP, Esq., *M.P.*

ROBERT VYNER, Esq.

Treasurer,

JOHN FARDELL, Esq., *F.A.S.*

Auditors,

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Physicians,

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RICHARD ELMHIRST, *M.D.*—I. NICHOLSON, *M.D.*

Surgeons,

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HOUSE-SURGEON, Mr. W. GRAHAM.—MATRON, Miss A. VESSEY.


SECRETARY, Mr. J. WILSON.—SURVEYOR, Mr. J. YOUNG.

Trustees of the Real Estate,

The Very Rev. GEORGE GORDON, *D.D.*

CHARLES MAINWARING, Esq.

ANNUAL SUBSCRIBERS.

 An Annual Subscription of three Guineas constitutes a Governor.


Those having this mark () are Benefactors by Donation also.*

	£.	s.	d.		£.	s.	d.
*Brooks, Mr. G.Lincoln	4	0	0	Moore, Rev. W. D.D., Spalding	1	1	0
*Brownlow, Earl, V.P....Belton	10	0	0	Pacey, Rev. H. B. D.D., Aston			
Christopher, Mr. M.P. Bloxholm	3	3	0	House, near Stevenage, Herts.	3	3	0
Claypon, Mrs. Joseph.....Boston	1	1	0	Penrose, Miss	1	1	0
Claypon, Mr. B. jun.....Boston	1	1	0	*Pretyman, Rev. R.....Lincoln	5	5	0
Clifford, Hon. C. T., Irnham Hall	1	1	0	Rogers, Mr. H.Boston	3	3	0
*Cracroft, Colonel ...Hackthorn	5	5	0	Sibthorp, Rev. H. W. Washingbro'	3	3	0
*Doncaster, Rev. Dr. ...Oakham	2	2	0	*Smith, Mr. B.Horbling	2	2	0
Ellison, Mr. ...Sudbrooke Holme	5	5	0	Smyth, Rev. E., South Elkington	1	1	0
Harnage, Mrs.Lincoln	2	2	0	Walls, Rev. J.Boothby	1	1	0
Hickman, Mr. ...Thonock Grove	3	3	0	Wilson, Mr. JohnLincoln	1	1	0
Jarvis, Rev. C. M. G., Doddington	1	1	0	*Yarborough, Right Hon. Earl,			
*Johnson, Mr. T. F. ...Spalding	1	1	0	PRESIDENTBrocklesby	21	0	0
Monson, Rt. Hon. Lord, Burton	3	3	0	Yeadon, Rev. W. ...Waddington	1	1	0


BENEFACTIONS,

From January 1, 1843, to January 1, 1844.

	£.	s.	d.		£.	s.	d.
"A Friend," thro' Dr. Charlesworth	5	0	0	Thorold, Mr.....Weelsby House	20	0	0
"A Lady," through Mr. Hadwen	5	0	0	Tryon, Mr. F., Deeping St. James	21	0	0
Loft, Mr., additional, Grainthorpe	20	0	0	Whichcote, Rev. C. Burton Coggles	21	0	0
Parkinson, Mrs.Ravensdale	5	0	0				
Oldham, Mrs.Saltfleetby	1	0	0				
Rawnsley, Rev. T. F.....Halton	1	0	0				
					£99	0	0

 Received since the closing of the Account, from Benefactors whose names will appear in the succeeding Annual Statement, £300. 4s.

LIFE GOVERNORS.

 A Benefaction of twenty Guineas, at one or two payments, constitutes a Life Governor.

Those marked thus () are Annual Subscribers also.*

	£.	s.	d.		£.	s.	d.
Anderson, Rev. Sir C. J. Bart.				Charlesworth, Dr.....Lincoln	21	0	0
V.P.Lea	31	0	0	Conington, Rev. J.Navenby	21	0	0
Barton, Dr.Market Rasen	21	0	0	Corbett, Mr.Elsham Hall	21	0	0
Benson, Rev. H. B.Utterby	21	0	0	Curtois, Rev. P.....Longhills	21	0	0
Bernal, Mr. M.P.....London	50	0	0	Cust, Hon. WilliamLondon	30	0	0
Boucherett, Mr.Willingham	21	0	0	Dent, Mr.Ribston Hall	25	0	0
Brackenbury, Lieut.-Colonel Sir				Durham, Rt. Rev. Edw. Maltby,			
Edward, K.T.S., Skendleby	21	0	0	Lord Bishop of.....	21	0	0
Brailsford, Mr.Toft	21	0	0	Elmhirst, Colonel, Stainton Hall	21	0	0
Bromhead, Sir E. Ff. Bart. V.P.				Elmhirst, Dr., Lincoln, for a per-			
Thurlby Hall.....	40	0	0	son unknown.....	22	0	0
*Brooks, Mr. G. Auditor, Lincoln	25	0	0	Empson, Mrs. S. Spellow hill, York	21	0	0
Brown, Captain H.Lincoln	21	0	0	Fardell, Mr., Treasurer, Lincoln	50	0	0
*Brownlow, Earl, V.P., Belton	150	0	0	Fowler, Mr. Ald. E.....Lincoln	21	0	0
Burton, Mr.....Somersby	21	0	0	Frederick, Sir R. Bart., Burwood			
Calthrop, Mr. ... Stanhope Hall,				Park, Surry	21	0	0
Lynn	25	0	0	Freke, the Lady Sophia, Glaston			
Carline, Mr.Lincoln	21	0	0	House	25	0	0
Cayley, Sir Geo. Bt., Brompton	42	0	0	Fyddell, Mr. S. R. ...Tickencote	100	0	0
Chaplin, Mr. V.P. ...Blankney	100	0	0	Goodenough, Ven. Archdeacon	21	0	0

	£.	s.	d.		£.	s.	d.
Gordon, Very Rev. G. D. D.				Pierce, Rev. W. M., West Ashby	21	0	0
Dean of Lincoln, V.P.	100	0	0	Raby, Rev. C.	21	0	0
Hadwen, Mr.	21	0	0	Reeve, General	21	6	0
Harrowby, Earl of.	50	0	0	Ripon, Right Hon. Earl of, V.P.	26	0	0
Hartley, Mr. J.	21	0	0	Rudgard, Mr. E. W. R., Lincoln	21	0	0
Harvey, Mr. R. S.	21	0	0	Sibthorp, Colonel, M.P. V.P...	25	0	0
Healey, Mr. H.	26	0	0	Skipworth, Mr. G. ...	21	0	0
Heathcote, Sir Gilbert, Bt. V.P.,				*Smith, Mr. B.	21	0	0
Normanton	100	0	0	Snow, Mr., Auditor, for a Lady	21	0	0
Heneage, Mr.	21	0	0	Steel, Mr.	26	5	0
Higgings, Mr. J., Alford, for a				Sutton, Sir Rd., Bt., Cottesmore	50	0	0
person unknown	21	0	0	Sutton, Mr. C. F.	21	0	0
Hutton, Mr. H. W.	21	0	0	Swan, Mr. R.	21	0	0
Ingilby, Sir William, Bart. V.P.				Thorold, Mr.	21	0	0
Ripley Park	50	0	0	Thynne, Right Hon. and Rev.			
Jarvis, Colonel, Doddington Hall	21	0	0	Lord John	25	0	0
Kent, Rev. G. D., for a Lady ...	50	0	0	Tryon, Mr. F., Deeping St. James	21	0	0
Lincoln, Right Rev. John Kaye,				Vyner, Mr., V.P., Gauthby House	100	0	0
Lord Bishop of.	25	0	0	Welby, Sir W. E. Bt. V.P. Denton	40	0	0
Mackinnon, Rev. J., Bloxholm,				Welfit, Mr.	21	0	0
for "A Friend"	21	0	0	Whichcote, Rev. C. Burton Coggles	21	0	0
Magistrates of the Louth and				White, Mr. George ...	51	0	0
Spilsby Division, their wages				White, Mr. W. H.	21	0	0
for the years 1836-7-8-9-40-1	102	19	0	Williams, Hon. Mr. Justice	50	0	0
Mainwaring, Mr.	52	10	0	Willoughby de Broke, Lord	50	0	0
Mason, Mr. R.	21	0	0	Willson, Rev. J.	31	0	0
Merryweather, Mr. J.	21	0	0	Winchilsea, Earl of, Haverholm	25	0	0
Otter, Miss A.	25	0	0	Winn, Mr. Thomas	21	0	0
Pacey, Miss M. A. Aston House	21	0	0	Worsley, Rt. Hon. Lord, M.P.	21	0	0
Padley, Mr. J. S.	21	0	0	Wright, Mr.	41	0	0
Pretymann, Rev. G. T. Chancellor				Wright, Miss ...	21	0	0
of Lincoln	25	0	0	Wright, Rev. W.	25	15	0
*Pretymann, Rev. R. Precentor				*Yarborough, Right Hon. Earl,			
of Lincoln, V.P.	25	0	0	PRESIDENT.	300	0	0

DONATIONS OF £21 OR UPWARDS, FROM
BENEFACTORS SINCE DECEASED, UNKNOWN, PUBLIC BODIES, &c.

	£.	s.	d.		£.	s.	d.
Allison, Mr.	52	0	0	Cholmeley, Sir M. Bart., Easton	21	0	0
Ancaster, Duke of, Grimsthorpe	100	0	0	Coltman, Mr. ...	100	0	0
Barnard, Mr. Samuel.	21	0	0	Colton, Mr. Alderman ...	21	0	0
Bayley, Ven. Arch. for a "Friend"	100	0	0	Colton, Mrs. Sarah	21	0	0
Beaty, Dr., for a person unknown	30	0	0	Cookson, Dr.	21	0	0
Bernard, Sir T. Bart. ...	21	0	0	Cookson, Dr. W. D. ...	21	0	0
Berridge, Rev. B. B.	26	5	0	Coxe, Rev. G. Twyford, Winch.	21	0	0
Bosville, Rev. T. Rec. of Heapham	21	0	0	Crane, Dr., from the friends of the			
Broadley, Mrs.	21	0	0	late Dr. Knolton	23	13	0
Bromhead, Mrs. B.	25	0	0	Dalton, Mr.	26	5	0
Bromhead, Rev. E.	25	0	0	Dalton, Colonel ...	25	0	0
Bromhead, Mrs. B.	25	0	0	Deacon, Rev. J. R., Waddington	21	0	0
Brown, Mr. Hezekiah ...	21	0	0	Drake, Mr. T. D. Tyrwhit	50	0	0
Brown, Rev. T.	21	0	0	Eardley, Lord.	105	0	0
Brownlow, Earl	100	0	0	Ellison, Lieut.-Col. ...	50	0	0
Buckinghamshire, Earl of.	40	0	0	Elsdale, Rev. Samuel ...	71	1	0
Buckworth, Mesdames, Stamford	50	0	0	Featherby, Mr. Ald. W., Lincoln	23	2	0
Burcham, Mr.	21	0	0	Featherby, Mr. Ald. R., Lincoln	23	2	0
Burton, Mr. Robert	101	0	0	Forsyth, Mr. T. ...	21	0	0
Chaplin, Mr.	100	0	0	Fowler, Mr. Ald. Robt., Lincoln	21	0	0
Cheales, Mr. Benjamin, Sleaford	25	0	0	Gordon, Rev. J.	31	10	0

	£.	s.	d.		£.	s.	d.
Goulton, Mr. Thomas ...Walcot	50	0	0	Parkinson, Rev. Dr....Ravendale	21	0	0
Gwydir, LordGrimsthorpe	105	0	0	Peacock, Mr. Anthony ...Kyme	21	0	0
Handley, Mr. Benjamin, Sleaford	21	0	0	Peacock and Co. Sleaford, for a			
Hayward, Mr. Ald. C. ...Lincoln	21	0	0	Gentleman unknown	50	0	0
Heneage, Mr.Hainton Hall	21	0	0	Pelham, Hon. George	21	0	0
Hett, Dr. R. Hobart.....Lincoln	21	0	0	Preston, Mr. Thomas ...Lincoln	21	0	0
Hume, Sir Abraham, Bart.	21	0	0	Reynardson, Mr. J..... Holywell	21	0	0
Hutton, Mr.Lincoln	21	0	0	Robertson, Mr., produce of 2 plays	36	6	6
Kaye, Lady.....Coleby	50	0	0	Rockcliffe, Mrs.Horncastle	21	0	0
King, Mr. CliffordAshby	21	0	0	Rogerson, Mr. William ...Boston	21	0	0
King, Mrs. Captain...Tiddenham	21	0	0	Saunders, Mr. S.Morton	21	0	0
Kipling, Dr., the Very Rev. the				Sedgwick, Mrs.Lincoln	50	0	0
Dean of Peterborough	100	0	0	Sibthorp, Colonel H. ...Canwick	52	0	0
Lady unknown	50	0	0	Sibthorp, Colonel Coningsby W.	50	0	0
Lincoln, Right Rev. George				Smith, Mr. TyrwhitLincoln	21	0	0
Tomline, Lord Bishop of.....	50	0	0	St. Albans, Her Grace the Duchess	21	0	0
Lincoln, Dean and Chapter of,				Stonehewer, Mr. Richard	21	0	0
1807, viz.—				Sutton, Rev. Thomas Manners,			
Late Rev. Sir R. Kaye, Bt.,	100	0	0	Subdean of Lincoln	25	0	0
Late Rev. Archd. Pretyman,				Summers, Mr. Eades, Chertsey	100	0	0
Late Rev. Archd. Wharton,				Swan, Mr. Alderman ...Lincoln	21	0	0
Late Rev. Archd. Bayley ...				Swan, Rev. F.Lincoln	51	0	0
Lincoln, Corporation of, 1807 ...	100	0	0	Swan, Mr. JohnOllerton	51	0	0
Lindsey, Earl of.....Uffington...	50	0	0	Taylor, Mrs.Lincoln	21	0	0
Lister, Mr.Burwell Park	631	10	0	Tennyson, Mr. ...Bayon's Manor	21	0	0
Lister, Mr.Girsby House	25	0	0	Thirkill, Mr. FrancisBoston	21	0	0
Loft, Mr.Louth	21	0	0	Thirkill, Mr.Boston	21	0	0
Loft, Mr.....Grainthorpe	41	0	0	Thornton, Mr. Samuel	21	0	0
Maddison, Mr. J.Bath	21	0	0	Tunnard, Mr. ...Frampton House	21	0	0
Manby, Mr. John ...Bead's Hall	52	0	0	Turnor, Mr. EdmundStoke	100	0	0
Mangles, Mrs.	50	0	0	Uppleby, Mr., for a Gentleman			
Manners, Rt. Hon. Lady Robert	21	0	0	unknown.....Wootton	40	0	0
Manners, Mr. George...Bloxham	225	0	0	Wallis, Mr. GeorgeYork	105	0	0
Massingberd, Mr.Ormsby	50	0	0	Walls, Rev. E.Spilsby	21	0	0
Milson, Mrs.Lincoln	21	0	0	Whichcote, Sir T. Bt. Aswardby	100	0	0
Monson, Lord.....Burton	100	0	0	Willis, Dr.Gretford	500	0	0
Monson, Colonel, the Hon. Wm.	30	0	0	Willis, Rev. Dr.Gretford	55	0	0
Otter, Mr. FrancisStainton	21	0	0	Willis, Dr. JohnGretford	20	0	0
Otter, Mr. HenryWath	25	0	0	Wood, Mrs.....Bath	21	0	0
Otter, MissRanby House	25	0	0	Wray, LadySummer Castle	55	0	0
Otter, Mr. Robert.....Wath	25	0	0	Yarborough, Right Hon. Lord...	100	0	0
Benefactions under Twenty-one Pounds, up to December 31, 1844				£1999	15	6	
Parochial Collections, 1808—1809.....				£1911	8	1	

LEGACIES.

	£.	s.	d.		£.	s.	d.
Benet, Mrs. AnnLincoln	50	0	0	Savage, Mr. PoolLincoln,			
Cartwright, Mr.Ingham	90	0	0	by Mr. Joseph Moore.....	90	0	0
Coltman, Mr. T.Hagnaby	449	8	3	Shaw, Mr. Thomas Burton.....	450	0	0
Fairchild, Mr. Thos., Navenby	50	0	0	Simpson, Mr.Ingleby	10	0	0
Gildart, Rev. F. Rector of Sprid-				Smith, Miss Ann, Bath, by Miss			
lington, by Rev. H. F. Hutton	250	0	0	Mary MossopLangtoft	49	0	0
King, Mr. Clifford, Ashby-de-la-				Thorold, Sir J. Bart. ...Syston	90	0	0
Laund, by the Rev. J. King	50	0	0	Westland, Mr. John ...Boston,			
Maltby, Mr. W..... Coates,				by Mr. S. Veal	101	6	8
by Mr. Skill	450	0	0	Williams, Mrs.Lincoln	10	0	0
Massingberd, Mrs.Lincoln	50	0	0	Wilson, Mr. R.....Willingham			
Oxspring, Mr. John ...Lincoln	450	0	0	by Stow	10	0	0
Parnell, Mr. PaulLincoln	100	0	0	Wilson, Mr. Robert, Nettleham,			
Reeve, Mrs.Leadenham	45	0	0	by Mr. J. L. Fytche	100	0	0

STATE OF THE PATIENTS.

Number of the Patients Admitted, and of those Discharged from the Books,

From January 1, 1844, to Dec. 31, 1844.

	M.	F.	Tot.
Remained Jan. 1, 1844,	53	50	103
Admitted in 1844	34	24	58
Re-admitted in 1844	8	7	15
Discharged in 1844	38	34	72
Remained Dec. 31, 1844.....	57	47	104

From April 26, 1820, to Dec. 31, 1844.

	M.	F.	Tot.
Admitted	471	392	863
Re-admitted	106	102	208
Discharged	519	448	967
Remained Dec. 31, 1844 ...	57	47	104

State of the Patients when discharged from the Books,

From Jan. 1, 1844, to Dec. 31, 1844.

Recovered	11
Improved	9
Removed during treatment	33
Improper Objects	0
By order of the Board	4
Escaped	1
Dead	14
	<hr/> 72 <hr/>

From April 26, 1820, to Dec. 31, 1844.

Recovered.....	389
Improved	91
Removed during treatment	228
Improper Objects.....	2
By order of the Board	36
Escaped	11
Dead	210
	<hr/> 967 <hr/>

*Re-admissions.**Of the 863 Patients admitted, have been re-admitted,*

105 Patients 1 time each	105 cases
15 Patients 2 times each	30
7	3
3	4
1	5
2	6
1	7
2	8
133 Patients	198 cases 208

Of the 389 Patients discharged as recovered, have been re-admitted,

44 Patients 1 time each	44 cases
13	2 times each
5	3
1	4
1	5
2	6
3	8
69 Patients	130 cases

Of whom 10 have died and 6 remain in the Asylum.

ADMISSIONS, RECOVERIES, DEATHS, AND CAUSES OF THE DEATHS IN EACH YEAR, FROM APRIL 26, 1820, TO DEC. 31, 1844.

PATIENTS.	1820	1821	1822	1823	1824	1825	1826	1827	1828	1829	1830	1831	1832	1833	1834	1835	1836	1837	1838	1839	1840	1841	1842	1843	1844	Totals.
Carried on to each year	..	13	15	21	27	30	34	44	45	42	49	41	44	47	50	66	62	85	88	101	109	96	92	112	103	863
Admitted in each year..	21	21	20	23	32	25	31	23	37	35	33	20	30	34	40	32	43	33	57	45	27	37	61	45	58	208
Re-admitted in each year	..	2	..	2	..	7	4	4	4	6	10	9	7	6	19	10	10	12	13	13	6	15	18	16	15	..
Total under care in ditto	21	36	35	46	59	62	69	71	85	83	92	70	81	87	109	108	115	130	158	159	142	148	171	173	176	..
Daily Average in ditto ..	6.8	15.	16.7	21.6	31.	33.4	40.8	44.3	47.	41.7	49.7	43.6	49.	51.5	56.3	61.2	76.5	90.	94.5	107.2	104.2	97.2	101.	111.	109	..
Recovered in each year	6	7	8	12	10	13	14	12	19	15	31	13	12	11	16	17	23	15	31	25	10	17	15	26	11	389
Otherwise removed in do.	2	11	4	3	14	8	8	8	18	18	12	4	10	17	23	20	3	12	16	15	20	24	27	24	47	368
Died in each year	3	2	4	5	7	3	6	7	1	0	9	12	9	4	9	4	15	10	10	16	15	17	20	14	210
Remained from ditto, } Dec. 31, 1844 }	1	2	1	1	2	1	3	7	2	7	6	4	11	7	16	33	104
CAUSES OF THE DEATHS.																										
Abscess	1	1	1	2	2	1	2
Apoplexy	1	1
Catalepsy
Cholera Morbus
Consumption
Diarrhoea
Disease of Bowels
Brain
Heart
Liver
Lungs
Dropsy	1	1	1	1	2	1	1
Dying when admitted
Erysipelas
Epilepsy	1
Fever
Found dead in bed
Gradual Exhaustion
Hydrothorax	1	2	1	2	1	..	6	5	1	3	1	1	1	1	2	..	5	..	4	5	3	50
Inflamed Brain
Lungs	1	2
Parotid Gland	1
Trachea
Locked Jaw	1
Maniacal Exhaustion
Old Age	1	2
Paralysis
Psoas Abscess	1
Sloughing
Suicide	1	1	1	2
Tubercles
Tumour of the Uterus
Water in the Head

From 1820 to 1826 inclusive, each year commences with April 1, and afterwards with January 1; leaving 9 months only for 1827.

Periods of Decease after Admission in 1844.

Between 1—7 days	Days 7—14	Weeks 2—4	Months 1—3	Months 3—6	Months 6—12	Years 1—2	Years 2—3	Years 3—18	Total.
0	1	0	4	2	3	2	1	1	14

Periods of Decease after Admission, from the commencement of the Institution.

Between 1—7 days	Days 7—14	Weeks 2—4	Months 1—3	Months 3—6	Months 6—12	Years 1—2	Years 2—3	Years 3—18	Total.
7	13	12	26	25	33	32	17	45	210

Ages at the time of Decease in 1844.

Betw. 20	20—30	30—40	40—50	50—60	60—70	70 & upwards	unknown	Total.
0	1	7	2	3	1	0	0	14

Ages at the time of Decease, from the commencement of the Institution.

Betw. 20	20—30	30—40	40—50	50—60	60—70	70 & upwards	unknown	Total.
2	23	49	43	37	33	14	9	210

Number of Deaths in each month, from the commencement of the Institution.

Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Total.
17	19	11	22	18	22	14	18	9	18	21	21	210

WEEKLY RETURN
OF THE STATE OF THE PATIENTS,
From 8 a. m. December 23, to 8 a. m. December 30, 1844.

<i>Number of Patients in the House.</i>	M. 57	F. 45	Totals. 102
<i>First Rank.</i>	4	2	6
<i>Second Rank.</i>	4	5	9
<i>Third Rank.</i>	49	38	87
<i>Maintained by their Friends.</i>	19	15	34
<i>Maintained by the Public.</i>	38	30	68
<i>Less than 1 year since the 1st attack.</i>	8	3	11
<i>From 1 to 2 years since the 1st attack.</i>	2	5	7
<i>More than 2 years since the 1st attack.</i>	47	37	84
<i>Less than 1 year since admission.</i>	15	11	26
<i>From 1 to 2 years since admission.</i>	2	11	13
<i>From 2 to 20 years since admission.</i>	26	19	45
<i>Re-admitted cases not included in the above.</i>	14	5	19
<i>Not expected to recover.</i>	47	38	85
<i>Expected to Recover.</i>	10	7	17
<i>Convalescent.</i>	0	0	0
<i>Cases of Idiocy.</i>	4	1	5
<i>Cases of Epilepsy.</i>	9	1	10
<i>Cases of Paralysis.</i>	2	2	4
<i>Cases of Imbecility.</i>	25	20	45
<i>Having attempted Suicide.</i>	12	7	19

DAILY RETURN
OF THE STATE OF THE PATIENTS,
From 8 a.m. December 23, to 8 a.m. December 30, 1844.

NUMBER OF PATIENTS.	MALE.								FEMALE.							
	M.	T.	W.	Th.	F.	S.	Su.		M.	T.	W.	Th.	F.	S.	Su.	
In the orderly wards	37	37	37	37	37	37	37		27	27	27	27	27	27	27	
In the disorderly wards.....	20	20	20	20	20	20	20		19	18	18	18	18	18	18	
With confined bowels	1			2												
With relaxed bowels									1							
Uncleanly by day	1	1		1	1	1	2		1	1			1		2	
Uncleanly by night.....	1		1	3		1	1		1	1	2	3	2	2	1	
Wet by day	4	3	1	2	3	2	2		3	3	2	6	2	3	2	
Wet by night	6	6	7	4	4	7	5		7	6	7	7	7	7	7	
Noisy in the day	1					1			9	10	9	10	10	9	5	
Noisy in the night	3	3	4	4	3	3	5		7	5	7	4	3	3	7	
Having destroyed their clothing.....									2	1	1	1	2	1	1	
Having destroyed their bedding.....												1	1			
Having refused a part of their food	1	2	2	2	2	2	2		1	2	1	1	2	1		
Having refused the whole of their food	2	1		1			1									
Having attempted suicide																
Under medical treatment									1	1	1	1	1	1	1	
Under surgical treatment																
Under hired nursing																
Under night watch	23	23	23	23	23	23	23		23	22	22	22	23	23	23	
Keeping their beds by day																
Taking wine medicinally																
Taking porter medicinally									2	2	2	2	2	2	2	
Allowed extra meat																
Disallowed meat									3	3	3	3	3	3	3	
Forcibly fed	1	1	2	1			1									
Capable of regular occupation.... {	Orderly ..	24	24	24	24	24	24		21	21	21	21	20	20	20	
Disorderly ..	10	10	10	10	10	10	10		2	2	2	2	2	2	2	
Incapable of regular occupation.. {	Orderly ..	13	13	13	13	13	13		6	6	6	6	7	7	7	
Disorderly ..	10	10	10	10	10	10	10		17	16	16	16	16	16	16	
Provided with regular occupation {	Orderly ..	17	17	17	18	19	19		19	16	15	16	20	16	15	
Disorderly ..	2	2	2	5	7	7	2		4	3	1	3	4	2	2	
Unprovided with ditto	Orderly ..	7	7	7	6	5	5		2	5	6	5		4	5	
Disorderly ..	8	8	8	5	3	3	8				1					
Engaged in active employment .. {	Orderly ..	17	17	17	18	19	19		16	14	15	15	16	16	15	
Disorderly ..	2	2	2	5	7	7	2		1	3	1	2	2	2	2	
Engaged in sedentary employment {	Orderly ..	1	1		1	1	1		10	10		9	11	6		
Disorderly ..									2	2		2	4			
Employed in the front grounds .. {	Orderly ..															
Disorderly ..																
Employed in the kitchen garden.. {	Orderly ..				1	4										
Disorderly ..				3	4											
Employed cleaning rooms, &c. .. {	Orderly ..	9	10	10	10	9	10		13	13	14	14	13	15	14	
Disorderly ..	2	1	2	3	3	3	2		1	2	1	2	2	2	1	
Employed in the laundry	Orderly ..	3	3	2	4	4	4									
Disorderly ..									1	1	1	1	1	1	1	
Employed in the kitchen	Orderly ..	7	6	8	8	10	11		6	3	1	1	1	1	1	
Disorderly ..	1				2				1							
Exercised in the front grounds .. {	Orderly ..	33	33	30	14	22	23		15	16	15	14	11	7	4	
Disorderly ..																
Exercised in the airing courts.... {	Orderly ..															
Disorderly ..	18	16	16						10	12	6					
Exercised beyond the walls..... {	Orderly ..	7	6													
Disorderly ..																
Engaged in active sports	Orderly ..															
Disorderly ..																
Attended evening prayers	Orderly ..	32		32	33	31	33		15		18	17	18	18	16	
Disorderly ..	18		18	18	18	18	18		7		6	6	4	4	7	

The above Return is made out daily, from the respective Attendants' Daily Return of the state and circumstances of each individual patient.

Recoveries in the Lincoln Lunatic Asylum, from the commencement, as affected by the Duration of the Complaint before Admission, or Re-admission.

Periods of recovery.	Admitted within 3 months of the 1st attack.	Admitted between 3 & 12 mo. of the 1st attack.	Admitted between 1 & 2 years of the 1st attack.	Admitted, the period of attack being upwards of 2 years.	Admitted, having had previous attacks.	Admitted, the period of attack not known.	Admitted, Idiots.	Totals.
	263	164	58	175	359	41	11	1071
Discharged within 3 months after admission.	85	20	3	3	71	0	0	182
— between 3 and 6 months after admission.	44	11	3	4	51	0	0	113
— between 6 and 12 months after admission.	16	7	4	4	32	0	0	63
— between 1 and 2 years after admission.	2	5	0	1	6	0	0	14
— between 2 and 3 years after admission.	1	3	0	0	3	0	0	7
— after 3 years.	1	0	2	3	4	0	0	10
Totals.	149	46	12	15	167	0	0	389

*Results of the Cases placed on the Books in 1844, as found on March 31st, 1845, following,
shewing the current practice of the House.*

Duration of Attack previous to Admission.	State when Admitted.			State when discharged from the Books.			Remained March 31, 1845.	
	Expected to Recover.	Not Expected to Recover.	Not Expected to Live.	Recovered	Removed during Treatment.	Dead.	Expected to Recover.	Not Expected to Recover.
Admitted within 3 months after the 1st Attack.	17	3	0	1	12	2	4	1
Admitted between 3 and 12 months after the 1st Attack.	8	3	0	3	3	2	3	0
Admitted between 1 and 2 years after the 1st Attack.	2	1	0	0	2	1	0	0
Admitted, the period of Attack being upwards of 2 years.	6	7	0	0	4	1	2	6
Admitted, having had previous Attacks.	17	9	0	4	11	3	2	6
Totals.	50	23	0	8	32	9	11	13

DISBURSEMENTS,

from January 1st, 1844, to December 31st, 1844.

	£.	s.	d.	£.	s.	d.
Balance brought forward						
from last year	308	7	8			
House Surgeon...	100	0	0			
Matron	45	0	0			
Secretary	52	0	0			
Surveyor	10	0	0			
6 Male Attendants	158	5	10			
6 Female Ditto...	109	16	11			
5 Female Servants	47	2	10			
Grounds' Porter..	31	4	0			
Substitutes in absence or sickness	34	10	7			
Sick Nursing ...	1	16	9			
Charwomen	24	3	10½	614	0	9½

Bread, 46,991 lbs.	252	2	9			
Butter 2,004 lbs.	87	15	1			
Cheese ...236 lbs.	5	19	8½			
Coffee ...184 lbs.	12	5	8			
Eggs...No. 4,856	12	2	9			
Fish	0	15	4			
Flour380 st.	39	14	8			
Meat 25,306 lbs.	520	13	8½			
Milk 5,237 galls.	145	3	0			
Oatmeal 186 lbs.	1	9	10			
Plums, Currants,	12	10	6			
Potatoes 2316 pks.	63	14	6½			
Poultry	1	11	3½			
Rice592 lbs.	7	8	9			
Salt, Pepper	10	11	7½			
Sugar 3,161 lbs.	85	15	2			
Tea386 lbs.	78	7	5			
Vegetables	10	10	6	1348	12	3½

Candles 865 lbs.	23	9	6½			
Coal ...226½ tons	165	9	9			
Firewood	7	18	7			
Mops, Brushes ...	13	16	10			
Oil28 galls.	5	11	0			
Soap ...2,101 lbs.	42	4	8			
Starch, Blue	5	12	6½			
Straw	10	1	6			
Sundries	53	11	0½	327	15	5½

£2598 16 2½

	£.	s.	d.	£.	s.	d.
Brought forward	2598	16	2½			
Escape of Patients	12	2	9			
Medicine	12	2	10			
Periodicals	7	4	0½			
Porter for the sick	2	5	8			
Printing, &c.....	44	3	6			
Stationery, postage	12	9	3½			
Wine, for the sick	8	2	0	98	10	1

Cooperage.....	4	8	2			
Crockery, Glass..	19	5	4			
Furniture	27	19	5			
House Linen.....	141	14	11			
Ironmongery	32	13	3	226	1	1

Joiner	94	8	7			
Mason	99	18	10			
Painter	55	7	4			
Plumber, Glazier	42	12	7			
Smith	35	3	7½			
Insurance	8	5	0			
Taxes	5	2	6	340	18	5½

Patients' Clothing, charged in their respective accounts ...	524	14	2½			
Patients' surplus Advances, returned on discharge	268	7	3½			
Repayment to the Bank	2000	0	0			
Interest on debt	90	6	0			
Balance in hand	225	5	6			

£6372 18 10

RECEIPTS,

from January 1st, 1844, to December 31st, 1844.

	£.	s.	d.
Cash from Patients, including payments in advance, & clothing procured	3921	11	1
Annual Subscriptions	98	0	0
Benefaction	99	0	0
Legacies	720	0	0
By Sale of Ashes	1	6	0
— Bones	2	15	0
— Grease	10	19	1
— Swill	5	4	2
— Rags	1	3	9
— Refuse Straw	2	18	0
— Manure	4	10	0
— Old Doors	0	12	0
Found in the Charity Box	4	19	9
Loan, on security of the Title Deeds	1500	0	0
	£6372	18	10

STATE OF DEBTS AND CREDITS,

January 1st, 1845.

DEBTS.			£.	s.	d.	£.	s.	d.
Patients' Advances in hand	245	14	3½					
Due, on security of the Title Deeds	1500	0	0			1745	14	3½
CREDITS.								
Due from Patients	9	6	6½					
Advanced to the Matron in 1831, 1832	30	0	0					
In the Bank	225	5	6			264	12	0½
Outstanding Debt.....	£1481	2	3					

COST PER HEAD,

calculated on the average number of Patients in the year.

	Total cost, per year.			Average cost, per year.			Average cost, per week.			Average cost, per day.		
	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
Salaries and Wages	614	0	9½	5	12	8	0	2	2¼	0	0	3¾
Food, including household	1350	17	11½	12	7	10¼	0	4	8	0	0	8
Coal, Candles, Soap, &c..	332	17	11½	3	1	1¼	0	1	2	0	0	2
Medicine, Printing, &c....	96	4	5	0	17	7¾	0	0	4	0	0	4
Furniture, Bedding, Linen	226	1	1	2	1	5¾	0	0	9½			
Repairs, &c., Insurance, } Taxes	335	15	11½	3	1	7¼	0	1	2½			
	£2955	18	2	£27	2	4	£0	10	4¼	£0	1	5¾

COMPARATIVE STATEMENT,

of the Number and Payments of the Patients, in each of the three last years.

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*Number of Patients admitted,*

| 1842                    | 1843           | 1844           |
|-------------------------|----------------|----------------|
| Self-supported ..... 35 | ..... 27       | ..... 38       |
| Parochial ..... 44      | ..... 34       | ..... 35       |
| <hr/> 79 <hr/>          | <hr/> 61 <hr/> | <hr/> 73 <hr/> |

*Payments of Patients on the books,*

| 1842                        | 1843                    | 1844                   |
|-----------------------------|-------------------------|------------------------|
| Self-supported £1099 12 11½ | ..... £1107 14 4        | ..... £1198 2 1        |
| Parochial ..... £1750 13 7  | ..... £2047 8 6½        | ..... £1957 19 9       |
| <hr/> £2850 6 6½ <hr/>      | <hr/> £3155 2 10½ <hr/> | <hr/> £3156 1 10 <hr/> |

*Number of each Rank of Patients admitted,*

| 1842                     | 1843                  | 1844                  |
|--------------------------|-----------------------|-----------------------|
| 1st Rank ..... 3 M. 2 F. | ..... 2 M. 2 F.       | ..... 4 M. 4 F.       |
| 2d Rank ..... 8 ... 4    | ..... 3 ... 5         | ..... 6 ... 4         |
| 3d Rank ..... 30 ... 32  | ..... 22 ... 27       | ..... 32 ... 23       |
| <hr/> 41 ... 38 <hr/>    | <hr/> 27 ... 34 <hr/> | <hr/> 42 ... 31 <hr/> |

*Payments of each Rank of Patients on the Books,*

| 1842                                     | 1843                    | 1844                   |
|------------------------------------------|-------------------------|------------------------|
| 1st Rank, at £1. 1s. per week £ 289 10 0 | ... £ 300 18 0          | ... £ 363 16 0         |
| 2d Rank, at 15s. .... £ 282 0 9          | ... £ 289 15 0          | ... £ 338 5 6          |
| 3d Rank, at 10s. .... £2278 15 9½        | ... £2564 9 10½         | ... £2454 0 4          |
| <hr/> £2850 6 6½ <hr/>                   | <hr/> £3155 2 10½ <hr/> | <hr/> £3156 1 10 <hr/> |

*Number and Payments of each Rank of Patients, admitted or re-admitted,  
from the Opening of the Institution in March, 1820, to December 31st, 1844.*

FIRST RANK.

9 Patients at from £2 12 6 to £1 5 0 per week, £317 6 7  
89 ..... at ..... £1 1 0 ..... £5705 15 1 ... £6023 1 8

SECOND RANK.

153 ..... at ..... £0 15 0 ..... £4463 16 11

THIRD RANK.

821 ..... at from £0 12 0 to £0 8 0 ..... £30,677 15 11  

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£41,164 14 6

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Variations in the rates of payment by some of the same Patients, will account for the apparent excess of Patients in the above Table, beyond the real number.



## COMPARATIVE STATEMENT,

of the principal Articles consumed, and the average number of Persons maintained, in each of the three last years.

## Principal Provisions, &amp;c., consumed,

|                  | 1842   | £.     | s. | d. |        | 1843  | £. | s. | d.     |       | 1844 | £. | s. | d. |
|------------------|--------|--------|----|----|--------|-------|----|----|--------|-------|------|----|----|----|
| Bread .....lbs.  | 41,575 | 264    | 19 | 7  | 46,603 | 219   | 9  | 10 | 46,991 | 252   | 2    | 9  |    |    |
| Butter.....lbs.  | 1,548  | 80     | 1  | 6  | 1,901  | 86    | 19 | 6  | 2,004  | 87    | 15   | 1  |    |    |
| Candles ...lbs.  | 785    | 22     | 12 | 11 | 847    | 23    | 15 | 2  | 865    | 23    | 9    | 6  |    |    |
| Cheese ...lbs.   | 230    | 6      | 11 | 10 | 216    | 5     | 5  | 1  | 236    | 5     | 19   | 8  |    |    |
| Coal .....tns.   | 239    | 169    | 12 | 9  | 226    | 144   | 9  | 6  | 226½   | 165   | 9    | 9  |    |    |
| Coffee ...lbs.   | 143    | 13     | 0  | 1  | 160    | 10    | 18 | 11 | 184    | 12    | 5    | 8  |    |    |
| Flour .....sts.  | 292    | 38     | 6  | 4  | 318    | 29    | 11 | 10 | 380    | 39    | 14   | 8  |    |    |
| Meat .....lbs.   | 22,072 | 547    | 17 | 2  | 23,200 | 464   | 3  | 5  | 25,306 | 520   | 13   | 8  |    |    |
| Milk .....gills. | 5,109  | 159    | 14 | 2  | 5,181  | 151   | 7  | 8  | 5,237  | 145   | 3    | 0  |    |    |
| Oatmeal...lbs.   | 229    | 2      | 1  | 1  | 310    | 1     | 14 | 10 | 186    | 1     | 9    | 10 |    |    |
| Oil.....gills.   | 30     | 6      | 14 | 6  | 26     | 5     | 10 | 0  | 28     | 5     | 11   | 0  |    |    |
| Potatoes...pks.  | 2,072  | 52     | 13 | 5  | 2,387  | 55    | 17 | 11 | 2,316  | 63    | 14   | 6  |    |    |
| Rice .....lbs.   | 389    | 6      | 4  | 0  | 555    | 7     | 4  | 3  | 592    | 7     | 8    | 9  |    |    |
| Soap .....lbs.   | 1,757  | 40     | 5  | 3  | 1,964  | 42    | 2  | 0  | 2,101  | 42    | 4    | 8  |    |    |
| Straw .....      |        | 16     | 11 | 6  |        | 5     | 10 | 6  |        | 10    | 1    | 6  |    |    |
| Sugar .....lbs.  | 2,338  | 70     | 0  | 1  | 2,917  | 81    | 11 | 10 | 3,161  | 85    | 15   | 2  |    |    |
| Tea... ..lbs.    | 314    | 78     | 17 | 1  | 351    | 77    | 12 | 8  | 386    | 78    | 7    | 5  |    |    |
| Vegetables ...   |        | 14     | 9  | 3  |        | 12    | 4  | 6  |        | 10    | 10   | 6  |    |    |
|                  |        | £1,590 | 12 | 6  |        | £1425 | 9  | 5  |        | £1557 | 17   | 1  |    |    |

## Daily average number of Persons maintained,

|                 | 1842 |  | 1843 |  | 1844 |
|-----------------|------|--|------|--|------|
| Patients.....   | 101  |  | 111  |  | 109  |
| Household ..... | 19   |  | 20   |  | 21   |
|                 | 120  |  | 131  |  | 130  |

## Daily average Consumption of Bread and Meat, per head,

|            | 1842   |  | 1843    |  | 1844 |
|------------|--------|--|---------|--|------|
| Bread..... | oz. 15 |  | oz. 15½ |  | 15¾  |
| Meat ..... | oz. 8  |  | oz. 7¾  |  | 8½   |

## Weekly average Loss of weight of Bread and Meat, as shown on taking Stock weekly,

|            | 1842          |  | 1843         |  | 1844          |
|------------|---------------|--|--------------|--|---------------|
| Bread..... | lbs. 2 oz. 8  |  | lbs. 2 oz. 4 |  | lbs. 3 oz. 0  |
| Meat ..... | lbs. 3 oz. 15 |  | lbs. 4 oz. 2 |  | lbs. 5 oz. 12 |



**DIETARY OF THE THIRD RANK PATIENTS,**

except where specially altered by the Faculty, or by a Weekly Board.

**BREAKFAST.****DINNER.****SUPPER.**

|                                   |                                     |                                        |
|-----------------------------------|-------------------------------------|----------------------------------------|
| <i>Males.</i>                     |                                     |                                        |
| Bread ..... 6 oz.                 | Bread ..... 3 oz.                   | Bread ..... 6 oz.                      |
| New Milk, boiled ... 1 pt.        | Meat, cooked & boned 4 oz.          | New Milk, boiled ... $\frac{1}{2}$ pt. |
|                                   | Potatoes ..... 16 oz.               |                                        |
| <i>Females.</i>                   |                                     |                                        |
| Bread, toasted ..... 5 oz.        | Bread ..... 3 oz.                   | Bread, toasted and                     |
| Tea ..... 1 pt.                   | Meat, cooked & boned 4 oz.          | buttered ..... 5 oz.                   |
|                                   | Potatoes ..... 12 oz.               | Tea..... $\frac{1}{2}$ pt.             |
| <i>Males and Females.</i>         |                                     |                                        |
| <i>Sunday</i> ..... Roast Beef.   | <i>Wednesday</i> ... Boiled Beef.*  | <i>Saturday</i> .... Boiled Beef.*     |
| <i>Monday</i> ..... Roast Mutton. | <i>Thursday</i> ..... Roast Mutton. | <i>Friday</i> ..... Boiled Beef.       |
| <i>Tuesday</i> ..... Boiled Beef. |                                     |                                        |

\* Or cold Meat warmed, 4 oz., with Soup 1 pint, for half the Patients.

An Ox cheek is stewed with the Soup weekly.

Carrots are used occasionally instead of Potatoes, in winter; and a variety of Vegetables from the Asylum Garden, in summer.

Females are allowed, Butter  $\frac{1}{2}$  lb.; Sugar  $\frac{1}{2}$  lb.; Tea 2 oz; per week.

**WORK DONE BY FEMALE PATIENTS,**

(when the weather will not admit of exercise in the open air,)

from January 1st, 1844, to December 31st, 1844.

**ARTICLES MADE UP.**

|                        |                           |                           |
|------------------------|---------------------------|---------------------------|
| Aprons ..... 44        | Dusters ..... 23          | Sheets..... 121           |
| Bed Ticks ..... 6      | Flannel petticoats ... 53 | Shirts ..... 41           |
| Blanket Cases..... 4   | Flannel waistcoats ... 58 | Socks, knitted, pairs.. 7 |
| Bolster Cases..... 8   | Mangle cloths ..... 3     | Stockings, ditto, ditto 4 |
| Caps ..... 62          | Mattress covers ..... 4   | Strainer ..... 1          |
| Carpet pieces ..... 24 | Neckerchiefs ..... 67     | Straw cases..... 10       |
| Chemises ..... 97      | Night caps ..... 47       | Strong dresses ..... 2    |
| Clothes bags ..... 7   | Night gowns ..... 32      | Table cloths ..... 15     |
| Coverlets ..... 2      | Pillow cases ..... 10     | Toilet covers ..... 9     |
| Dish cloths ..... 10   | Pillow slips..... 120     | Top petticoats..... 40    |
| Drawers, pairs ..... 6 | Pinafores..... 9          | Towels ..... 92           |
| Dresser cloths..... 4  | Pocket handkerchiefs 62   | Window blinds ..... 13    |

**GROUND, APARTMENTS, BEDS.**

|                            |                              |                            |
|----------------------------|------------------------------|----------------------------|
| Exercising Grounds ... 4   | Single Sleeping-rooms ... 48 | Beds for Patients..... 112 |
| Exercising Galleries ... 6 | Double and treble ditto... 6 | Beds for Attendants... 12  |
| Sitting-rooms ..... 16     | Dormitories ..... 6          | Beds for Household... 6    |



## EXTRACTS FROM THE RULES.

### GOVERNORS.

Benefactors of Twenty Guineas, at one or two payments, shall be *Life-Governors*; and Subscribers of Three Guineas annually, shall be *Governors* during payment.

Any person paying a Legacy of Twenty Guineas or upwards, or a Benefaction to that amount for a person unknown, shall be a Life-governor.

### BOARDS.

An *Ordinary Board* of the Governors is held Weekly at the Asylum, on Monday, at *One o'clock*.

A *General Board* of the Governors is held Quarterly on the second Wednesday in January, April, July, and October, at *Twelve o'clock*.

### ADMISSION OF PATIENTS.

The Ordinary Board regulates the admission of Patients.—The Forms of Admission, with other necessary information, are immediately supplied to applicants, by the Secretary or House-Surgeon.

The House-Surgeon, during the intervals of the Boards, may, on emergency, provisionally admit Patients who have complied with the necessary Forms, subject to the opinion of the Physician.

When the House is full, the preference of admission shall be given to Patients who are dangerous, or recently attacked, or who have relapsed, rather than to those in a state of idiocy, or epileptic, or paralytic, or above seventy years of age, or beyond the first twelve months of the attack, or who are harmless and with small prospect of remedy.

Where any difficulty occurs in conducting Patients to the Asylum, the Physician may send a confidential Attendant for the purpose; for which no charge is made beyond the expenses incurred.

The following are the usual terms for Board, Lodging, Attendance, and Medical Treatment.

|                                                              |          | £. | s. | d. |
|--------------------------------------------------------------|----------|----|----|----|
| 1st Rank .....                                               | per week | 1  | 1  | 0  |
| 2nd Rank .....                                               | _____    | 0  | 15 | 0  |
| 3rd Rank .....                                               | _____    | 0  | 10 | 0  |
| Special Contracts may be made for extra Attendants and Diet. |          |    |    |    |

A "Deposit of six weeks' payment," and a "Payment in advance up to the next Quarter day," are required with each Patient on admission.—The Friends may advance for any additional Quarters, if more convenient.—The Quarter days fall on the first day of January, April, July, and October, respectively.—On the removal or death of any Patient, the amount due to the Institution is deducted, and the surplus returned.

### OFFICIAL VISITING.

A "Governors' Memorandum Book" shall lie upon the Board Room Table, for their remarks at such times as they shall think proper to visit the Asylum.

At each Quarterly General Board the Governors present or some of them, shall be requested to inspect the Asylum, and see every Room and Patient, and report forthwith to the Board.



At each Ordinary Board, one of the Governors shall be appointed Visitor for the week next succeeding, to visit the Asylum daily, if convenient, to see every Patient once at least in the week, to make any inquiries which may seem fit, and to enter his observations in the "Weekly Visitor's Book;" and no person whatsoever shall interfere to prevent the most minute examination of the Establishment.

#### OCCASIONAL VISITING.

Persons wishing to visit the Asylum, may be personally introduced by one of the Physicians, Surgeons, or Governors, or by the written order of a Governor; and the House-Surgeon may admit any respectable non-resident of Lincoln to see the Establishment, without a special order.

#### VISITS OF FRIENDS.

The Rules affecting the admission of the Patient's friends, are appended to each Quarterly Account.

#### OFFICERS, SERVANTS.

No Officer or person whatsoever employed in this Institution, shall give to, or receive from any Tradesman, Servant, Patient, Stranger, or other person whatsoever, any fee, reward, gratuity, or present, directly or indirectly, for any thing done or to be done on account of the Asylum, on pain of expulsion; nor bargain with any Patient for the sale, purchase, or exchange, of clothing, food, or other article.

#### BOOKS, ACCOUNTS.

Any Governor may at all times inspect, extract, or copy, any Bills, Accounts, Journals, Registers, Minute-Books, or Documents whatsoever, provided that the names of the Patients shall not be copied; and all Documents, kept by order of the Rules or of any Board, shall be the property of the Institution.

*Note.* A Key of the Official Books, Bills, Vouchers, &c., is left always in the House, so that they may be accessible to the Governors.

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#### FORM OF LEGACIES.

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Persons disposed to contribute to the Asylum by their last Will, are particularly requested to use the following words.

*I give and bequeath to the Treasurer of a Society who call themselves GOVERNORS OF THE LINCOLN LUNATIC ASYLUM, the Legacy or sum of \_\_\_\_\_, which sum I charge on such part of my personal estate as does not consist of Chattels real, and direct to be paid by my Executors within \_\_\_\_\_ months after my decease, and applied to the Charitable uses of the said Asylum, for which, on payment, the Treasurer's Receipt shall be a sufficient discharge.*

☞ For want of this form many Charities have lost their Legacies, the Testators having charged them on their *real* instead of their *personal* estates.



## PROCEEDINGS

OF THE

# LINCOLN LUNATIC ASYLUM,

RELATIVE TO CLASSIFICATION, INSPECTION, AND OTHER MATTERS BEARING UPON THE  
SUBJECT OF RESTRAINT.

[Being chiefly Appendix, A, of Mr. R. G. Hill's Publication on the "Total Abolition of  
Personal Restraint in the Treatment of the Insane."]

## Extracts from the Original Rules.

1819. *Rule 44.*—That no forcible means be employed in administering medicines 1819-21.  
to the patients, without specific orders from the Physicians.

*Rule 75.*—That the attendants and servants never presume to use any degree of  
restraint or violence, without the consent of the Director.

## Extract from the House Visitor's Report.

1821, *March 5.*—In the course of the two last days, a violent patient has broken  
three of the doors, one of which is totally shattered. This is not the first occurrence of  
the kind. The Director again requests me to express his conviction of the absolute  
and immediate necessity of fitting up some of the cells, so as to render them capable of  
securing powerful and violent patients. The circumstances which occurred yesterday  
will demonstrate to the Board the reasonableness and justness of this request.

Number of Patients—Males, 6; Females, 5.

(Signed)

H. V. BAYLEY, Visitor.

1821, *March 5.*—Ordered, That Mr. Willson be desired to make the end cell in the  
Noisy Patients' Lower Gallery secure, for the safety of a powerful and violent Patient.

*March 28.*—Ordered, That two doors of the cells in the Upper Gallery for Male  
patients, be secured in the same manner as those below, [i. e. with massive bolts and iron  
facings.]

*August 20.*—Order for an estimate of a wooden fence, to be five feet high, round the  
front grounds, on account of the escape of a patient.

## Physician's Report.

1821, *October 21.*—No. — I shall here observe that from the present very insecure  
state of the Asylum for want of an outer wall of sufficient height to prevent escapes, this  
and other patients are kept almost constantly fettered: it is not safe to allow them  
exercise even in the inner yards, except in that state: while the gardens and front ground  
are rendered useless, not only to them but to the majority of the patients. Their  
comforts and the hopes of their recovery are thus so greatly abridged, that I cannot but  
request the earnest attention of the Governors to this point, as affecting the main interests  
of the Institution. I trust that they will see the necessity of appropriating the earliest  
accumulation of the funds to this object, by finishing the outer back (the garden) wall,  
and building a low wall round the front ground with a deep sunk fence within.

(Signed)

E. P. CHARLESWORTH,

[Physician of the Month.]



*House Visitor's Report.*

1821-2-3. 1821, *October 22*.—I have visited the Asylum frequently in the course of the last week, and as far as the economy of the house is concerned, I see no cause of complaint myself, and hear of none either from the Director or the Matron; the provisions are very good, and every thing appears orderly and regular. But the attending Physician and the Director having both of them made the strongest representations to me of the insecurity of the building, from the inadequate state of the fences, I feel it my duty to submit the subject to the consideration of the Board; it is one which I am well aware has already often engaged their attention, and that pecuniary difficulties alone have prevented the adoption of some remedy for the evil complained of: but when I am expressly informed that owing to its continuance the patients are either prevented from taking the exercise proper for them, or in order to allow of their doing so without danger of escape, are fettered in a way which would be otherwise unnecessary, that their health from this cause is in many instances suffering, and their recovery in consequence retarded: and when it is evident that the character and credit of the Institution must be materially injured, if the idea of its insecurity is suffered to gain ground, I trust I shall stand excused for thus pressing the subject again on the notice of the Board.

Number of Patients—Males, 11; Females, 3.

(Signed)

GEORGE GORDON, [Visitor.]

*October 29*.—Ordered, That an estimate be given of a wall round the front ground, with a sunk fence within.

*Extract from the Physician's Report.*

1821, *December 4*.—No. — is seldom quiet for more than an hour together throughout the day, and is a perpetual source of disturbance to the other patients.

This case and many others, call upon me to express my regret at the very limited means which the Institution affords for classing the patients. At present the Epileptic, the Melancholic, the Idiotic, the Incurable, and the Convalescent, all associate together, with no other separation than what is determined by their respective payments. That such an arrangement is not calculated to restore disordered minds, must strike the most common observer: and that it is contrary to the practise and experience of other Institutions, is fully shewn in the numerous enlightened Reports which are now before the public.

I am aware that the necessary improvements cannot be effected in the present exhausted state of the finances. On them, however, the character and support of the Institution must eventually rest, as involving the security, the health, and the restoration of the patients, who for want of them are on many occasions confined with chains, take exercise in damp dull yards, and associate in a manner calculated to obstruct their cure.

(Signed)

E. P. CHARLESWORTH,  
[Physician of the Month.]

1822, *April 10*.—Ordered that the garden walls be raised four feet.

[About this period various estimates were from time to time ordered.]

*October 28*.—Resolved, that it is the opinion of this Board that a general boundary wall is now become a matter of imperious necessity.

That William Fotherby's proposal for building such boundary wall, to be ten feet high round the ground in front of the Asylum, be accepted: that the work be proceeded with as soon as the season of the year will permit.

*Extract from the Physician's Report.*

1823, *February 28*.—I wish once more to press upon the attention of the Governors the expediency of taking measures for Classing the patients.

The Association of the men has now become so insupportably inconvenient, that some of them are kept almost constantly in manacles, or apart in the maniacal cells, to protect the weak and quiet from the outrages of the strong: (see occasional Reports of the Physician and of the Director.)

(Signed)

E. P. CHARLESWORTH,  
[Physician of the Month.]

*House Visitor's Report.*

1823, *March 3*.—I beg to observe that two patients of the names of — and — were confined in irons, the former by having an iron bar between his legs, (of which he complained very much,) which prevented his closing them together; and the other by having his hands confined by handcuffs, and were with the other patients in the Gallery. I therefore thought proper to enquire the reason of their being so confined,



when I was informed that — was always tearing his clothes and pulling the other patients about, and that — was in the habit of breaking the windows. I therefore think it right to mention this circumstance as a corroborating proof how necessary it is, in my opinion, (with deference to that of others,) and how desirable it would be, if a Classification could be made.

(Signed)

JOHN FARDELL, [Visitor.]

*House Visitor's Report.*

1823, October 13.—With the means of accommodation, which the Asylum at present affords, every thing seems going on as successfully as can in reason be expected. The enclosure of the Front Area now nearly completed, will bring into use a piece of ground of incalculable value to the uses of the Institution. And nothing further will then appear to be wanting but increased facilities for Classification, which, as being of the utmost importance to the best interests of the charity, it is much to be wished its funds may soon be in a state to furnish the means of supplying.

Number of Patients—Males, 17; Females, 4.

(Signed)

GEORGE GORDON, [Visitor.]

[After this, various plans with a view to Classification were proposed, and discussed by the Board.]

1827, April 28.—At a Special General Board of Governors, The Right Hon. Lord Yarborough, President, *in the Chair*, the Rev. Sir Charles Anderson, Bart, V.P., Sir E. Ff. Bromhead, Bart., V.P., the Very Rev. the Dean of Lincoln, V.P., the Worshipful the Mayor of Lincoln, the Rev. the Precentor of Lincoln, the Rev. the Subdean of Lincoln, Col. Sibthorp, M.P., G. Heneage, Esq., M.P., C. Mainwaring, Esq., *Treasurer*, George Manners, Esq., Clifford King, Esq., J. Fardell, Esq., B. Smith, Esq., J. Uppleby, Esq., W. Welfit, Esq., J. Loft, Esq., T. Brailsford, Esq., Dr. Cookson, the Rev. E. Bromhead, P. Bullen, Esq., E. Fowler, Esq., Mr. Ald. Wriglesworth, Mr. Merryweather, Capt. Wright, C. Hayward, Esq., Mr. Ald. Snow, W. Featherby, Esq., T. Winn, Esq., H. Otter, Esq., R. Otter, Esq., Mr. Ald. R. Featherby, the Rev. G. D. Kent, W. B. R. Burton, Esq., H. Hutton, Esq., G. Tennyson, Esq., the Rev. J. Nelson, the Rev. J. Carter, Dr. Charlesworth, the Rev. P. Curtois,

Resolved, That a Committee consisting of the Dean, the Mayor, Sir E. Ff. Bromhead, Bart., the Precentor, Major King, Dr. Cookson,\* Dr. Charlesworth, and Mr. Alderman, Snow, be a Committee to carry into effect the Plan now produced and signed by the Chairman, or any part of it; or to vary it at their discretion, taking care to connect the noisy cells with the main building in the first instance.

Resolved, That the thanks of this meeting be given to Dr. Charlesworth for the plan produced by him this day and approved.

October 3.—A report from the Building Committee being read,

Resolved, That the said report is hereby approved and confirmed, and that the same be entered on the minutes.

*Extracts from the Report.*

The Committee appointed to carry into effect the Plan approved of by the last special general meeting, have proceeded, as far as the means placed at their disposal would allow. They have formed the department for the insensible and noisy male patients, and have connected it with the main building, as was especially prescribed.

On the female side, both the proposed new building and the alterations of the house may be postponed, as the small number of patients does not in so pressing a manner call for a change.—

*Extracts from the General Remarks.*

The means of Classing the patients generally or according to circumstances will be effectually provided.

The Upper Rank patients will be brought from the back to the front of the building.

The Insensible and Noisy patients will be removed from the front to the back.

The Convalescent will be separated from both, and will not be placed in Galleries but in Rooms, which do not present any appearance of confinement.

The distinctions [of Rank] will be more rigidly observed as the patients approach to Convalescence and as they become more sensible of such distinctions.

The Kitchen and Noisy Cells being removed from the front to the rear, will render the whole south front of the building available for the enjoyment of the patients.

\* Dr. Cookson resigned his seat on the Committee, at the following Board.



1828. Those offices which give employment to the Female patients, will be attached to the Female side of the building.

The Airing Courts will be greatly enlarged and will extend beyond the shade of the building.

The front ground will be rendered sufficiently private, and the patients will not see their friends approaching the house, which is often improper.

1828, October 13.—At a General Board of Governors, Edward Wright, Esq., *in the Chair*, Sir Edward Ffrench Bromhead, Bart., V.P., the Very Rev. the Dean of Lincoln, V.P., the Worshipful the Mayor of Lincoln, Charles Mainwaring, Esq., *Treasurer*, E. P. Charlesworth, M.D., Charles Beaty, M.D., Henry Hutton, Esq., *Auditor*, John Fardell, Esq., *Auditor*, William Burton Burton, Esq., Mr. Alderman Snow, *Surgeon*.

A Letter from one of the Physicians of the Asylum was read :

*Extracts from the Letter.*

"My jealousy on the point of facility of inspection is extreme. Viewing this privilege, qualified as it is by our rules, as one of the principal safeguards of the patients, I regard every step towards its diminution as a step towards maltreatment, and every impediment thrown in its way as introductory to abuse. In these sentiments, and in the opinion derived from practical observation, that insane patients are very rarely indeed excited by inspection, I will endeavour to show that I am supported by the published experience of different Asylums, and by other respectable authorities. \* \* \*

"Whenever the domestic officers of an establishment are ill-disposed, or overbearing, or indolent, or for any other reason averse from observation, specious arguments will be found to preserve their domain from intruding eyes as much as possible. And so long as the formal words 'improper to be seen' are to be accepted as an unquestionable reason for shrouding from inspection, even of the weekly-appointed visitors,\* any insane patient to whom they are applied, a convenient cloak will be ever at hand to cover any severity, neglect, or other abuse.

"The seeds of abuse exist in every institution : and the example of other asylums has painfully shown how difficult they are to be eradicated when they have once taken root : and how governors the most honourable and humane may be drawn into a misplaced confidence. Even respectable persons may, by habit, become reconciled to spectacles, which would startle a stranger, and which could not, for a moment, be endured under the public eye.

"From the peculiar nature of an asylum for the insane, the most horrible abuses may exist within its walls without suspicion, and almost without the possibility of detection. Sir Andrew Halliday has observed, '*The mystery which has been made to hover round the precincts of a mad-house, was sufficient to baffle common enquiry ; and the utter seclusion so insidiously inculcated, made it next to impossible to discover the scenes of horror that took place within its walls.*' Hence our attention should ever be directed to a system of prevention, which can be rendered effectual only by keeping our grounds, courts, galleries, cells, offices, and as much as possible, the persons of the patients, open to that rational inspection which our rules have provided for, and which general experience has shown to be safe as well as necessary.

"The surest evidence of the good conduct of any establishment, is its facility of access.† No consideration should induce the managers of a public asylum to receive any patients, whose friends show a disposition to obstruct governors and persons officially introduced, in the full and free inspection necessary for the prevention of abuses ; such as foul, offensive, and unventilated apartments, personal uncleanness and neglect, brutal means of restraint, harsh unfeeling demeanour in the attendants, and above all, improper association in convalescence. Persons highly sensitive on the point of inspection should send their unhappy relatives to some distant institution, where their persons are not known, or should place them under private care. High payments cannot compensate a public asylum for the admission of cases offering so dangerous an apology for closed doors. If we permit one step to be taken in the road to concealment, another will soon follow, till in the end the eyes even of the governors themselves shall be deemed an intrusion, and their enquiries be treated as an offensive evidence of distrust.

"These observations, which apply rather to public institutions, such as the Lincoln Asylum, than to private establishments, are of course not intended to recommend any

\* "It is superfluous to mention the extreme danger of any mistaken delicacy in the Official Guardians of the Patients, with regard to a personal inspection of their condition."

† "Well-disposed Officers will be found invariably to court inspection : they feel a pride in the cleanliness, food, order, and kind treatment, which are instantly visible to an intelligent observer."



meddling interference with the patients. The inspection should extend only to prevent personal ill-treatment; and no stranger should be permitted to address them, or to make any audible remarks in their presence; strangers visiting the institution should be cautioned on these points. 1828-9

(Signed) "E. P. CHARLESWORTH, M.D.,"

Ordered and Resolved, [on the motion of Sir E. Ff. Bromhead, Bart., seconded by the Very Rev. the Dean,]

That the said letter be entered on the minutes of this Board.

That this Board highly approves the sound principles contained in the said letter, and will see the same carried into full effect in this Asylum; and that the Director, Matron, and other officers, be strictly enjoined to give their best attention therein.

That the Lincoln Lunatic Asylum is a Public Institution, and not a private establishment; and that no patients be admitted on any terms however liberal, where the friends show a disposition to impede the inspection necessary for the prevention of abuses.

That the flagrant abuses lately brought to light before Parliament, such as foul, offensive, and unventilated apartments; personal uncleanness and neglect; brutal means of restraint; harsh unfeeling demeanour in the attendants; and above all, improper association in convalescence; never can be effectually prevented without a full and free inspection by governors, and strangers officially introduced.

That at each Quarterly Board, before the commencement of the ordinary business, the governors present be requested to inspect the building, and see every patient.

That a copy of Rule XXIV. as below stated,\* and of Rule XXIII.† be conspicuously placed in the principal entrance; and that a note be subjoined thereto, requesting strangers not to address the patients, or make any audible remarks in their presence; and that strangers be further requested to write in the Book, before the entry of their names, any improvements which they can suggest, or any abuses which they may observe, or any incivility or want of attention to themselves, and especially any impediment to the full and free inspection of the Asylum.

That the "Strangers' Memorandum Book" do lie on the table in the principal entrance, and that a Plan of the Asylum be there hung up, to enable them to ascertain whether any part of the building has been concealed from inspection.

That every instrument of restraint, without exception, *when not in use*, be hung up in a place distinctly appropriated in some easily accessible part of the Asylum, so that the *number in use at any time*, the nature of such instruments, and their state of cleanliness, may appear; and that the Director and Matron be enjoined to enforce a strict observance of this regulation from the keepers and nurses.

That the Physicians be requested to consider, whether it be possible to make any improvement in the means of restraint now in use, and especially for obviating the use of the strait-waistcoat.

That any Governor may inspect, extract, or copy, any bills, accounts, vouchers, registers, documents, and minute books, provided that the names of the patients shall not be copied.

(Signed) EDWARD WRIGHT, Chairman.  
House Visitor's Report.

1828, December 1,—On visiting the Asylum this week, I have witnessed with the highest satisfaction the important advantages resulting from the recent improvements: from what has been already done, the benefits expected are largely experienced, and will be still more fully felt when the remaining alterations are completed; I observed the same attention as usual to cleanliness and order, and the provisions of every sort appeared to be good.

Number of Patients—Males, 25; Females, 20.

(Signed) GEO. GORDON, [Visitor.]

1829, February 16.—Resolved, That it appears to this Board after full inquiry, that — died in consequence of being strapped to the bed in a strait-waistcoat during the night.

Ordered, That the use of the Strait-waistcoat be discontinued in this Institution, ex-

\* Rule 24.—"That it is desirable that every proper facility be given to inspect this Establishment so that its real state may be at all times ascertained, and its regulations carried into effect; but at the same time care must be taken, that it be not exposed, for the gratification of idle curiosity, to the interruption of order, and the prejudice of the Patients."

† Rule 23.—"That no person residing in the Asylum do at any time presume to give to or take from any Tradesman, Patient or Servant, Stranger, or other person whatsoever, any Fee, Reward, or Gratuity, directly or indirectly, for any service done or to be done on account of the Asylum, on pain of expulsion."



1829. cept under the special written order of the Physician of the Month; and that an Attendant do continue in the room all night, whenever its use during the night shall be ordered.

That the Director do keep a Journal, in which he shall make daily entry of every Restraint and Severity used in this Institution, specifying the name of the patient, the Nature of the restraint or severity applied, and the Hours at which the same commenced and ended; and that the said Journal be laid before each Weekly Board, and signed by the Chairman.

1829, *April 8.*—Ordered, That where any peculiar circumstances make it improper that a patient should be seen, the Director shall enter the circumstance with his reason in his Journal, whether any Stranger enter a complaint or not; and that the House Visitor and Physician do at their next visit see such patient, and enter the Patient's State in their Books and Journal.

*Extracts from the Fifth Report of the Lincoln Lunatic Asylum.*

1829, *April.*—During the last session of Parliament two important Acts were passed consolidating the whole of the existing law concerning Lunatic Asylums, and introducing a great variety of improvements for the prevention of abuses.

When the bills were first brought into Parliament, they contained a variety of clauses for the visitation and control of Public Asylums. These clauses were dropped in the progress of the bills through Parliament; and it has been the feeling of the Governors of this Institution, that this confidence so liberally placed in them by the Legislature should be met by every possible exertion on their part to adopt the views of Parliament as far as applicable. It may indeed be laid down as a principle in human nature, which experience will amply confirm, that no Institution of this sort can be considered safe in its management, where the Managers are not subject to some eye unconnected with the government of the Institution itself. The Public eye and Public opinion have in all cases been found the most efficient; and the original Rules of this Institution, wisely and humanely acting upon this principle, court and avow a system of Public Inspection under due regulation. This same principle the Governors have now further pursued, by endeavouring to give additional facility to the observation of the state of the Patients and of the Institution, by all the respectable classes of society. At the same time they have opened a second entrance to the Asylum, by which they have prevented all persons approaching the house merely on business, from passing continually through the very midst of the Patients, in their principal exercise ground as heretofore; and have also taken means to prevent Strangers from addressing the patients, or even making remarks in their presence, by placing them under the care of a responsible officer, while passing through the wards. Every opportunity is afforded to all who inspect the Asylum, to record any observations and suggestions they may think proper to make; and where, in any case, peculiarity in the disease may imperatively require privacy, the Director is fully authorized to prevent inspection in such case; under this condition however, that he is required to lay all the circumstances of the case before the proper authorities without delay, in order to secure from abuse this hazardous though necessary discretion.\*

The Governors have particularly directed their views to the subject of Coercion and Restraints, well aware of their injurious consequences to the Patients, and seeing from the late Parliamentary investigations on these points, the deplorable results which caprice, tyranny, negligence, and above all a wish to avoid necessary attention and trouble, have elsewhere produced. In order to ascertain the number and condition of the Instruments in use for these purposes, instead of being dispersed in all parts of the house under the control of the inferior keepers as heretofore, they are now collected in a single apartment, accessible at once, and open to inspection at any moment. In the next place, the Governors have adopted a Register universally used in the Scotch Asylums, wherein the Director is bound to enter the Nature of every instance of restraint, and the Time of its continuance, during the night as well as the day. And lastly, the construction of the instruments in use having also been carefully examined; they have destroyed a considerable proportion of those, that were not of the most improved and least irritating description, and hope hereafter to introduce still further amelioration into this department.

(Signed)

R. PRETYMAN, Chairman.

1829, *May 4.*—Ordered, That the heaviest pair of iron Hobbles† and the heaviest pair of iron Handcuffs‡ be destroyed.

\* "A Lunatic Asylum is unlike every other establishment for the care or confinement of human beings, in this respect, that the Patients are wholly incompetent witnesses, and too often that there is no direct mode of detecting any fault in their treatment, but through those who have an interest in concealing it."—13th Report of the Glasgow Asylum, p. 9.

† Jointed; weight 3lbs. 8oz. ‡ Solid: weight 1lb. 5oz.



That of the eleven Strait-waistcoats now belonging to the House, the worst five be 1829-30-1 destroyed.

The Director\* having stated to this Board, that in the case of ———, it is essentially necessary that he should have a Belt in the Nurse's Room:—Ordered that he be authorised to remove one there accordingly.

*Extract from the House Visitor's Report.*

1829, June 1.—It is pleasing to find that the more violent and noisy [Male] Patients are now inhabiting their own Gallery, with its cheerful airing ground adjoining; and I could not but observe a forcible illustration of the great advantage of a proper Classification, in the comparative quiet and comfort which pervade the Male department. One excellent room in front, ready for the reception of any of them, is as yet unoccupied, which I presume will not long remain so: but with respect to the Female side, a common observer like myself must naturally wish that the keeping together such a mixture of the opposite characters of Insanity, as is now to be seen in one Gallery, could by any possibility be avoided.—After a consideration of the fact that first Class Patients bear no proportion in numbers to the rest, I have no hesitation in expressing my decided conviction that they are not kept away by the rule to which this absence has been attributed: and, while expressing my sentiments upon this subject, I will go so far as to state, that even if I believed, which I do not, that the system of Inspection was generally objected to by the public, I could not bring myself to consent to its abolition: being firmly persuaded that in all Lunatic Asylums, the eye of the Public is the only real and solid security against harsh treatment, unnecessary restraint, or improper absence of responsible attendants. The same disproportion of wealthy Patients is to be seen at York, where their department is strictly private; and it is clear to me from observation, as well as from the constitution of human nature, that whatever separation may be made, or whatever advantages may be held out, there is a prejudice in the higher ranks of life against all Lunatic Asylums, which are indiscriminately open to the rich and poor.

(Signed)

R. PRETYMAN, [Visitor.]

*Extracts from the House Visitor's Report.*

1829, August 17.—Every attention seems to be paid to the Patients, whose general state has, I understand, for some time past, been so generally good, that it is gratifying to say the Strait-waistcoat has almost become useless.

Number of Patients—Males, 29; Females, 13.

(Signed)

HENRY HUTTON, [Visitor.]

1829, September 21.—The Director having applied for a Belt and a pair of Hobbles to be placed in the Keeper's room in the North Gallery, on account of some of the Patients, who are subject to sudden fits of violence:—Ordered that a Belt and Hobbles be placed there accordingly.

October 19.—Ordered, That whenever the Director thinks it essentially necessary to place any Instruments of Restraint at the disposal of the inferior Keepers, he shall enter the Number and Place on Saturday at the foot of his Journal of Restraints, taking the opinion of the Board or Physician when practicable.

1829, November 30.—Ordered, That the Director's "Journal," "Register of Restraints," and "Register of Persons daily maintained," be made up by him not later than ten o'clock in the morning for the day and night preceding.

1830, November 29.—Ordered, That the Director have power to procure List-shoes for any patient, who he has reason to think would do injury with his feet.

*Extract from the Seventh Annual Report.*

1831, March 28.—A new Director† has also been elected, in recording whose appointment, the Governors would not do justice either to their own feelings or to his merits, if they did not bear a willing testimony to the zeal and fidelity, with which he discharges the various duties of his office. A circumstance this, abundantly proving what it is of public importance to know, that there is not anything in the Office of Director of a Lunatic Asylum, for which any gentleman of professional talent, firmness and good temper, may not be deemed fully qualified. The greatest advantage may be expected from this Office being thrown open to the general competition of the Profession, instead of being confined to a limited and exclusive part of it.

Heretofore it was conceived that the only intention of a receptacle for the Insane, was the safe custody of the unhappy objects, by any means however harsh and severe. These views are now passing away, and the fair measure of a Superintendent's ability in

\* Mr. Thomas Fisher.

+ Mr. Henry Marston.



1832, the treatment of such patients, will be found in the small number of Restraints which are imposed. The new Director has answered this test in a very satisfactory manner.\*

(Signed)

GEORGE GORDON, Chairman.

July 13.—Ordered, That the Weekly Visitor be requested to examine the Instruments of Restraint, and remove such as are improper.

October 24.—Ordered, That the Instruments of Restraint now produced, be destroyed. That the leathern straps and the buckles on the strait-waistcoats, be replaced by ties.

That a very strong leathern body-belt be procured.

That the Instruments of Restraint be put into a state of thorough repair weekly, and well cleaned every Saturday, and shewn to the Weekly Visitor.

*Extract from the Eighth Annual Report.*

1832, March 26.—The Register of Restraints shows a continued diminution in their number. Strangers who derive their notions of an Asylum from the coloured pictures of imaginative writers, or from ill-conducted establishments where severity is made to supersede vigilance and attention, are surprised at the freedom, repose, and cheerfulness which appear through the whole house. The Boards have kept steadily in view the Nature of the Restraints employed, and have great pleasure in having been able to destroy several Instruments of a coarse and harsh construction, which an exaggerated caution had originally provided, and which experience has proved to be unnecessary.

(Signed)

E. P. CHARLESWORTH, Chairman.

[*Extracts from the Revised Rules.*]

1832, April 11.

#### OCCASIONAL VISITING.

Persons wishing to visit the Asylum, may be personally introduced by one of the Physicians, Surgeons, or Governors, or by the written order of a Governor; and the House-Surgeon may admit any respectable non-resident of Lincoln to see the establishment, without a special order.

The Ordinary Board may exclude any individual Visitant by a special order on their minutes.

Visitants shall in all cases be accompanied by a Physician, or the House-Surgeon, or Matron, and shall be cautioned not to address the Patients, or make any audible remark in their presence, without express permission; and on every such occasion, where any peculiar circumstance makes it necessary that a Patient shall be secluded, the House-Surgeon shall enter the circumstance, as a remarkable occurrence, with his reasons in his Journal.

A "Strangers' Memorandum Book" shall lie on the table in the Principal Entrance, and the names and address of all Visitants, with the name of the person introducing them, shall be entered. A Plan of the Building shall be there hung up, so that no part thereof can be concealed; and Visitants shall be requested to write in the Book before the entry of their names, any improvement which they can suggest, or any abuses which they may observe, or any incivility or want of attention to themselves, and especially any impediment to the full and free inspection of the Asylum.

#### COERCION, RESTRAINT.

One or two places shall be appropriated in some easily accessible part of the Asylum for the Instruments of Restraint, which shall be there hung up and numbered, so that the nature of such instruments, their state of repair and cleanliness, and also the number actually applied, or in the keeping of the Attendants for any emergency, may appear; and no new instrument shall be procured without the order of the Board.

The House-Surgeon shall reduce the number kept by the attendants for emergencies as low as possible, and shall state the number so appropriated, every Saturday at the foot of his "Register of Restraints," for the information and sanction of the Physician and the Boards.

No Attendant, on pain of dismissal, shall strike any Patient, except in urgent self-defence; nor apply any force, restraint, or privation, without the House-Surgeon's order, except on emergency. The Attendant shall give instant information to the House-Surgeon for power to continue any Restraint or Privation, which shall, in all cases, be as moderate as is consistent with safety.

No forcible means shall be employed in giving food or medicine to any Patient, without a special order in the Physician's Journal in each case.

\* As early as the 24th day of November last, there was not any patient in the house, out of forty-eight, under restraint, unless one wearing a collar, which leaves all the limbs quite at liberty, can be so considered. This gratifying occurrence has taken place more than once since that time.



The Strait-Waistcoat shall not be used in this Institution, without the special written order of the Physician in his Journal, on each occasion; and an Attendant shall continue in the room all night, whenever its use in the night shall be so ordered.

The House-Surgeon shall keep a "Register of Restraints," in which he shall make daily entry of every Coercion, Restraint, and Severity, practised in this Institution, and shall specify the Nature thereof, the Name of the Patient, and the Hours at which the same commenced and ended; and the said Register shall be laid weekly before the Board, and signed by the Chairman in proof thereof.

#### MORAL TREATMENT.

The Patients shall be treated with all the forbearance, mildness, and indulgence, compatible with steady and effectual control.

No Attendant or other person shall attempt to deceive or terrify any Patient, or violate any promise made; nor presume to irritate any Patient by incivility, disrespect, contempt, mockery, mimicry, or sarcasm; nor use wanton allusions to any thing ridiculous or degrading in the present appearance or past conduct of the Patient; nor swear, nor address any Patient with a raised voice or in an imperious tone; nor conduct themselves towards any of the Patients in such a manner as to excite envy, jealousy, or ill-will among the rest; nor shall they dispute or argue with them, or needlessly contradict them; nor shall they indulge or express vindictive feelings, but considering the Patients as if unable to restrain themselves, shall forgive all petulance or abuse, and treat with equal kindness those who give the most trouble and those who give the least.

The Attendants shall not unnecessarily converse with the non-convalescent patients, and shall speak principally in reply only, and shall especially avoid the subject of the Patient's delusion. They shall not incautiously speak of any Patients in their presence, nor on the subject of Insanity, nor unnecessarily do any act, the remembrance of which may be hurtful to any Patient's feelings on Convalescence.

Such Occupation and Amusement as may employ the time, divert the mind, win the attention, and awaken the affections, shall be cheerfully and readily promoted; and the Boards shall direct books of Prints, Chess, &c., with Periodicals and other light reading, to be supplied for Patients competent thereto.

1832, *July 16.*—Ordered, That Buckskin, and round cornered Buckles be used for the Hobbles.

That a leathern Belt for temporary security of Patients becoming suddenly violent, be kept in the Attendants' rooms.

That two strong Dresses be procured for the Male Patients, who tear their clothes.

*July 23.*—Resolved, That a pair of quarter Boots\* [of ticking] with rings fixed to the soles, be procured as a night restraint for patients requiring the same [instead of the Hobbles.]

#### *Extracts from the Physician's Report.*

1832, *July 31.*—I have had occasion to remark in this month upon the case of a patient kept under continual Restraint on account of the insecurity of the inner Male court. This inconvenience has been met, it is hoped effectually, by a slight alteration of the windows of the adjoining Gallery, which had afforded a passage to the roof.

An order has been made by the Board to procure "strong Dresses" for patients disposed to tear their clothes. The intention is, by the use of these and the ordinary "Belt," to obviate the necessity of the "Muff," an instrument of restraint against which several serious objections exist. A principal defect is that it prevents the wearer from attending to the common calls of nature, occasioning not only much present suffering, but often entailing incurable disease and the most loathsome habits.

The Board has also ordered a substitute for the "Hobbles" employed to confine the feet of very violent patients during the night. The straps and buckles forming this instrument, were found to cause severe and injurious pressure under the unrelaxing strain which such patients will frequently exert, regardless or insensible of the injurious consequences.

It should be a fixed principle in the construction of *all* instruments of restraint, to prevent as much as possible the capability of the patients to effect any injurious change of their position, or otherwise to increase their severity. An insane patient will act, while under a paroxysm, not only as if he were insensible of pain, but even as if he preferred a state of suffering which would be found intolerable under ordinary circumstances. Multiplied instances, some of them very extraordinary, could be produced in proof; and the

\* This mild substitute for the use of the ordinary Hobbles during the night, was suggested by Dr. Charlesworth. R. G. Hill.



1832-3. pathological inductions to to which this fact would appear to lead, may perhaps hereafter throw additional light upon the medical history of Insanity.

With regard to the "fixing on" of the instruments of restraint, nothing can prevent the dangers of negligence on the part of the Attendants in securing the locks, or *what is much more common, the distressing severity of over caution in tightening the straps, &c.*, except minute and continually repeated personal examination by the superior officers in each individual instance, and especially of the cases left for the night.

(Signed)

E. P. CHARLESWORTH,

[Attending Physician.]

*House Visitor's Report.*

1832, Dec. 10.—I cannot but remark the contrast between the rooms warmed by coal fires, and those parts heated with air flues. In the latter apartments the Patients never appear so comfortable as they do in the others, and the atmosphere feels oppressive and unwholesome. I beg to observe also, that a House-Porter appears to be much wanted in this Institution, to undertake the mowing, gardening, carrying messages, cleaning windows, and various other domestic occupations, which at present appear to interfere too much with the business of the attendants.

Number of Patients—Males, 37; Females, 13.

(Signed)

GEO. MARR, [Visitor.]

1833, March 11.—Ordered, That an additional servant be engaged as assistant in the Laundry, instead of hiring occasional assistance as heretofore, and allowing the Female servants and attendants to wash their own clothes.

*Extracts from the Ninth Annual Report.*

1833, April.—The Boards have pleasure in being able to state that the recent alterations in the Buildings and Courts are found to answer all the intentions of the Governors. The experience both of the past and present arrangements has fully confirmed the following observation of Mr. TUKE, in his "*Remarks on the Construction of Public Institutions for the Cure of Mental Derangement*:" "However desirable a good system of management may be, no such system can be prosecuted with effect in an ill-contrived building. The defects of arrangement must unavoidably affect the Patient, and operate against both his comfort and cure." He adds, that they are "productive of evils, to which no management can oppose any adequate remedy."—

It will be observed in the General Statement of the "Sums received from the Patients since the opening of the Establishment," that it has been maintained chiefly by patients in confined or moderate circumstances, at rates usually varying from eight shillings to a Guinea per week. Happily the property of this Charity has not been adventured in the speculation of building extensive accommodations for more wealthy patients, who are more properly the objects of a Private Asylum. The practice of making costly preparations for such Inmates in Public Institutions, under a belief that their higher rates may conduce to lower the charges to others, is founded upon erroneous principles. The rich will not, more than the poor, pay money for less than an equivalent; and, if the value of the proportion of land, additional buildings, selected situations, extra apartments, superior furniture, and extra attendants and diet, required by such patients, were all to be taken fairly into calculation, it would be found that sums of from two to four Guineas per week, (supposing that they could be obtained,) do not even compensate for the actual expenditure, and much less justify a misapplication of funds subscribed for a charitable purpose, or the danger of neglect to other patients thus considered as only secondary objects. To persons of small or of moderate means, the Lincoln Asylum offers admission on reasonable terms, and with advantages such as their circumstances could not otherwise possibly command.

It is unceasingly an object in this Institution, and should form a prominent point in the Annual Reports, to dispense with or improve as much as possible the Instruments of Restraint. Nothing is more easy than to multiply ingenious inventions fully effectual for the direct purpose of confinement, but injurious as encouraging the system itself; it has here, on the contrary, been the design to diminish the number of these instruments, and to simplify the construction, where vigilance and attention cannot wholly supply their place. Many restraints and privations, to the appearance of which custom has reconciled the Governors of receptacles for the Insane, as mere matters of course or of unavoidable necessity, might generally be traced to the principle of saving trouble to the attendants; while the plausible ingenuity frequently displayed in obtaining that end, has been suffered to disguise its cruelty and injurious effects, and has contributed in no small degree to the



popular delusion which prevails respecting the difficulty and "mystery" of managing the insane. According to the usage of this Establishment the instruments superseded have always been wholly removed from the premises.

The propensity of some Patients to destroy their wearing apparel has been found a great inconvenience in all Asylums, and has introduced the use of the "Muff," an instrument open to some of the worst objections against the Strait-Waistcoat;\* but now nearly superseded in the Lincoln Asylum by adopting for such persons a dress which is not torn without great difficulty.—Some Patients so obstinately refuse food, that compulsory means are unavoidable, for which purpose practitioners have generally forced open the mouth and used a speculum or stomach pump, a method troublesome and sometimes dangerous. The Asylum is indebted to Mr. BAKEWELL of Spring Vale, among other ingenious suggestions, for an instrument which has effectually superseded the above practice, by means of a tin vessel so contrived that the Patient, in the mere act of breathing, without having the teeth forced open, cannot resist the introduction of fluid nutriment.

The Governors will have received copies of the Revised Rules, which were unanimously passed at a very numerous General Board after a minute examination. They have been founded on an extensive collation of the Rules of various Asylums, the works of writers on the subject, and the experience of this Institution itself. It is hoped that it may not be invidious to mention the liberal code of the Establishment at Aberdeen, as having afforded many useful suggestions.

(Signed) JOHN WM. STURGES, Chairman.

May 6.—Ordered, That the Fire-guards have the inner wiring continued throughout their whole surface.

May 13.—The House-Surgeon stated [to the Board] that the Keepers have not time to attend to the premises both within doors and without doors, without neglecting the patients.

May 20.—Ordered, That a man be engaged as House Porter and Gardener, as a trial.

#### *House Visitor's Report.*

1834, Jan. 1.—I felt a very uncomfortable sensation from the denseness of the atmosphere in one of the galleries: Thermometer about 57° I fear that the Female Patients have suffered from this cause, and I would be very glad to have it removed.

(Signed)

EDWD. FOWLER, [Visitor.]

#### *Physician's Report.*

1834, January 31.—I will beg to call the attention of the Board to the propriety of considering whether the use of fermented liquors under the general diet table, should not be discontinued, and the matter left for medical order in special cases. It is very questionable whether the temporary tone procured by any kind of stimulus, is not in many cases mischievous, and whether the curative process should not be made to depend upon a permanent increase of tone indirectly procured by nutrition, air, and exercise.

(Signed)

E. P. CHARLESWORTH,

[Attending Physician.]

February 3.—Resolved, that the Physician's Report relating to the Beer, be referred to the Physicians of this Institution.

February 10.—In pursuance of a resolution at the last weekly Board, that the opinion of the Physicians of this Institution, [Dr. Charlesworth, Dr. W. Cookson, and Dr. Elmhirst,] should be taken on the subject of discontinuing the use of fermented Liquors for the patients, except under special medical order, and the Physicians having unanimously recommended its discontinuance,

Ordered, That the use of fermented Liquor for the patients of this Institution be discontinued for the future, except under special medical order.

#### *Extracts from the Tenth Annual Report.*

1834, March.—Strangers who visit the Lincoln Lunatic Asylum usually express their great surprise at the freedom enjoyed by the patients, and the rarity of even individual instances of personal restraint. The treatment by which the patients are induced to supply by self-control the necessity for restraint, may be explained partly by the facility, which the improved construction of the building gives for the separation of the patients

\* See First Report of the Parliamentary Committee on Mad-houses, 1815, Mr. John Haslam's evidence, p. 63.



1834-5. *December 29.*—Ordered, That one pair of night shoes [quarter boots of ticking] for Male patients, and two pairs for Females, be procured.

1835, *January 14.*—Ordered, That the Weekly Board do take measures for completing the Pervision of the Galleries, [by means of Sash Doors.]

Ordered, That the Building Committee be requested to consider arrangements for a Sleeping Room, to contain such [Male] patients as may be subject to danger in the night, with accommodation for an attendant to sleep therein.

*February 16.*—Ordered, That an advance in money be made to the Household in lieu of Beer, at the rate of five pounds a year to Males, and two pounds ten shillings a year to the Females.

*Extract from the House Visitor's Report.*

1835, *March 23.*—It is very gratifying to see this Institution rising in the public estimation, and more so to observe that there is every prospect of its maintaining the character it has acquired. When the new dormitories become fit for habitation, the sitting rooms for the Male patients will I hope no longer have beds in them; and I wish there was a more immediate prospect of similar accommodation being afforded on the Female side of the house. At present there seems to be more than ordinary attendance required for the Females; but I doubt whether an additional Nurse would not be a great improvement under any circumstances. I beg to suggest to the Governors the expediency of engaging three Nurses instead of two. In that case one of the three might be the constant channel of communication between the Galleries and the body of the House, so that the Galleries would not be left with only one nurse to attend all the patients during the necessary absence of one for domestic purposes. I am glad to find that it has been determined to make an allowance in money to the household, instead of giving them Beer.

(Signed)

R. PRETYMAN, [Visitor.]

*Extracts from the Eleventh Annual Report.*

1835, *April.*—In the Autumn of last year a considerable addition was made to the building, for the night accommodation of the male patients, by raising the North wing to a level with the wings in front; the whole will be ready for occupation in the course of this spring, and will it is hoped be found sufficient, on the male side, to meet the greatly increased demand for admission. When the female side of the building can also be completed, there will be room in the Asylum for about one hundred patients; probably as many as the county will supply from among persons likely to request admission, and as many as a single institution (whether for males only or females, or for both) ought to contain. A greater number would be more than one male and one female resident officer could take in charge with a discriminating attention towards each individual case.

By the introduction of Sash Doors throughout the whole of the Galleries, the cheerfulness of their appearance has been remarkably increased; while the conduct of the Attendants, and their demeanour towards those under their care, can be readily observed at all times. Frequent observation, the principal duty of the House-Surgeon (disengaged for the purpose from the offices of Secretary and Accountant,) will be greatly facilitated: and the Governors will be enabled to feel entire confidence in the proper treatment of the patients. The opportunities of neglect and harshness behind close and closed doors amidst incompetent witnesses, must be so unlimited, that every obstruction of observation may be considered as an exposure of these institutions to the risk of such consequences.

An occasion having arisen to renew some of the furniture of the first rank patients and of the officers, the following order was made by the General Board, "That the furniture of the officers be neat and plain, and subordinate to that of the first rank patients." In an institution supported by payments from the patients or their friends, any profuseness would be unbecoming; and, while the salaries and accommodations allowed have been regulated with a due regard to the respectability of the offices, the sources from whence they are supplied have been steadily kept in view.—The Board has made it a general principle to connect the condition of the Officers with that of the patients as far as possible, so as to make the comforts of each dependent upon those of the other. With this view it has been arranged, that fires for the use of the patients shall always be commenced and discontinued at the same periods as those for the use of the household.

The best effects have been found to follow the discontinuance of fermented drink by the patients; and the disturbances formerly not uncommon after dinner, have now disappeared.—By a resolution of the Board, a lengthened period of detention, where insanity is connected, as cause or effect, with intoxication, has been recommended, so as to allow



of the entire subsidence of that morbid craving for stimulus, rendered by habitual indulgence incurable except under compulsory abstinence. Such patients are invariably (at first) most urgent for their own discharge, and their rational demeanor, while under the regimen of the Asylum, pleads strongly in their behalf. It may however be broadly laid down, that no habit can be corrected without time for the establishment of a counter habit. Frequent experience of early and repeated returns, after a hasty removal in these cases, and the serious inconvenience suffered by society, families, and friends, in the interval, have shown that such compliance must be injurious to the character of the Institution.—To give additional motives for sobriety (a deviation from which is never overlooked by the Board) a pecuniary allowance has been made to all members of the establishment in lieu of malt liquor.

A further review of the instruments of restraint has reduced them to four simple methods, viz :—

- Day, 1.—The wrists secured by a flexible connection with a belt round the waist.  
2.—The ancles secured by a flexible connection with each other, so as to allow of walking exercise.

- Night, 3.—One or both wrists attached by a flexible connection to the side of the bed.  
4.—The feet placed in night-shoes, similarly attached to the foot of the bed.

Both the precautions together are very seldom required in the same case, either by day or by night. Strong dresses which cannot readily be torn, and List shoes, generally superseding the necessity of any restraint even in excited cases. The object of restraint is not punishment but security. Every instrument which could confine the fingers themselves has been entirely discarded, for reasons founded upon a distinction between restraints which render a patient harmless, and those which would render him unable to employ the remains of his reason to assist himself on proper occasions. The present suffering and future ill-consequences resulting from the neglect of this distinction, have been forcibly depicted in the evidence\* given by Mr. John Haslam, Apothecary for more than twenty years at Bethlem, during an examination upon this subject before a Committee of the House of Commons. The number of instances of restraint has continued further to diminish in a striking manner, as will appear by an abstract from the Report of the Weekly Visitor, August 10, 1834, who observes "That he has much gratification in being able to state that not a single male patient has been under restraint since the 16th day of July, and not one Female patient since the 1st of August," up to the above date. (Signed) T. MANNERS SUTTON,

Chairman,

April 20.—Ordered, That the person of every Patient [while bathing] be examined especially and carefully by the House-Surgeon and Matron respectively; and that marks (if any) found upon their persons, be reported in the "Weekly Memorandum Book," forthwith to the Board.

1835, July 6.—Ordered, That whenever it may become absolutely necessary to overpower a refractory patient, two attendants be employed for that purpose, to prevent as much as possible the risk of resistance and struggle.

*Extract from the Governors' "Memorandum Book."*

July 8.—We, the undersigned, present at the Quarterly Board this day, having inspected the Asylum, report that we found every part of the Establishment clean and orderly. We cannot avoid expressing our high approbation on noticing the complete opportunity now afforded to the Officers and Governors of observing the conduct of the Attendants towards the patients through the sash doors, which pervade the whole of the galleries.—— (Signed)

THOS. BRAILSFORD,

W. M. PIERCE,

W. B. R. BURTON.

\* QUESTION.—What are the disadvantages you conceive attending on the use of a strait-waistcoat?  
ANSWER.—The hands are completely confined; if the strait-waistcoat be tied tightly, respiration is prevented or impeded, and it is always at the mercy of the keeper how tight he chooses to tie the waistcoat. If the patient be irritated by itching in any part, he is unable to administer the relief by scratching, or if troubled with flies; in hot weather it is a painful incumbrance, and if not changed is liable to absorb a great deal of perspiration, which renders sometimes the skin excoeriated. He cannot wipe his nose, and he becomes a driveller in consequence; he cannot assist himself on natural occasions, or possess personal cleanliness as long as the strait-waistcoat is applied. Then there is another very curious effect that has resulted from keeping on the strait-waistcoat for a considerable time; the nails are pinched up, and I have seen some instances where patients have been long kept in the strait-waistcoat, where the nail has resembled the claw of an animal: so that I can pretty nearly judge by the look of the hand of a lunatic, if I do not see his face, whether he has been the subject of a strait-waistcoat a long while.



1835-6. *July 8.*—Resolved, That this Board in acknowledging the services of Mr. Hadwen, during the period of fifteen months that he held the situation of House-Surgeon of this Institution, feel called upon to express their high approbation of the very small proportion of instances of Restraint, which have occurred amongst the Patients under his care.

1835, *August 17.*—I have visited the Asylum regularly the last week, and am satisfied that every attention is paid to the health and comfort of the Patients. Mr. Hill informs me it has not been necessary to put any of them under Restraint for the ten last days. The wards of every part of the building are perfectly clean, and the provisions very good.

Number of Patients—Males, 37; Females, 20.

(Signed) G. T. PRETYMAN, [Visitor.]

*Extract from the House Visitor's Report.*

*September 7.*—I have much satisfaction in stating we have not had one Patient under restraint or confinement since the 14th of last August.

Number of Patients—Males, 39; Females, 20.

(Signed)

JOHN WM. STURGES, [Visitor.]

*September 14.*—Ordered, That a third Nurse be engaged, so that neither of the galleries may be left unattended at any time, and the patients may have an opportunity of walking out occasionally into the country.

[*Extract from the Revised Regulations.*]

1835, *October 14.*

That strong dresses of Barragon or Sacking be procured for the Patients who tear their clothes, to prevent the necessity of Restraints.

*House Visitor's Report.*

1836, *Jan. 18.*—I have great pleasure in reporting my entire approbation of the manner in which every department of this Institution is conducted; and in observing the many and important improvements which have been made since my last visit. The regularity and order which prevail in the domestic economy of the house is exceedingly creditable to all; but the visible alteration which has taken place in the state of the Patients, in the comforts which are afforded to them, and in their capability of enjoying those comforts, must be peculiarly gratifying to those who take an interest in the management and in the character of the Institution. Restraints upon the person of the patients have been for some time gradually diminished in number, and this last week has by no means been the only one lately in which not a single patient has been put under any restraint whatever. On referring to the Minute Book, I observe that stockings were produced to the Board on the 30th of November last, knitted by female patients, and last week some nightcaps were produced also from the same source; and such employment must be a striking evidence of that general quiet and of that mild and innocent character of confinement, which some years ago would never have been believed safe or even possible in a Lunatic Asylum.

The fitting up of one large room at the end of the Dormitory with several beds in it for the melancholy patients, is a new feature in this Institution; but although a Keeper is occupying the adjoining cell, I shall never think that all possible precautions are taken against the commission of suicide, or of other acts of violence in the night, until a regular night watch is established in the house. Patients are now left for many hours alone, and much mischief might be done though a Keeper were sleeping in the very next apartment; I therefore beg to recommend to the Governors that some arrangements should be immediately made by which the house should never be suffered to be left without a regular watchman, and I conceive this duty might be performed by the Keepers now in the House. Another reason for my earnest recommendation of this arrangement is that it would render unnecessary the division of the new Dormitory into another range of cells. No inconvenience has arisen from the placing several beds in one room, nor can I see any objection to the converting the Dormitory as it now is, into an open ward by the simple introduction of beds; it rather seems desirable to preserve the handsome appearance of that new Gallery, which would be totally lost by the erection of the proposed partition walls.

I must confess I am now anxious to see a day room built for the North Gallery, and some accommodation afforded to the Female patients, who are far from enjoying their share of the comforts and advantages of Classification. If the Watch should be established, and if the money wanted for the new partition walls in the Dormitory, should thus be saved, perhaps it would be practicable to proceed directly with these desirable improve-



ments, which more immediately concern the comfort of the patients, and which have 1835-6. been long contemplated.

[Number of Patients—Males, 42; Females, 22.]

(Signed)

R. PRETYMAN, [Visitor.]

1836, *January 25*.—The Report of the Weekly Visitor having been read, it was resolved that a Night Watch be established in the new Upper Gallery and Dormitory; and the four male attendants having undertaken it, that they be allowed an addition of five pounds each to their yearly wages.

That beds be procured to be placed in the new Upper Gallery as in an open ward, and that no partitions be put up therein.

*Extract from the House Visitor's Report.*

*March 7*.—I have much pleasure in observing, that although there are at the present time 74 Patients in the House, not one has any instrument of restraint on, nor has there been any used for the three last months, which is a sufficient proof that the Keepers and Nurses are active and vigilant in their duty and attentive to their Patients, and reflects also much credit upon the Director,\* whose unremitting attention to the important duties of his office I have much pleasure in noticing.

Number of Patients—Males, 48; Females, 26.

(Signed)

JOHN FARDELL, [Visitor.]

*Extracts from the Twelfth Annual Report.*

1836, *March 21*.—Several improvements in the construction and management of this Institution, have been effected during the past year.—By the formation of a Day-room with an open guarded fire-place at the end of the Insensible Male Patients' Gallery, the whole establishment has at last been rendered independent of any further necessity for the use of warm air-flues. Besides the large original cost of fixing the Apparatus, the partial or entire renewals occasionally required, the annual charge for mere repairs (even under the most approved construction,) the loss of use while under repair, the intricacy and trouble of management and the mistakes of servants, the irregularity of action dependent upon the direction and impulse of the wind, the extravagant consumption of fuel, and, above all, a doubt of the wholesomeness of apartments warmed by means of *heating the air respired*, have long been felt by the Governors, and alluded to in former Reports, as serious grounds of dissatisfaction. The superior wholesomeness of apartments warmed directly by *radiated heat*, can scarcely be doubted, any more than their superiority in cheerfulness and comfort: so that the Board anticipates an increase of health and enjoyment to the Patients, as well as of economy in this branch of expenditure.

The additional Building over the North Gallery, mentioned in the Report of the preceding year, is now finished and in occupation. One part of it has been partitioned off into single Sleeping-rooms, and the other part appropriated as a Dormitory under Night Watch,† for [Male] Patients disposed to injure themselves, or otherwise requiring special vigilance.

In consequence of the crowded state of the Female side of the house, and the want of proper means of Classification, the Boards found a necessity for discharging some incurable Female Patients,‡ who were particularly troublesome and annoying to the remainder. An order has since been made for commencing a Gallery for the Insensible Class of Female Patients, corresponding with that on the Male side; the order has been limited in its extent by the state of the disposable funds, which will not admit of more than a small advance in this building at present.

Notwithstanding the increased number of Patients, (now 74,) the Boards have observed with much satisfaction, that the amount of Instances of Restraint has continued rapidly to diminish. There is no doubt that

The complete means of Classification afforded by the improved Construction of the Building—

The Dormitory under Night Watch—

The ample sufficiency of Attendants of good temper and sufficient bodily power—

Their Non-occupation in any other duty than the personal care of the Patients—

\* Mr. R. G. Hill.

† The Attendant wears list shoes to prevent disturbing the Patients; matting is laid down for him to walk upon; a dull light is allowed.

‡ [Not any patient has been either refused admission or discharged on such account, since the date of my appointment in July, 1835. R. G. Hill.]



1836-7.

The Practice of this duty secured by the introduction of Sash Doors throughout the House—

The wholesome manner in which the Public eye is brought to bear upon the treatment of the Patients—

The separate Depository for the Instruments of Restraint—

The Official authority required for each instance of their application, and the subsequent Registry—

The use of Strong Dresses for Patients who would tear their clothes:—and of List Shoes for those disposed to do injury with their feet—

The cheerful aspect of the Apartments, Grounds, and Prospects—

The abundant Exercise in the open air—

The encouragement of Employments, Sports, and Amusements—

The total Abstinence from Fermented Liquors—

have each contributed to this effect. Still more however must always depend upon the *personal* attention of the House-Surgeon to the Patients, and upon his insisting and actually seeing, (for in no other way can he know) that they habitually receive the same care from the Attendants; whose inclination, it must be remembered, would naturally lead them to the confinement of the Patients to save themselves from trouble.

Three successive months (excepting one day) have now elapsed without the occurrence of a single instance of Restraint in this establishment: and out of thirty-six weeks that the House-Surgeon\* has held his present situation, twenty-five whole weeks (excepting two days) have been passed without any recourse to such means, and even without an instance of confinement to a separate room.

(Signed)

R. PRETYMAN, Chairman.

*August 1.*—Ordered, That in consequence of the very diminished use of instruments of Restraint since the completion of the arrangements on the Male side of the House, the number of instruments be reduced to four [sizes] of each sort, and that the remainder be disposed of.

*October 12.*—Resolved, That it is highly expedient to take immediate measures for erecting a Female Insensible Gallery, and that the Weekly Board be empowered to proceed accordingly.

That the Very Reverend the Dean, the Treasurer, Sir E. Ff. Bromhead, Bart. and the Physicians be a Committee to prepare a Circular for aid in the above object, addressed to the principal Proprietors of the County, who have not already contributed to the funds of the Institution.

*November 14.*—Ordered, That Sash Doors be continued throughout the whole of the Day Apartments.

*December 5.*—Resolved, on a representation from the House-Surgeon, That the Female attendants be not employed in sewing, which prevents them from paying the necessary attention to the patients.

#### *Extracts from the Thirteenth Annual Report.*

1837, *April 12.*—This Asylum was originally established at a time when these Institutions were few and imperfectly understood. Under such circumstances essential defects in principle and in the construction of the Buildings and Courts were unavoidable: but very fortunately they were of a nature to admit of remedy as completely as if they never had existed. Improvements based on actual experience have successively arisen, and have eventually produced a Construction which no pre-conceived theory could have devised†.—ERECTED SOLELY BY PRIVATE CHARITY, WITHOUT IMPOSING ANY BURTHEN ON THE COUNTY RATE, the Institution has steadily advanced, often under difficult and trying circumstances, to provide the means of needful Classification, and to meet with proper accommodation the increasing demand for admission. It has been enabled since the year 1821, to receive about forty additional Patients.

It cannot be too widely made known that in a properly constructed and well regulated Asylum, the Insane may be treated not only much more easily and effectually, but

\* Mr. R. G. Hill.

† Errors of construction are frequently copied from one Institution on the formation of another, and are sometimes persisted in owing to the expense and inconvenience which would attend their correction, thus becoming in their turn models for similar errors in the erection of future Buildings.—The site, aspect, and cheerful character of the Lincoln Asylum, so contrary to popular prepossessions, always interest intelligent strangers. An eminent writer on the Statistics of Insanity has pronounced it to be "One of the best conducted Establishments in Europe—an honour not only to the County of Lincoln, but to the whole Empire."



also much more mildly than at their own home, where the unadapted arrangements of the Dwelling and Grounds, and the presence of Relatives and Dependants, oppose unceasing impediments to Recovery, and often produce an aggravation of the complaint by the restraint and close confinement which may become unavoidable under the circumstances.\*

The present House-Surgeon has expressed his own belief, founded on experience in this House, that it may be possible to conduct an Institution for the Insane without having recourse to the employment of any Instruments of Restraint whatsoever. He has certainly made a striking advance towards verifying this opinion, by conducting the Male, (the completed) side of the house, with but a solitary instance of such restraint, either by day or by night, during the course of the sixteen last months, and that applied only for about six hours, during his absence; nor is it impossible, when the buildings can be finished, that an example may be offered of an Asylum, in which undivided personal attention towards the Patients shall be altogether substituted for the use of Instruments.†

By the degree of approach to this result of sound construction, of management, and of official conduct, ought the excellence of every public Asylum to be tested. The Governors must not allow their attention to be seduced from this point by the bustle and glare of any operations, which may give occasional employment to a portion of the inmates, (as in husbandry, the management of cattle, &c., &c.,) and yet pass over the least sensible and the most helpless, and create an erroneous impression relative to the general treatment of the patients. Such operations moreover afford pleas for extravagant expenditure and costly establishment,‡ disguised amidst multiplied concerns and complicated accounts, often even under delusive appearances of economy or profit. Ample means of quiet engagement in the open air (an essential to recovery) may be provided without investments of capital, or special superintendence, and without creating dependants upon the house, or multiplying the avocations of the officer upon whose vigilant supervision and minute personal attention to the condition of each individual Patient, the comfort, health, and mental improvement of the whole must depend.

Sedentary employments, such as Manufactures, Handicrafts, &c., cannot be considered in themselves generally friendly to health; and if admissible at all into an Asylum, require caution and strict vigilant regulation. The sedentary habits required by such employments are also unquestionably injurious to the free action of the alimentary canal, which must be considered an object of primary attention in mental disorder; nor can we find, except in very large Establishments, a number of Patients suitable for carrying into effect the particular manufactures which may be introduced. Any quiet engagements (such as knitting, &c.,) which can be conducted without the expense of building work-rooms for the purpose, or purchasing and maintaining machinery, or requiring special superintendence, or interfering with the ordinary duties of the usual attendants, or demanding a stooping posture, or introducing dangerous implements,—and which can be always at hand, and adopted by the Patients individually, while standing or sitting or walking, either within doors, or in the open air,—are particularly adapted for the use of the Insane, whose irregular capacity for employment, and whose capricious

\* Patients are frequently brought to this Asylum under distressing Restraints, which have been kept constantly applied for several weeks or months together, and in one instance for more than twenty years. At the Bicetre in Paris, the chains imposed at the time of admission were not ever removed till death: the humane and intelligent Pinel, after an arduous struggle with the authorities, succeeded at last in breaking through this barbarous custom, and restored the inmates to ease, comfort, and recovery.

† Soon after the date of a Regulation made in this house (February, 1829) requiring that one of the attendants should sit up with any Patient confined in a Strait-waistcoat during the night, the use of that instrument, previously considered indispensable, *totally* disappeared: even the slight trouble of entering the fact of any Restraint was found in the same manner to produce a diminution. Whenever, for any reason, Patients are locked up from the rest in the day time, a ticket denoting the circumstance should be hung upon each door; otherwise under the greatest appearance of frankness and openness to inspection, Patients may be suffering all the miseries of confinement and neglect, unseen and unsuspected by the Visitor.

‡ A costly and luxurious scale in the Household of any Public Charity, if suffered to grow up through a want of firmness on the part of the Boards, will produce inevitably a laxity of discipline throughout the house. It necessarily begets indolence, and leads throughout the establishment to the evasion of troublesome duties—to severity as the readiest means of control—to habitual confinement as the safeguard against occasional violence or escape—to injured health and loathsome habits, induced by confining the fingers with “Muffs,” “Sleeves,” “Gloves,” and other cruel inventions—to revolting substitutes for the attention due to Insensible Patients—to entertaining strangers in the house, with its train of mischievous consequences—and to the perpetuation of misrule by discountenancing, under a pretext of injury to the Patients, such wholesome and efficient public inspection, as might expose and rectify abuse.



1837-8. inclinations usually unfit them for settled attention and steady application. Extraordinary bodily exertion under *any* employment, never ought to be encouraged, more especially by stimulating indulgences in fermented liquors or narcotic drugs; nor should any emolument or advantage whatsoever be derived by members of the Establishment; nor ought the convenience arising from the skill or usefulness of any Patient, to be a motive for protracting his stay.

The number of Deaths in the present year among 115 Patients has been 4:—one by apoplexy,—one by gradual exhaustion,—one admitted in an advanced stage of disease of the heart,—and one admitted in a dying state. A decidedly improved health has been found to follow the total disuse of fermented liquor, and the more generous diet which has been substituted. The true causes of mortality, especially in establishments which admit the poor, may be traced to the depressing effects of damp, cold, and low diet; the previous operation of these may show itself after admission, even in well conducted establishments.

Reports and Statements are intended to familiarize the Public, and particularly those who by their own liberality have become interested in the welfare of the Institution, with all the details of its domestic arrangements, no less than with the general state of the Funds, the actual treatment of the Patients, and the general results of the management adopted. The Death and causes of death are frankly stated, and the Re-admissions are distinguished so as to avoid swelling the true number of Patients, or distinguishing the true rate of mortality.

(Signed)

W. M. PIERCE, Chairman.

*May 8.*—Ordered, That occasional assistance be hired to help and superintend the Patients employed in casual labour.

*May 15.*—Ordered, That whenever any Patient may be locked up apart from the rest, a ticket noting the circumstance be hung upon the door.

*July 12.*—At a General Quarterly Board, &c., the following minute of the Weekly Board of Governors holden June 26, 1837, being read,

Ordered, That special notice be given that it is intended at the next General Quarterly Board of Governors of the Lincoln Lunatic Asylum, to take into consideration the best means of raising on the security of the Property, sufficient funds for the completion of the Buildings and the purchase of certain Land adjoining the Asylum grounds, required for the purposes thereof.

Resolved, That this Board approves and confirms the matter of the above minute.

Resolved and ordered, That the sum of £2000. be raised on Mortgage, or Deposit of the Deeds, &c., &c.

*Extracts from the House Visitor's Report.*

*September 11.*—I visited the Asylum during the past week. On my first visit the Female patients were in a frightfully excited and disturbed state: the Men were much more tranquil. I am glad to find that progress is making in the new works of the north-west ward, [for Insensible Females,] and would urge upon the Board the necessity of its early completion. The indiscriminate association of the noisy and disturbed patients, with those enjoying sane intervals, and desirous of repose and quiet, must be very distressing to the latter, and materially interfere with their chances of recovery.

[Number of Patients—Males, 61; Females, 38.]

(Signed)

R. MASON, Visitor.

*October 2.*—Ordered, That the Chairs used formerly for the double purpose of Night Chairs and of Restraint, [long fallen into disuse,] be worked up.

*October 11.*—Resolved, That the Board is highly sensible of the House-Surgeon's\* successful exertions in reducing the number of Restraints, and his readiness on every occasion to undertake any trouble for the benefit of the Institution, and that it be recommended to the Weekly Board to reconsider the amount of his salary.

*December 4.*—Resolved, That a Night-watch be established on the Female side of the House, and a Nurse engaged.

*Extracts from the Fourteenth Annual Report.*

1838, *March.*—At the General Board in July last, the Governors having taken into consideration the pressing inconveniences, arising from the inadequate accommodation, and the unfinished state of the Female side of the Asylum, as described in the preceding Annual Report, resolved upon applying to the Lincoln Bank for a credit of £2000. on



deposit of the writings of the Trust Estate. This application was readily acceded 1838. to, and considerable progress has been made in carrying into effect the objects of the loan, under the very economical management of Mr. Hartley, whose professional ability as Surveyor of this Establishment is well known. A large accession of room has thus been obtained for the reception and necessary Classification of Female patients, and a long desired purchase has been effected of about an acre of ground, immediately adjoining the Female portion of the Building. All the more sensible of either sex will now be enabled to enjoy the invaluable privilege of taking exercise in the open air, without interruption, in ample space, and with cheerful distant scenery, during any part of the day whenever the weather will permit: and the former Airing Courts of this Class of the Patients may be applied to the enlargement of the remainder, so as to gain for the less Sensible Class, much healthful and convenient room, long seriously needed under their increase of numbers.

The Boards have to acknowledge with gratitude numerous liberal donations in aid of the above object, from parties whose names are recorded in the annexed list of Benefactors. The situation well merits every exertion which can be made to enhance the natural advantages. A late writer thus describes it. \* "The Asylum is built on the prominent south-western brow of the lofty hill which forms the scite of the Castle, and consequently commands one of the finest prospects in the County. The City lies partly to the east, and partly below the hill towards the south-east, so situated as neither by smoke or business to become any annoyance to the inmates of the Asylum. On the west and south-west is an extensive plain, once covered with water, but now completely drained; the nearer part a large open common field, in which is the race-ground, and a great part of that ancient canal, the Fossdyke. Beyond, a fine cultivated Country, interspersed with woods, seats, and spires, of an extent truly astonishing, and only bounded by the high grounds of Leicestershire and Nottinghamshire, and the towering mountains of the Peak. Thus elevated in its situation, open to the western breezes, and sheltered from the cutting north and north-west winds, it enjoys an air, pure and salubrious, unimpregnated by miasma, uncontaminated by the effluvia of a crowded population."

There is now an increased confidence that the anticipations of the last year may be fulfilled, and that "An example may be afforded of a Public Asylum, in which undivided personal attention towards the Patients shall be altogether substituted for the use of Instruments of Restraint." The bold conception of pushing the mitigation of restraint to the extent of actually and formally abolishing the practice, mentioned in the last Report as due to Mr. Hill the House-Surgeon, seems to be justified by the following abstract of a statistical Table,† showing the rapid advance of the abatement of restraints in this Asylum, under an improved Construction of the Building, Night-watching, and attentive Supervision. We may venture to affirm, that this is the first frank statement of the common practice of restraints, hitherto laid before a British Public.

*Number of the Patients Restrained or Secluded, and of the Instances and Hours of Restraint or Seclusion, in eight successive years and nine months, as extracted from the Register of Restraints established March 16th, 1829, on the plan required by Law in Scotland.*

| Year. | Total number of Patients in the House. | Total number of Patients Restrained or Secluded. | Total number of Instances of Restraint or Seclusion. | Total number of Hours passed under Restraint or Seclusion. |
|-------|----------------------------------------|--------------------------------------------------|------------------------------------------------------|------------------------------------------------------------|
| 1829‡ | 72                                     | 39                                               | 1727                                                 | 20,424                                                     |
| 1830  | 92                                     | 54                                               | 2364                                                 | 27,113 $\frac{3}{4}$                                       |
| 1831  | 70                                     | 40                                               | 1004                                                 | 10,830                                                     |
| 1832  | 81                                     | 55                                               | 1401                                                 | 15,671 $\frac{1}{2}$                                       |
| 1833  | 87                                     | 44                                               | 1109                                                 | 12,003 $\frac{1}{2}$                                       |
| 1834  | 109                                    | 45                                               | 647                                                  | 6,597                                                      |
| 1835  | 108                                    | 28                                               | 323                                                  | 2,874                                                      |
| 1836  | 115                                    | 12                                               | 39                                                   | 334                                                        |
| 1837  | 130                                    | 2                                                | 3                                                    | 28                                                         |

\* The Lincolnshire Cabinet.

† This Table was prepared by Mr. Hill, who since his appointment in July, 1835, has, on this, as well as every other occasion, faithfully and unsparingly exerted himself to serve the interests of the Institution. It is in the power of an unwilling officer to make any improvements fail in practice.

‡ From March 16th.



This striking progress of amelioration affords great encouragement for persevering in a system so successfully commenced; and the more so, as a corresponding decrease of violence, accidents, and revolting habits, has accompanied the change. *Under any system whatsoever, violence must be expected occasionally to exhibit itself, and produce its effects in a Lunatic Asylum;* but the comparative rarity of such collisions in this Asylum since the alteration of the Building, the discontinuance of fermented drink, and an habitual presence of attendants in lieu of restraints, has shown that coercion may be safely dispensed with. On the same principle it has been observed, that the number of escapes and outrages in prisons has materially diminished since the time that the legislature forbade the ordinary use of irons. There is little doubt that the constraint upon free motion, so commonly employed in violation of a relief called for and indicated by nature under a redundant excitability, must be as distressing and injurious to the Insane, as would be a systematic suppression of the noisy mobility of Childhood. The mischievous ingenuity sometimes exhibited in Instruments of Restraint, tends to mislead the feelings of the public, who ought to keep steadily in view that, without any exception, *every* invention (such as the Chair of Restraint, &c.) must impede motion and the proper action of the system, must irritate the Patient, encourage loathsome habits, and discourage all tendency to self control. The very principle of such bodily coercion is unsound and unphilosophical.

The erroneous prepossessions of society on the subject of insanity, often lead strangers, while unconsciously surrounded by all the worst cases in this Asylum, to enquire where are the furious and violent; and some strangers can with difficulty be induced to believe, that the unoffending peaceful persons amidst whom they are standing, are the very objects of their enquiry and alarm, subjected to no other control than the habitual presence of steady, watchful, and powerful attendants. The popular belief in the ungovernable ferocity of the Insane, encouraged by persons more studious of their own ease and enjoyment than that of the Patients intrusted to their care, has been very mischievous, and has tended to excuse restraints and other severities, on the assumption of their necessity; whereas in truth it is this very practice which renders the complaint intractable, and gives to it a character of exacerbation seeming to justify both the prejudice and the treatment. Such prejudices and their consequences can only be corrected, by opening examples of a milder management to the inspection of Society, *which has a deep personal concern in the mild or harsh treatment of a complaint, which may affect any, either personally or through relatives and friends.*

During the period when restraints were so freely resorted to in this and other Asylums, it could be little imagined by strangers permitted to see the condition of only a selected portion of the Patients, exercising or engaged in the beautiful Fore-grounds, or in some of the cheerful Galleries in front—that behind this scene were lingering under restraint such a large proportion of the Patients. The public has generally seen what it is least important that they should see. Mr. Farr observes, The words of the talented Samuel Tuke on this subject are golden: *"I believe that I am not too sanguine when I say, that for one evil arising from accidental Visitation, ninety-nine will be prevented. The evils of visitation are speculative bugbears, to which practical men have too often found it convenient to give the character of reality."*

The Dietary of the Third Rank Patients has received an addition of animal food, which is now allowed daily instead of for four days only in the week as heretofore. A corresponding diminution in the consumption of farinaceous food, and the entire disuse of fermented drink (by reason of its stimulating property,) have obviated the necessity of any increased charge on this account; while the improved digestible and nutritious quality of the food, will render it more suitable for the impaired nervous condition of the Patients. A recent Parliamentary inquiry has elicited the fact, that a high rate of mortality in Asylums for the Insane, usually accompanies a low rate of charge; the latter of course implying inferiority of diet, and warmth, and attendance, as the chief sources of reduced cost.

Statistical observations have determined that insanity tends to accelerate the rate of mortality: how much of this consequence may justly be attributed to the complaint, and its usual accompaniment of latent or open organic disease; and how much to improper treatment, remains yet to be ascertained. It is probable that as the number of public Lunatic Asylums shall continue to increase, the treatment of the Insane will continue to improve by comparison of practice: *provided that the size of the Establishment be kept within such limits, as not to place the management beyond the control of the Boards; nor out of the reach of minute inspection in every department, nor beyond the possibility of particular professional attention being paid to the case of each individual Patient.* Under



such circumstances the Statistics of future years may show results more favourable than 1838-9. those of the past, which embrace a period when public Lunatic Asylums were comparatively few, and under a revolting system.

(Signed)

E. P. CHARLESWORTH,  
Chairman.

1838, April 2.—Ordered, That an additional male and an additional female attendant be engaged, at the request of the House-Surgeon, as entered in the "Board Memorandum Book."

That a Strait-waistcoat and a Leathern Muff found by the Matron in the linen cupboard, be removed from the stock of the Institution.

*Physician's Report.*

April 18.—The House-Surgeon informs me that out of the twenty-nine patients who have been brought [to the Asylum] since the time of his appointment, *insensible to the calls of nature*, from the previous use of the strait-waistcoat, nineteen have been restored to habits of cleanliness.

(Signed)

E. P. CHARLESWORTH,  
[Attending Physician.]

*Physician's Report.*

June 3.—In the short space of time since I left—yesterday raving and blaspheming, and disposed to injure those about her, if she had been left unwatched, she has become quiet and tractable, having been subjected only to close and careful observation from the Attendants, and to no other description of restraint nor to seclusion.

(Signed)

E. P. CHARLESWORTH,  
[Attending Physician.]

*Extract from the House Visitor's Report.*

July 2.—I was glad to find the new wing for [Insensible] Female patients in use; the advantages of it are already manifest in the improved state of that Class of inmates.

[Number of Patients—Males, 55; Females, 42.]

(Signed)

R. MASON, [Visitor.]

July 11.—Resolved, That the thanks of the Board be given to the House-Surgeon for a series of Statistical Tables presented by him, shewing the instances and amount of the Restraints employed in this Establishment since the commencement of their Registry in 1829; with various other valuable extracts from the documents of the Institution.

*Physician's Report.*

July 31.—I have observed with much satisfaction, the wholesome and agreeable influence upon the patients, of the fires kept up in their sitting rooms during a great part of the present month of July, which has been unusually cold. The languid state of the circulation of the generality of Lunatics, and their indisposition towards active movement, conspire to keep the temperature of their bodies below the natural and healthy standard; and render an extraordinary supply of artificial warmth especially necessary for them.

The striking quietness, gentleness, and docility of the inmates of this Institution, may not unreasonably be attributed to the extraordinary attention paid to their comforts, and the care taken to preserve them from causes of annoyance and irritation. In proof of this may be quoted the peaceable and placid demeanour of the Female patients in their roomy new north Gallery, as compared with their previous violent and restless demeanour when crowded together in their former small apartment.

(Signed)

E. P. CHARLESWORTH,  
[Attending Physician.]

September 17.—Ordered, That all Instruments of Restraint used by the friends of Patients for bringing them to the Asylum, be always returned at the time.

September 24.—Ordered, That no Officer, Attendant, or Servant keep in his private possession on the premises any Instruments of Restraint.

*Extracts from the Fifteenth Annual Report.*

1839, April.—It will be gratifying to the Governors of this Institution to know that the improvements, which have been effected in the construction and arrangements of the house and grounds, have been followed, not only by an extraordinary amelioration of the treatment and condition of the Patients, but also by a cessation of suicidal and other fatal accidents, and by an increased proportion of Recoveries effected in a reduced space of time; objects of deep importance in a humane point of view, and (as Mr. Farr justly remarks) also as a matter of economy.



1839. Of the great extent to which the general condition of the Patients has been ameliorated, some judgment may be formed from a review of its early state. Then might be seen (amidst the Quiet and Convalescent Patients,) some in Strait Waistcoats, or wearing padded iron Collars, heavy cumbrous leathern Muffs, Belts with Manacles, solid iron Wristlocks, jointed iron Leglocks, or Hobbles;—or in Dresses inappropriate to their sex, to accommodate habits, which the use of Instruments confining the fingers had too often induced; while others were sitting locked in massive Chairs with lime strewed underneath, or were secluded in solitary Cells;—and these cruel substitutes for a steady system of Watchfulness, but a prelude to the still greater miseries of nights to be spent under the same wretched system of restraints, painfully sacrificing the freedom and ease of the Patients to the leisure, or misemployment, or inadequate number of the Attendants. Such treatment has gradually given way, as a slowly acquired experience of the tractability of the Insane under a milder management, gave confidence and courage. At last severity of every kind has disappeared, through the zealous co-operation of the present House-Surgeon, who, by an honest and determined application of the means placed at his disposal, has carried out the system of mitigation to the un hoped for result of an actual abolition\* of the practice of personal restraint; not any instance of which has now occurred for a period of more than *twenty-three* successive months.

The Severity of an Asylum does not, as is supposed, consist in the outrage, blows, and active ill-usage occasionally brought to light, and which may be prevented by a Superintendent having any claim to humanity or attention, and who has eyes to see bruises, and a voice to ask their origin. Its torturing effect lies in the aching of limbs forcibly detained in one position, especially during the night, forbidden the ease and alleviation of change, with confined irritability for which nature has opened the vent of free motion, monotony, the feeling of oppression, surrounding miasma, contempt, and neglect:—all much more keenly felt than occasional violence, and sometimes prompting fatal acts of revenge or despondency.

Lunatics do not lose with their reasoning faculties their bodily susceptibilities, although occasionally perverted. It is true that they have been known to bear extreme privations of Warmth, Food, fresh Air, Cleanliness, and kind Attention, without complaint or other sign of suffering. But, as fire will scorch a paralysed limb, notwithstanding that the sense of feeling may be suspended or lost, so will cold, meagre and unwholesome diet, foul air, filth, and a neglect of all the common decencies and comforts and enjoyments of humanity, injure health and shorten life, whether any consciousness of the mischief in progress may be exhibited or not.

Lunatics have not been indebted to an affected or misdirected tenderness, which, while it has guarded them from the supposed inconveniences of the public eye, has at the same time deprived them of its protection. Strangers who inspect Asylums for the Insane, ought, as a matter of public duty, not to be contented with merely observing the more prominent arrangements of the Buildings and Grounds, the Work-rooms and modes of Employment of a portion of the Patients, the eccentric habits of others, often of a lively and amusing character; novelties too well calculated to strike the imagination, and divert attention from the far more important examination of the condition of those other inmates, who usually inhabit the more retired parts of the premises, perhaps suffering under various modes of restraint, or secluded in cells, or bound down in bed†. An inspection of the state of this Class of the Patients and their accommodation, may be considered as affording the unerring test of sound Government, efficient Visitation, and good Official Management. Where *such* inspection is avoided or evaded, reasonable suspicion must be entertained of a laxity in some or all of these departments, however imposing may be

\* In order to become *personally* assured of the effect produced upon the Disorderly Patients by the Substitution of a system of Watchfulness instead of Restraints, the House-Surgeon spent 3 hours daily for 38 out of 40 successive days in the months of March and April of the present year among these particular Patients and their attendants; and had the satisfaction to witness good order preserved, without either violence or intimidation on the part of the latter, throughout the whole period.

† The following Memorandum appeared in the "Strangers' Memorandum Book," at Lincoln, April, 1830.

"On the Continent, as at Aversa near Naples, there is much in the institutions *ad captandum vulgus*—for instance, at the place above mentioned we find a Theatre considered a necessary appendage, there are Billiard-rooms, &c., &c. I am not deprecating these, but when I was only allowed to view one third of the institution, and that in company of ALL the Superior Medical Officers, I was inclined to laugh at the baubles which were in full view to attract all eyes. There is no Clap-trap in the management of this Institution—and from its Situation it possesses perhaps greater capabilities than any other in Europe. Sonnestein near Dresden can, in this respect, alone be compared with it.

"(Signed) E. Scholfield, M.D."



the exterior or high the character; and that the privacy professed to be necessary for the Patients, is only a plea for concealing negligent Superintendence. As the prejudices against Lunatic Asylums, and the grounds for them, have both had their origin and growth under a systematic exclusion of the public eye, so will both disappear under its honest admission. Independent and Casual Inspection has frequently led to the detection of abuse, where official inspection had failed; habit soon reconciles accustomed eyes. A single inspection of an Asylum conducted on wholesome principles, reverses all the preconceived notions of strangers concerning the intractable nature of insanity and exposes the hollow pleas for severity and concealment.

A happy natural turn for statistical inquiry has led the House-Surgeon of this institution, to devote his leisure hours to the preparation of various Returns showing the state of the Patients, and has produced a valuable accession to a department, so necessary for sound practical deduction. Returns of this description require the strictest accuracy, and an uncompromising determination not to adapt the plan of the tables so as to mitigate results, which may seem to indicate a bearing contrary to the views of the persons employed. For instance, any Return of Recoveries, from which have not been deducted Re-admitted cases previously discharged as Recovered, must be fallacious; as must also any Return of Deaths, where the whole of the Re-admitted cases have not been deducted from the numbers on which the Return is made. In the one instance the true proportion of Recoveries would be unduly multiplied; in the other the true proportion of Deaths would be disguised.

Religious duty upon the Lord's day was beneficially introduced some years ago, and the present House-Surgeon has cheerfully, on an intimation from the Board, now also introduced the practice of Evening Prayer for all Patients, with whom they might not be deemed inappropriate. And this approach to the respectable domestic habits of an orderly well-governed family, has been productive of good effects.

(Signed)

R. ELMHIRST, Chairman.

*Extract from the Sixteenth Annual Report.*

1840, April 8.—The improved Plan of the Lincoln Asylum is completed, and the Governors can now have the satisfaction of witnessing in this Institution, the essential principles of sound construction secured, and as it were inscribed on the premises and soil: the errors of the original building and courts having been gradually modified and corrected, and every facility afforded for the mild and sound treatment of the patients. The tediousness of the process has been compensated by the time gained for experience and consideration; and the cost compensated by the saving of human life and suffering which has resulted, under an able and zealous ministration.

Very nearly five years have now elapsed without a single instance of suicide\*; while in the preceding years no less than seven instances had occurred, [the latest in May, 1835.]

(Signed)

E. FF. BROMHEAD, Chairman.

1840, July 8.—At a General Quarterly Board, &c., Resolved unanimously,—

That the thanks of this General Board are due to Mr. Hill, for his clear, convincing, and most satisfactory Statement, and that the same and the Appendix be entered on the Minutes of the Board, to accompany the evidence produced against the character of this Establishment.

That the searching, severe, and hostile enquiry made into the conduct of this House, has fully and clearly satisfied this Board, that the Non-restraint system is founded on the soundest principles, and eminently conducive, by the feeling which it creates, to produce a mild demeanour towards the patients, and to place a Lunatic Asylum in its spirit, tone, and general economy, on the footing of an Hospital.

*Extract from the Seventeenth Annual Report.*

1841, April.—The Question of Instrumental Restraint has not been agitated at Lincoln only. Several most enlightened and experienced individuals have now given it their public sanction; others have silently adopted the improvement; and there has been almost every where a striking diminution in the use of Instruments. It is found by experience, that each diminution makes their use less and less necessary, until at last the humane practitioner is satisfied, that some additional inconvenience is most amply compensated by his having in their disuse, finally closed the door against a boundless system of abuse, tending perpetually to spring into increased action.

(Signed)

E. FF. BROMHEAD, Chairman.

*Extracts from the Eighteenth Annual Report.*

1842, March.—The largest and most eminent Public Institutions in the Kingdom,

[\* Now more than eight years, September, 1843.]



1842. and several humane and liberally conducted Private Establishments, have distinctly adopted the principle [of non-restraint.] In others the practice of non-restraint is actually adopted, while the theory is faintly contested by reference to some extreme and exaggerated cases; cases which occur only in contest against violent treatment; cases created by attempts at instrumental suppression, or other violation of the feelings, or any acknowledgement of fear in the Attendants.

Under the same head it is now the pleasing duty of the Board, to draw the attention of the Governors and the Public to a kindred improvement, operating on the same principles. The Solitary Confinement, termed the Seclusion of the Insane, now no longer exists in this Institution as a means of control. Even under the most peculiar cases it has been found unnecessary, and, it need not be added, when such is the case, found also injurious. Indeed the Annals of some Institutions have proved, that it stands upon a footing with Instrumental Restraint, in the extent of abuse to which it may be carried. This great improvement had been actually in practice, even during a period of eighteen months in succession, in this Institution: but the present House Surgeon had the firmness formally to disavow, on principle, Seclusion altogether, as a means of control.

The management of the Insane has hitherto been conducted with such affected mystery, and under such exaggerated and colored pictures of their usual state, that it has required considerable moral courage, openly to take the ground of treating them in every particular as human beings. This Institution has ventured upon some experiments for breaking through the delusion.

A brass band belonging to the Blue Coat School, and about one hundred of the boys, were introduced on the green and found to delight the patients greatly, and to induce some of them to dance;—a gentleman in the neighbourhood, who keeps beagles, presented some to the Institution, and the cheerful baying of the dogs, during an occasional hunt within the walled plantations and grounds, exhilarated and amused the patients very much.

In order to induce the patients to work, they had been encouraged by an extra luncheon, which was not needed, and indeed injurious and destitute of moral effect. The cheerfulness of a weekly tea-party, with cakes, &c., specially provided for the operatives, was found beneficial.

A bolder attempt was made, after a few previous experiments, to introduce a regular Ball. This experiment has fully succeeded.

A delightful improvement was made as far back as the year 1839, by the introduction of two female children, who run freely about among the Female patients, as playmates; they keep the galleries alive and amuse the patients, some of whom show much regard for them, and have endeavoured to instruct them.

The patients have been from time to time amused by the French pianofortes, exhibited by the foreign broom-girls: the Distin Family also condescended to play for several hours on more than one occasion, and delighted the patients beyond belief;—a daily paper, numerous periodicals, amusing books, books of prints, the exhibition of magnified pictures, cards, dominoes, the ancient game of fox and goose, draft boards, dissected maps, a spring plank, cricket, trap-ball, marbles, wicker nine-pins from Dr. Pritchard of Northampton, soft balls, cup and ball, battledoor, drawing materials, an accordion, a magic lantern, &c., have been employed as sources of amusement.

It is attempted also to amuse the patients out of doors: they walk into the country; they attend the officers of the establishment during their calls in the town, and remark with some little pride upon the attention which they fancy themselves to attract; they attend at private parties, when the friends of the officers invite them; they are seen behaving with great propriety at the solemn worship of the Cathedral, and elsewhere; they go round the Public Institutions of the place, the Union, the Mechanics' Institution, the Public Library, the Castle Grounds, &c.;—they are seen at Public Concerts, at the Theatre, and at the Menageries and other shows at the fairs.

The conclusion from the whole is, that the attention of the patients should be drawn from INTERNAL REVERIE to EXTERNAL IMPRESSIONS, by gentle and exhilarating measures, and not by forcible means, such as the whirling chair, the douche, stripes, chains, terror and violence. Moral exhilaration and cheerful lively pastime, must not be confounded with irritation, or the temporary and exhausting effects of stimulus. There is much real or pretended false alarm about the danger of exciting the insane. The excitement arising from the development of the kindlier feelings of their nature, or the diversion of their attention to external objects by the presence of strangers, &c., must be considered to exert a healthy action on the mental and corporeal system.

The increased proportion of recoveries, under the full development of the system of Non-restraint, Non-seclusion, and exhilarating engagemment, in this house, affords



gratifying assurance of the soundness of the practice : and the reduced duration, and 1842-3. consequently reduced cost, of the period of treatment, are conclusive as to its economy. The favorable impression which must be made upon the public, who witness the management of Insanity stripped of its former horrors and its terrors, and clothed with the amenities and enjoyments of social life, will, it is to be hoped, lead to an earlier removal of the Insane from their own unsuitable habitations ; and thereby obviate the enormous waste of life, and health, and property, resulting from the fatal error of *delay* in resorting to well conducted Institutions. The great accumulation of incurable patients to be found in most Asylums, a lasting burthen on their connections, or the public, is mainly attributable to this delay.

The question of employment is one of high importance. There is room for improvement in this department at Lincoln, though upon the whole there are very few patients who are not engaged or occupied in some way or other, where they are found capable of the required degree of attention. Some of the following resources are indeed trifling, but even trifles should not be overlooked in such cases. There is employment in assisting in the Book-keeping of the House, in the Kitchen, Laundry, Wash-house, Galleries, and Bed-rooms, in pumping water, carrying coal, picking and breaking stones, rolling grass lawns and gravel walks, gardening, mowing, sweeping, and carrying grass, clipping grass edgings, cleaning windows, scouring floors, attending to the fires in the domestic departments, occasionally assisting workmen employed on the premises, attending on imbecile and helpless patients, and supporting them while taking exercise ; knitting, sewing ; making, marking, and mending clothes, and in making artificial flowers, &c.

The Board has adopted the plan of addressing the friends of all discharged Patients, earnestly requesting information as to any complaints relative to the treatment, or the accounts, or other matters ; and these Circulars have drawn very satisfactory replies.

(Signed) ROBT. GARDINER HILL, Chairman.

1842, December 5.—At a General Quarterly Board, &c., Resolved, on the motion of Dr. Charlesworth, seconded by Mr. R. G. Hill,

That this Board, on the retirement of Mr. William Smith, cannot omit the opportunity of expressing its acknowledgments, for his having conducted the personal management of the Patients of this house, without a single instance of personal restraint, and, at one period, under peculiar difficulties, from the want of adequate and experienced attendants.

Resolved, on the motion of Sir Edward Ffrench Bromhead, Bart., V.P., seconded by Mr. C. F. Sutton,

That this Board is more and more confirmed in its reprobation of Instrumental Restraint, and in its previously expressed opinion to estimate the competency of its Officers, by the disposition shown to avoid the use of Instruments and other violent processes, and to avoid Seclusion as a means of coercion.

*Extracts from the Nineteenth Annual Report.*

1843, June.—The avoidance of Instrumental Restraint, as well as of Solitary Confinement, still continues ; and a remarkable confirmation of the principle has occurred, from the circumstance of the Board having ordered a Register to be kept of every instance of Manual Detention continued longer than ten minutes. The desperate struggle, which used to occur for the purpose of inflicting the instruments, might easily extend beyond ten minutes ; and yet only three instances of manual detention to that extent, have been found necessary during twenty-four successive months.

The improvements in the treatment of the Insane, have heretofore been more in the general economy of their management, and the negating injurious practices, than in any positive medical means ; which must generally depend upon the source of the disease in each case. The greatest benefits however have arisen from the clear stage thus left to nature, under a careful attention to the general health. It is quite remarkable to observe how a regular and sober general management, tends to diminish all the more striking evils, which are so prominent in these institutions ; and which render the management in such cases so painful and so very difficult. The evils assume a milder and more manageable form, or almost wholly melt away without any very defined reason, under a sound general economy ; though the greatest efforts and most ingenious expedients had previously been resorted to in vain.

(Signed) G. BROOKS, Chairman.

1843, July 12.—At a General Quarterly Board, &c.,

[Every Rule admitting the principle or practice of Instrumental Restraint, was formally and unanimously rescinded.]

Resolved, THAT EVERY INSTRUMENT OF RESTRAINT IN THIS HOUSE, BE FORTHWITH REMOVED FROM THE PREMISES, DESTROYED, OR OTHERWISE DISPOSED OF.



