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SIXTH ANNUAL

REPORT

OF THE

Suffolk

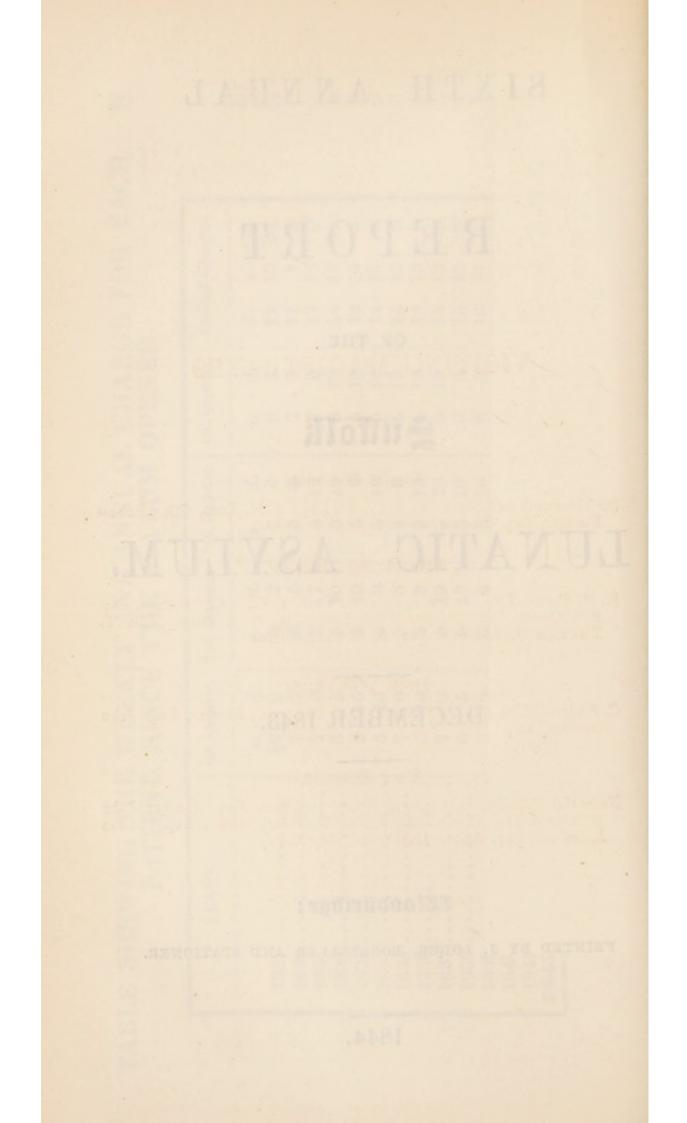
LUNATIC ASYLUM.

DECEMBER 1843.

Woodbridge:

PRINTED BY J. LODER, BOOKSELLER AND STATIONER.

1844.



VISITING MAGISTRATES.

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REPORT.

THOUGH the past year has not been free from its anxieties, attendant on numerous admissions in an over crowded house—and many of these from very old age, and general infirmity, of a peculiarly painful and discouraging character it is a matter of no small thankfulness, to be able to state, the continuance of its healthy condition, and the general quietude and comfort of its inmates.

The number of patients in the house this day is 212, precisely the same (notwithstanding all the recent discharges and removals) as at the close of last year, the only variation being 4 males more, and 4 females less; and the increase being among County paupers. There have been 66 fresh admissions in the year: 32 males, 34 females.—26 have been discharged, cured; 11 sent away for want of room, or removed by their friends; and 29 have died. Old age is a very marked feature of our more recent admissions—6 nearly 70 years of age, and 5 above. These, with our long list of incurables; and idiots, "those living sepulchres of a buried intellect," do not allow of the indulgence of a favourable prognosis.

When at the commencement of the year, it was thought desirable to urge the removal of that class of patients, denominated boarders, whose residence interfered with the more immediate objects of the institution-Suffolk County paupers,-the most active means were put in exercise for the accomplishment of this end, and many of these patients have been consequently taken away. An account will be added in the pages of general expenditure of the numbers thus removed, and the loss thus sustained. While the friends of these individuals have seen the necessity for the measure, and the feeling of justice which prompted its adoption, in every case of such removal, there has been great reluctance and sorrow expressed; and several are now looking anxiously to our anticipated enlargement, under the hope, that there may be subsequently found accommodation for their still afflicted relatives (if their lives are spared) to be re-admitted amongst us. While these continued assurances are satisfactory and gratifying.

they shew, also, how painful the necessity has been, and *is*, of closing the doors against them, and how urgent the call to receive them again, when we can.

An extremely interesting example exists in one of our late removals. A female was taken from this house on the 4th. of October last, to a distance; who though she is now under the kindest and most skilful guardianship, both professional and domestic, she writes to us, as she says, "in tears," at the loss of those indulgencies which her undeviating correct conduct had obtained for her here.*

The peculiarly delicate ties of twelve years' daily association between the Professional Attendant, and the objects of his solicitude, in an attached household, as this is, in "unity with itself," *is* not, and cannot be dissevered, without feelings of regret upon the part of those who remain: and pangs of distress (as was apparent in this case) upon those who remove. This patient cannot be expected to return, concurring circumstances forbid it: but there are others who have left us, very similarly affected in desire, (incurable patients, but comparatively happy

^{*} M.B. A Government female patient, removed to the Surrey Lunatic Asylum.

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inmates,) and these certainly have a prior claim, from previous residence, and the pecuniary advantages that *have* been derived from them, to those who are now making weekly, and sometimes even daily, applications.

It does not appear very likely, however, even with the proposed additional accommodation, that we shall have any room to spare. The increase of County paupers, which DEMANDED this additional room, still goes on, and the whole matter in connection with late removals, and present requirements, cannot be looked at without the mingled feelings of thankfulness and sorrow-thankfulness for the efforts in exercise, and sorrow on account of their necessity. The effectiveness of the remedy by no means removes the regret at the existence of the disease; and while every opportunity would be sought, and every effort employed for the perfection of the remedy, the more important engagement still must be, the prevention of the disease.

Our number of criminal lunatics is now reduced to *three*, and these are of the County. One is a very insane man; the other two are objects of enquiry upon that nice distinction which has been drawn between destitution of principle, and perversion of feeling, where, "in the latter, the patient cannot *hear* the voice of conscience, while in the former, he has no conscience to hear."

It is well to know (though it can hardly be called satisfactory knowledge) that in this increase, alluded to before, we are by no means solitary sufferers: it appears to be almost universally felt; and the general complaint of almost all our best regulated institutions is, that they are too small for the numbers requiring admis-There are various causes which have sion. been assigned for this; one may be, that that which was formerly secret, is now much more made known and seen abroad. If, as residents, of an Agricultural County, we are free from others which are more prominent in manufacturing districts, we see occasionally, in the shattered constitutions of some of our inmates, the EFFECT of want, and the dread of want. This is apparent in some of our re-admissions also, particularly where any hereditary tendency exists; whatever induced the exhibition of the disturbance at first, is the most likely thing on earth to cause a relapse.

The condition of patients on admission is at this time engaging the attention of the Legislature, whether it is not frequently such as to impede their recovery. Perhaps, it may be considered a matter of feeling, though hardly of feeling only, and consequently requiring notice, their being brought sometimes in an open cart by police-men, giving an *apparent* criminality to afflictive distress.

We are very free here from the unlicensed exercise of those debasing passions which are justly charged with the development of mania. Intemperance does not appear to be the cause with us, beyond the proportion of 7 \ cent. and by taking the calculation either on our late annual admissions, or upon a general estimate of fourteen years, there is not much beyond a fractional variation. A very far higher \ centage is given, according to late legislative investigations, and returns from manufacturing places; so that, while as agricultural residents, we claim exemption from both the excitements of intellectualism, and the distractions of a city, we stand in this respect on the higher vantage ground, of a more outward morality. It may be questioned, according to a very high and valuable authority,* whether inebriety is as frequent a cause of insanity as is generally supposed; whether it is not as often a SYMPTOM as a cause, "degrading the intellects before it perverts them."

Dr. Millingen.

The milder system of treatment than was formerly adopted, has been advanced as one cause for the pressure of patients within the Asylum. Patients are said to live longer than they did, and instead of a # centage of deaths of 20, it varies now, between 7 and 10. This is, however, mere general report, and it does not tally with our somewhat lengthened experience. Our # centage of deaths varies very little, though the system of non-coercion has been always in operation with us; and though vigilant oversight has always been found (as it almost always will) to supersede the NECESSITY of mechanical restraint. This view, also, does not recognize those concomitant diseases with cerebral disturbance under which our patients sink. All do not die of idiopathic insanity, but frequently from sympathetic mania, with other organic mischief.

Of all grounds of estimating the efficiency of an institution, this one of deaths is amongst the most questionable of existing criteria. We have had within the past year several patients brought in almost in a state of dissolution. Two, have been inmates of only twelve days; one, of only eight days; one, who never rallied from an epileptic seizure, which took place on the road hither; and one, an inmate of an hour.

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Deducting these cases, thus perhaps unavoidably imposed, but still apparently swelling numbers, our mortality scarcely varies at all.

We are now looking forward with no small anxiety to the proposed additional buildings. The plan of Messrs. SCOTT & MOFFATT, of Spring Gardens, as far as one can judge upon paper, seems to promise much of what we are in actual want. If an anticipative caution were allowable, it would be lest convenience should be sacrificed to show. Not possessing a decorative building, one may be allowed the question, whether for a pauper Asylum it may not have a blush of inconsistency upon it. With our present frontage, we never could really attain to any thing fine; but our ambition must be limited by the wish, to have a house whose inside is better than its outside; while one would be sorry either for the dwelling or its inmates to appear better than they are.

The plan provides very carefully for general inspection: the keepers and nurses over their patients—and so far well: but inspection will never supersede association. The attendant's room may overlook much, but if he remains in it, he will not be in fulfilment of the most important part of his duty. His service is constantly

preventive service: and in regard to the objects of his care, the smile and the tear should be in a measure common to them both; for it is only by actual association, with the patients in their actions and pursuits, that so calm an ascendancy is gained over them as promotes their comfort, and occasionally establishes their cure.

This constant association is not always free from hazard, more especially where the noncoercive system is carried out. This is evident enough on the female side of the house, where a well-known character, the Heroine of Waterloo, fully establishes her claim to the funded pension she draws from, if continued feats of arms form the grounds of the grant.* Notice is taken in the House Committee minutes, of the 20th. of April, of a patient breaking sixty-seven panes of glass, on a sudden seizure. Another, about a month back, the like destructive work upon fifty; and those two most extraordinary characters, who take the titles, and occasionally something more than the titles, of King and Queen, have both, within the last week only, been extremely violent. The Queen, as she was working (which notwithstanding her variable sway, she constantly does, in the laundry, and generally speaking,

^{*} This extraordinary woman actually fought in the field of Waterloo, and now draws a pension from the Waterloo fund.

well, too) broke two tables, and several drying horses: and the King, on seeing the gardener reremove some trees from the spot where the enlargement is to be, declared not only, his refusal to pay for any *new* buildings, but signified his determination, somewhat inconveniently, of knocking down the *old*.

It is not intended to say that such occasional outbreaks justify mechanical restraint; but honestly, to confess their occasional existence, and to bear at the same time as honest testimony to the ceaseless kindness of the keepers and nurses, whose quiet forbearance and extreme caution, on such occurrences, is increasingly valued, as their servitude is prolonged.

It is hoped that the new arrangements will allow of our taking still more ground into cultivation by the patients. Employment is a subject engaging much public attention: and one cannot be too urgent now in the selection of PROPER pursuits, and the avoidance of engagements of a morbid character. Independently of a QUESTIONABLE EFFECT, a pursuit itself may not be unobjectionable, on the score of moral agency alone; and one would not sanction in one's patients, what one would not engage in one's-self. Manufacturing business might,

to a greater extent, be carried on; such as book-binding, shoe-making, tailors' work, ropemaking, and twine-spinning: but the advantages of agriculture and horticulture, are beyond all. The filling up a very dangerous pit at the bottom of the field in front, occupied and kept in contented employment, twenty men, for more than a month; gravel was barrowed up by them sufficient to cover three of our airing courts, and this again, afforded them additional employ. One of our most dangerous men, formerly both to himself and others, never being, as he expressed it, RIGHT for a week together within the galleries, now works, and has worked, for many months, usefully and quietly, in our blacksmiths' shop, without offering the slightest molestation to any one.

In walking over our galleries, and finding several idle, who might be advantageously employed, one is almost inclined to echo the desire expressed by a witness who was examined some years since, before the House of Commons, and being asked what quantity of ground he wished for his patients, took full latitude of reply, and said, "just an acre a man." This extensive request was not altogether an outrageous one. We have a patient with us now, who has this season, twice dug over, single handed, an acre and half of accurately measured ground. And

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what makes this case the more profitably instructive is, that this insane labourer has been twice returned to us as an unmanageable man.

Facts, however, are too notorious to need any additional record of the possibility of making our Asylums, amongst the higher classes, literary, and amongst the lower, mechanics' institutions; but we would desire to have them something even beyond this. Moral improvement is always calculated to bring about intellectual; and seeing how close the connection is, between corporeal and mental, the mind acting on the body and the body on the mind, we would try to prove, that it is little less so between mental and moral. We would bring before them truth, which, seen As truth, is the certain corrective of error: and shew, that our houses in one sense contain rationals who have come amongst irrationals, to be taught from others who have learnt, that true *wisdom* is to be found in the retreat of the insane; happiness in the abode even of distressess and distractions; and immortal possession in the loss of all things.

JOHN KIRKMAN, M.D.

SUFFOLK LUNATIC ASYLUM, December 22, 1843. APPENDIX.

PATIENTS ADMITTED, DISCHARGED, AND DEAD,

From 1st. January to 31st. December, 1843.

		1		
Total.	212 67	279	99	213
Females.	114 34	148	38	110
Males.	98 33	131	28	103
	Patients in the House, 31st. 1842.	Discharged—Cured		Remaining in the Asylum, 31st. December, 1843

SUFFOLK LUNATIC ASYLUM.

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TABLE OF ADMISSIONS, DISCHARGES, AND DEATHS,

C. L. L.	n the House at the end of each year.		Total.	105	133	160	153	154	155	170	159		176	185	193	200	212	213		
			Females.	55	67	80	75	64	80	91	81	93	94.	105	104	107	114	110		
	in the end o		Males.	50	99	80	78	75	15	64	18	19	82	80	89	93	98	103		ality.
Ľ			Fscaped.				5	1				_	1	1		-			5	nort
			Died.	15	18	26	25	22	17	14	16	27	20	16	20	22	21	29	308	ased 1
	.,	ed.	.IstoT	22	36	34	47	41	46	50	51	36	41	56	41	35	28	37	601	69. 1 incre
ned.	TOTAL.	Discharged.	Not cured.	5	12	-	9	6	12	17	29	9	4	14	4	3	4	11	140	ber of Patients throughout the Fifteen Years—I ().
m ope	T	Di	Cured.	20	24	27	41	32	34	33	22	30	37	42	37	32	24	26	1.1.1	n Yea
Asylu			Admitted.	142	82	87	67	65	64	64	56	76	99	82	69	64	61	67	1127 461	Fiftee been a
ice the			.b9id	4	1	10	8	8	8	9	6	16	1	9	13	6	11	16	138	ut the as not
whole Fifteen Years, since the Asylum opened.	ES.	ed.	Total.	11	15	22	22	19	23	23	27	18	23	36	26	17	16	22	320	ougho ents h
n Yea	FEMALES	Discharged	Not cured.	2	3	\$	57	5	5	8	16	1	67	6	3	1	57	5	67	uts thr of Pati
Fiftee	FJ	Di	Cured.	6	12	19	20	14	18	15	11	17	21	27	23	16	14	17	243	Patien rease o
whole			Admitted.	70	34	45	25	31	32	40	26	46	31	53	38	29	34	34	568	ther of he inc
In the			Escaped.				01	I					-	-					5	att
In			.b9id.	11	11	16	17	14		8	7	11	13	10	1-	13	10	13	170	A verage num appears that th
	°.	.pa.	Total.	11	21	12	25	22	23	27	24	18	18	20	15	18	12	15	281	A voit app
	MALES	Discharged.	Not cured.		6	4	4	4	1	6	13	5	67	5	-	67	67	9	73	Table
	A	Di	Cured.	11	12	00	21	18	16	18	11	13	16	15	14	16	10	6	208	A verage num By this Table it appears that th
and a second second	-		Admitted.	72	48	42	42	34	32	39	30	30	35	29	31	35	27	33	559	B
Total Contraction of Contract			Years.	1899	1830	1831	1832	1833	1834	1835	1836	1837	1838	1839	1840	1841	1849	1843	Total.	

SUFFOLK LUNATIC ASYLUM.

	Cases of those who have had previous attacks.	22		Cases not cured, dis- charged by desire of Friends, and by order of the Magistrates, as improper objects.	12
EAR 1843.	Cases of more than two years' duration.	8	YEAR 1843.	Cases cured, having had previous attacks.	10
ADMITTED-IN THE YEAR 1843.	Cases not exceeding two years' duration and first attack.	8	DISCHARGED-IN THE YEAR 1843.	Cases cured, having been Insane two years and upwards, before ad- mission.	4
ADMITTH	Cases not exceeding twelve months' dura- tion and first attack.	6	DISCHARG	Cases cured, not having been Insane more than twelve months before admission, and dis- charged within two years.	63
	Cases not exceeding three months' dura- tion and first attack.	20		Cases cured, not having been Insane more than three months before admission, and dis- charged within six months.	8

IN 1843.
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	5. TOTAL. 67			s.	TOTAL.	29
TOTALS.	.a.	34		TOTALS.	F.	16
T	м.	33		E	M.	13
ty and ards.	F.	1		Seventy and upwards.	F.	53
Seventy and upwards.	м.	00	343.	Seven	м.	
Sixty to Seventy.	P.	ã	AGES OF PATIENTS DIED IN 1843.	Sixty to Seventy.	F.	60
Sixt Seve	м.	73	ED I	Sixt Seve	м.	0
Fifty to Sixty.	F.	7	DII (Fifty to Sixty.	F.	1
Fift	м.	0	STUE	Fift	м.	73
Forty to Fifty.	F.	ũ	ATH	Forty to Fifty.	F.	5
Fort	м.	ũ	F P.	Fort Fil	м.	5
Thirty to Forty.	F.	4	ES C	Thirty to Forty.	F.	4
Thir Fo	м.	12	AGI	Thir For	м.	61
Twenty to Thirty.	F.	8		Twenty to Thirty.	F.	1
Twer Tho	M.	4		Twer Thi	м.	1
From Ten to Twenty.	F.	1		From Ten to Twenty.	Ъ.	
From	м.	1		From	м.	

20

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SUFFOLK LUNATIC ASYLUM.

TABLE SHEWING THE NUMBER OF MONTHLY ADMISSIONS,

Through the Fifteen Years since the Asylum opened, with a Total of each Twelve Months, ending 31st, December, 1843.

-		× 10 0 00 10 0 0 0 0 0	
I.	Total.	137 766 855 855 1222 766 101 121 121 779 800 889 889 889 889	568 1127
TOTAL.	Females.	68 57 57 57 57 57 57 57 57 57 57 57 57 57	968
T	Males.	69 51 51 51 53 51 53 51 53 53 53 53 53 53 53 53 53 53 53 53 53	559
	[Total	119771878484	229
843.	Eemales.	114010100 1	34
90 1	. Males.	0104740100	33.5
	l otal.	00000000040	61
1842.	Females.	011000004101C	34
18	.seleth]	00000	
	Total.	4410040040000	64 27
1841	Females.	0, 16 7 0, 19 0, 19 19 09 09	29
1	Alales.	100-0000-000-000	35.9
	[Total.	000000400000	69
1840.	Females.	10010 10010 1000 1000	38
1	Alales.	401401040000	31.3
ċ	l'Total.	0 3 1 3 0 0 0 1 0 0 0 0 0	82
1839.	Females.	54648009488050	538
1	Alales.	* \$\$ \$\$ \$\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	50
	Total.	0144455400504	66 29
1838.	Females.	0 1 0 4 0 0 1 0 0 0 0 0	31
18	Alales.		35
	Total.	000000000000000000000000000000000000000	76 55
1837.	Females.	100040040404	46
18	Males.	1-10000000000000	30
	Total.	8.4.6.6.6.6.6.4.4	563046
1836.	[Females.	00010004010	
18	Alales.	00400400000000	30
	Total.	400000000111	793026
35.	Females.	40004000000 K	40
18	Males.	er 0 er 0 4 0 0 er er 0 4	64 39
	Total.	2272681892228	64
1834.	Females.	50000 150140	32
18	Males.	04840 011000	65 32
	Total.	10011200400001	65
1833.	Females.	H 00 4 00 01 4 4 H 4 4 H	67 34 31
T	Alales.	50164 6 884	34
	Total.	0001440101401	67
1832.	Females.	5 57 7 59 69	25
1	Males.	5 5 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	87 42
	Total.	10484401 10484401 1000 1001	87
1831.	l Females.	0.40.000000000000	45
1	i Males.	000000000000000000000000000000000000000	42
	li otal.	4 8 8 8 8 8 8 8 8 10 10 6 6 7 7 7 7 7 7 7 7 7 7 7 7 7	54 82 42
1830.	Females.	00000000 0000000 0000000 000000 000000 0000	33
-	Males.	00000000000000000000000000000000000000	2 48
	Total.	65 2 4 4 1 0 4 4 4 4 4 4 9 5 5 5 5 5 5 5 5 5 5 5 5 5	70 142 48
1829.	Females.	0 H 4 10 10 00 00 10 00 00 10 00 00 00 00 00	20
1	I Males.	0×4∞500004510 0×5	72
IS.	STATES OF THE OWNER WATER OF THE OWNER OWNE		
Years	Ions.	Jan. Feb. Mar. May June Jung Sep. Oct. Nov. Dec.	
X	R	DERARDAGORI	-

DEGREE OF EDUCATION TABLE OF THE 213 PATIENTS NOW IN THE HOUSE.

22

	Males.	Males. Females	Total.
Well Educated	31	13 36	20 67
Can Read only Can neither Read nor Write	12 43	23 26	35 69
Not ascertained	10	12	22
Total	103	110	213
TABLE OF MARRIED AND SINGLE.	GLE.		
	Males,	Males, Females	Total.
Married	48 55	64 46	112 101
Total	103	110	213

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DIET TABLE OF THE SUFFOLK LUNATIC ASYLUM,

-

December 31, 1842.

reference to this Dietary, it may be well to remark, generally, that this Asylum is conducted very much on the principle of a large domestic family, and several Patients, especially when sick, are supplied from the Superintendent's table.

SUFFOLK LUNATIC ASYLUM.

HEADS OF EXPENDITURE,

For the Year ending 31st. December, 1843.

		£.	8.	d.
Meat, lbs,	33,798	644	5	11
Bread, loaves 41lbs. each	22,597	509	7	3
Flour, stones	1,030	93	14	6
Milk, gallons	2,916	75	15	1
Butter, lbs.	2,780	118	16	11
Eggs		22	7	
Oatmeal, lbs.	4,377	36	1	
Tea, lbs.	403	89	7	5
Cheese, lbs.	5,743	135	5	5
Soap, lbs.	4,768	89	13	9
	1,.00	182	4	6
Grocery	1,077	25	12	11
Candles, lbs	219	201	16	
Coals, tons	17	17	10	1
Wood, loads	11	38	4	7
Medicines, Wine, and Spirits		224	19	6
Beer		447	15	0
Clothing		447	11	10
Sundries				10
Salaries and Wages		693	8	6
Total	£.	3,693	12	1

Leaving, now, only 4 Out County Patients in the House and 7 Boarders.—The remainder are all County Paupers.

SUFFOLK LUNATIC ASYLUM.

TABLE SHEWING THE WEEKLY AND ANNUAL CHARGE FOR EACH PATIENT, SINCE THE ASYLUM OPENED.

-	-	-	-	-		-	-									
Annual Charges.	q	10	~	5	11	6	6	6	6	9	9	8	10	10	8	9
al Ch	8	19	-	16	10	15	15	15	15	18	18	13	8	8	13	18
Annu	f	22	17	17	15	14	14	14	14	15	15	16	17	17	16	15
Quarter.	<i>d</i> .	2	0	0	10	10	10	10	10	10	5	5	0	0	5	5
4th. Qu					5											
Quarter.	<i>d</i> .	0	00	10	10	00	10	8	0	0	0	0	5	5	0	0
Srd. Qu					5											
	<i>d</i> .	5	5	1	10	0	00	00	00	0	0	5	5	5	5	0
2nd. Quarter.					5 1											
								-						1		
Quarter.	d.	53	-1	0	5	10	10	0	10	0	0	0	0	0	0	5
1st. (8.	12	2	1	9	5	101	-	0.	-	9 1	- 1	-	-	-	9
		:	:	•••••	:	•••••	:	:		:	:	:	:	:	:	:
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[J. LODER, Printer, Woodbridge.]

