

Twenty-third annual report of the Suffolk Lunatic Asylum : December, 1860.

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TWENTY-THIRD ANNUAL REPORT

OF THE

SUFFOLK LUNATIC ASYLUM.

DECEMBER 1860.

~~~~~  
1861.  
~~~~~

Visiting Magistrates.

F. G. DOUGHTY, Esq. *Chairman.*

ANDERSON, THOMAS, CLK.

ALDERSON, S. H. CLK.

BENCE, H. B. ESQ.

BEDINGFIELD, J. CLK.

BINGHAM, P. CLK.

BERNERS, J. ESQ.

BURROUGHES, T. D'EYE, ESQ.

CORRANCE, F. ESQ.

CHEVALLIER, B. M.D.

COOKE, J. T. CLK.

DOUGHTY, F. G. ESQ.

GORTON, R. C. CLK.

HILL, C. CLK.

HEIGHAM, J. H. ESQ.

IRELAND, T. J. ESQ.

KERRICH, J. ESQ.

KERRISON, SIR E. C. BART.

LOVE, E. M. CLK.

OWEN, H. CLK.

PRATT, JERMYN, CLK.

PACKE, JAMES, ESQ.

ROWLEY, SIR R. C. BART.

SHEPPARD, J. G. ESQ.

WALFORD, CHARLES, ESQ.

WILSON, H. ESQ.

REPORT.

THE concluding year it is well known has been an eventful one; and though it is now leaving us amidst heavy anxieties, and with much anticipative labour in hand, still every feeling for the past is a thankful feeling, as every hope for the future is an encouraging hope. The patients have been healthy throughout the year. The numerical comparison with former years, of patients admitted, discharged, and died, is nearly equal: the proportion of female over male patients is again greater in admissions, and consequently in discharges, cured.

The state of the House this day is as follows:—

		Males.	Females	Total.
Patients in the House, 31st. December, 1859.....		131	181	312
„ Admitted in 1860		39	64	103
		170	245	415
Discharged—cured	M. F. Total.			
„ relieved	9 33 42			
Died	1 2 3			
	18 18 36			
	—————	28	53	81
TOTAL.		142	192	334

The per centage of cures on admissions is.. 40 $\frac{80}{103}$
 Per centage of deaths on resident numbers.. 8 $\frac{280}{413}$

Large and repeated magisterial meetings took place at the beginning of the year, for the purpose of ascertaining the best mode of overcoming existing difficulties; and removing a somewhat hazardous pressure on the female side of the House. The question turned upon the probable advantages of building another Asylum in the Western Division of the County, or those which might be obtained by making sundry alterations, and effecting improvements in *this* House. After very minute and careful investigations, it was considered advisable to alter some portions of the present Building; and by removing some obstructions, to make provision for the future reception of more female patients. The Laundry departments were faulty, the drying yard much too small, the dairy encroached on one of the airing courts and made it dull and damp; and an unoccupied piece of ground at the back of the House presented a tempting space to fill up.

By the *removal* of the dairy which is now re-built in a more convenient spot; and by the alterations completed and in progress, the apartments and airing courts for the females will be less enclosed, and additional accommodation secured. The buildings have obtained official, and we may say indeed general commendation; and though the work has been carried on under all the disadvantages of a very wet season, the ardour of the patients who have been employed, has not been damped by it. One man the subject of recurrent mania, required some authority to control his efforts, and to keep his labours within due limits. A proof of existing regard for his former abode, was shewn by a patient who was discharged six years ago: he is a bricklayer, and hearing that we had difficulty in obtaining such handycraftsmen, he left other employ, and came regularly to work as a paid labourer with his son. The zeal of a very insane but very able director was most conspicuous, as he stood working himself and encouraging others, to complete the roof of a

large day room, lest the internal work should be stopped by the continuance of wet weather. A self appointed sentinel in the person of an insane female, keeps effective guard every day, over this new property. The new day room will be one of the best in the Asylum, its dimensions are 50ft. long, by 22ft. wide, and 12ft. high, with large bay windows with French casements opening front and back, and four side windows overlooking the two largest airing courts. We trust that architectural eyes may rest with satisfaction *upon* it, and we know that the patients will find comfort *in* it. We have not found any inconvenience from bringing numbers together. Between 70 and 80 females dine every day in the front hall in peace and quietness. An associated dormitory completed on the vacant ground referred to, will hold fourteen beds, according to the size and space estimated by the Commissioners in Lunacy, who at their last visit examined it very minutely, and ascertained that it would give rather more than 500 cubic feet of air per patient. This room with a smaller dormitory adjacent, will bring the means of encreased accommodation in this portion of the Building, for about 25 patients. If the number of females should encrease beyond 200, our ingenuity must be taxed again.

The small cost of these indispensable alterations cannot be taken as a precedent, if more extensive buildings are required. However we may have been able to economize by improving faulty portions of the building, the *credit* is due to the *patients*; they have been the great labourers. But the work of *such* labourers must be subject to occasional interruptions; it is frequently impulsive, and very many have worked throughout the year with an alacrity which cannot always be obtained. In any future enlargement more *single* rooms would be required; and these are much more expensive to build and to furnish. Every asylum should possess at least one-third of such sleeping apartments. The new rooms provided for two female attendants have the means of constant oversight. All the females can be seen from these rooms

day and night, and though this detached building with its ample dimensions can hardly be called a cottage, it bears quite a domestic character and aspect. The boundary walls of the airing court (150ft. square) and the division for the drying yard are marked out for completion. As far as safety will allow of it, we propose to make these, dwarf walls; those round the old airing courts are still too high. Five acres of land have been obtained by rent from the Rev. W. P. Larken. They are a valuable addition, more especially as there is little probability of our obtaining enough land to meet the demands of the Commissioners, whose estimated quantity is now one acre to every four patients. There is a very nice site for a very nice chapel, but the chapel *itself* is still an unsatisfied want by a population of nearly 400 inmates.

We have not been able to do more by way of improving the older portions of the building, than has been peremptorily demanded. The large roof has had frequent repair, the baths have been altered and improved, the internal decorations have been increased, and the majority of the bed rooms and day rooms are now papered and painted. Additional seats have been made for the airing courts, and others have been placed in better positions, which in some measure may tend to prevent an objectionable habit which some of the female patients have, to sit upon the ground; or as it has been more expressively than elegantly said "to crouch." If this undignified attitude is not very *attractive*, it is hardly we think so repulsive as to make it a matter of importance. The few patients who may be seen occasionally in this inelegant posture, choose it for themselves; and perhaps with a disposition to embrace the opinion of the Kaffir Chief, who under reproof for refusing a chair, justified it by the expressed conviction that the "ground was safer and surer, and that only Englishmen and chickens rested on perches." It is always an *entreaty* of ours to the attendants, to let the female patients that *are* quiet, *be* quiet, and though the selected attitude may

not be such as to command admiration, if it is a *comfortable* one we feel reluctant to alter it. A few weeks ago we had to bear a personal attack for gently asking a patient to change her position; she looked on it as impertinent interference, and resented it accordingly; and having experienced her disagreeable *mode* of conveying reproof for our temerity, most certainly we shall not repeat it. From somewhat similar sympathy we dissent from the encouragement of a night watch disturbing sleeping patients to prevent uncleanly habits. The number of such patients has been greatly reduced on the male side of the House, but without having recourse to this questionable practice. We have several patients now who would show their displeasure if they were disturbed, in a very outrageous and perhaps dangerous manner; and if the expression of this negative opinion which we advance should be objected to, we can only say that *we* have learnt it at the patient's bed-side.

Several patients have been admitted this year in a very exhausted state, four above 70 years of age, and three above 80. One is now with us of 94, and another of 84.

A corrected dietary is given at the end of this report. The former table remained unaltered in print, though it has long since been improved in practice. All the patients who work have full generous diet.

The deficiency of the water supply which was noticed last year, arose from the long continued drought. There is now abundance of water in the well.

The usual recreative indulgencies have been enjoyed by the patients, and amongst them the visit to the sea-side was an anticipative, an actual, and a retrospective treat.

We continue to hold satisfactory intercourse with several patients who have left us. One man whose case was of peculiar interest, tells us of his present comfortable position in regular work; and he adds the assurance that if he felt those premonitory symptoms of mental disturbance which he

had on a former attack, that he would not fail of his own accord to come back again. Such grateful recollections of benefits received are experienced in *all* our asylums repeatedly: and it is a consolatory feeling to encourage, that whatever the home may be, the former resident may look back to it and know that he is not *homeless*.

It may be well to direct attention to a custom lately arisen which we believe to be very injurious to the best interests of the patients; it is that of making private application for their summary discharge. It is by no means an uncommon thing for request to be made within a week of a patient's admission, for a statement of the probable *time* of his removal; and it becomes quite perplexing to know how to obey two laws of such contrariety, as the law of courtesy, and the law of lunacy. We have *now* in the House a dangerous epileptic whose fits induce mania; some of his parishioners are threatening us with displeasure for not sanctioning *his* discharge. This patient had seriously injured one man, broken his leg; attacked another without any provocation; and alarmed a third by forcibly entering his house; we have private applications for *his* removal home. A similar demand was made a short time ago, backed on the authority of a *former patient* in the House.

It would be enough in noticing such applications, to convey the assurance that no patient is ever detained a day longer than is considered to be for his welfare; and that the mode of discharge is regulated (under penalties on infraction,) by legislative enactment. But we press it, upon the knowledge that very sad results occasionally take place from injudicious discharges; results which as far as *we* can judge, not even temporary removals *on trial** could prevent. This injudicious and unstatutable urgency is very embarrassing. Concealed purposes require more solid experience to

* Sec. 79 Cap. 97, 16 and 17 Vict.

discover, and more caution to treat, than outward acts; and it is easier in insane life (as perhaps in sane life) to assume the cunning of the serpent, than to carry out the harmlessness of the dove. It is an erroneous impression that patients who work well in the Asylum, will do so quietly out of it. They are not *cured* and *then* set to work; but they are set to work that they *may* be cured.

This notice will lead to the very important consideration of the condition of many patients *after* discharge. Any one hearing the frequent expressions of gratitude on restoration to health and sanity, or seeing the letters in which the feelings of affection are conveyed towards all those who have been instrumental in promoting them; must sorrow over those recurrent attacks which frequently take place from the patients' experiencing such deprivations as a little judicious help might prevent. That such renewed attacks do take place, and from this cause, even in parishes carefully tended, and whose poor inhabitants are objects of christian solicitude is well known: the reluctance to confess it by the sufferers themselves only encreases the probability of recurrence. No greater boon could be afforded to those patients whose means of support after discharge are very limited, than the allowance of temporary assistance judiciously afforded. We should be glad to promote and to forward the establishment of a well arranged distribution fund in imitation of the Adelaide fund in the Metropolitan Institutions, and in many of the large Asylums. It would be true christian philanthropy to obtain one for every County Asylum in England, and we have reason to believe that this *will* be done shortly. Such a fund would be economic, though this is a low estimate to take of its importance. Wives and mothers of families, returning home in health established by generous diet to nurse upon water, grow irritable and fractious. Husbands and fathers tired with day labour get *unreasonably* impatient, and mutual deprivations lead to renewed distrac-

tions, and distractions to recurrent mania. The permitted grant in clause 79. (the *trial* clause) to afford temporary relief to patients discharged upon trial, does not allow an extension to those whose cases *may* be the most *urgent*. It sanctions no provision for patients unconditionally discharged, that is to say patients *cured*. We want a fund whose means will tend to keep those *well* who go home *well*; and to add it as "THE MISSING LINK" to that great chain of liberality whose length reaches to almost every condition of our poor. To many of our inmates the County may be said to be indebted. They may not feel this themselves, and perhaps if they were really asked to express it, the most hard working amongst them would only echo Macbeth's sentiment in their own language, but with equal sincerity, "the service and the loyalty I owe; in doing it, pays itself." Still if a portion of their justly estimated savings could be put aside (in addition to private bounty,) for their own, or their associates future wants, an incalculable benefit might be conferred.

We know a case in point. A female patient transferred from this House to another County Asylum, where fortunately for her such a fund was in operation, has been in the receipt of three shillings a week from it since her discharge, and if she is still living she takes this allowance monthly, and in all probability is preserved by it from being burdensome to her parish and an object of pitiable distress.

Some alteration has taken place in the appointed order for the duties of the chaplain. An observance of this, will tend much to promote the regularity and internal discipline of the House; and give the relatives of those patients who can only visit them on the Sabbath, an opportunity of knowing the hours in which they can do so, without interference with sacred or secular duties. Divine Service is now directed to take place at eleven o'clock in the forenoon, and three o'clock in the afternoon alternately. Notice of this is printed and placed early every Sunday morning at the entrance

gate. The Sabbath if not properly kept in its canonical observances, becomes a day of confusion rather than a day of rest in an asylum: our object has been and is, to secure it as the latter, and in the endeavour to do so we have always felt the importance of those delicate duties which the Physician Superintendent has to fulfil, in conjunction with those which may be propounded from the vantage ground of the pulpit.

“To understand any man we must have sympathy for him, even affection. No intellectual acuteness, no amount even of mere pity will enable us to see the man from within, and put our own souls, in the place of his soul. To do that, one must feel and confess within oneself, the seed of the same errors which we endeavour to correct in him; one must have passed more or less through his temptations, doubts, hunger of heart and brain.”* A knowledge of character and state of mind are indispensable for doing good. In conveying spiritual instruction to the insane, the language of experience is cautious and suggestive, and rather addressed with advantage to individual cases, than to the masses. While the replies that some well taught patients make, will call the theological powers of the querist into exercise, (and if erroneous,) to combat: the answers that are given by those who are *indiscriminately* addressed, afford but too clear a proof how readily *form* may degenerate into nonsense, and nonsense even into mockery. A patient may be asked a solemn question, he gives an absurd answer, and the others laugh.

The Bishop of Exeter proposed to the British Medical Association through the late Chancellor Martin, the formation of a medical diaconate. Though there seem to be insuperable objections to such a combined establishment in *general*, the idea involved in the meaning of the word, that of “helpful service” must be to some extent carried out by every asylum officer.

* Kingsley.

Man is by nature a rational, a responsible, and an immortal being; and when *He* "who giveth not account of any of His matters,"* in the mysterious silence of His dealings, takes away the first, *rationality*; there is doubtless a removal of the second responsibility; but the third, immortality remains. This mortal, whether rational or irrational in this life, must put on immortality, and the physician as he treats the ailments of the natural body, cannot and ought not to lose sight of that spiritual body in which it has to be raised again.

JOHN KIRKMAN, M.D.

* Job xxxiii. 13.

Commissioners' Report.

SUFFOLK COUNTY ASYLUM,
September 4th. 1860.

The changes in the patients since the visit of our colleagues on the 8th. December, 1859, have been as follows :—

	M.	F.	Total.
Admitted	30	51	81
Discharged	8	27	35
" of whom recovered.....	6	25	31
Died from ordinary causes	13	11	24

The patients all of whom we have seen are, at present 335 in number, *viz.*—141 males and 191 females.

With one special exception they all belong to the County of Suffolk.

No arrangement has been entered into, nor is any in contemplation for the reception of the pauper lunatics of Ipswich, or Bury St. Edmund's, the only non-contributory Boroughs in the County.

The present number of beds, including those in the two 7-bedded new dormitories referred to in the last Commissioners' Report is 355, *viz.*—157 in the male and 198 in the female division.

Since the last visit a dormitory has been constructed at the back of the two dormitories last mentioned, capable of containing 14 beds, and at a cost not exceeding £100.

This will make the accommodation for male patients 157 and for females 212, total 369. The vacancies are now 16 on the male side and 4 on the female.

The total quantity of land belonging to the Asylum is in round numbers 30 acres, of which about 6 are under spade cultivation.

There appears to be little prospect of purchasing any additional land, and there would as we are informed be difficulty in obtaining by the year more than 10 acres for the occupation of the male patients.

The weekly charge for Suffolk paupers has been reduced from 9*s.* 6*d.* to 8*s.* 6*d.*, the average for Borough and out County patients is always 3*s.* 6*d.* beyond that for Suffolk patients.

We found the patients of both sexes, free from excitement, well clad, and otherwise personally in a satisfactory condition.

The patients are generally in good bodily health, only 7 males and 8 females being registered as under medical treatment. One patient only, a female in a sinking state, was at the time of our visit in bed from sickness. Mechanical restraint is never employed. Since the last visit, 10 males and 34 females have been secluded, the former on 16 and the latter on 65 occasions.

According to the ward returns, 7 male patients and 9 females were wet during the night before our visit; 2 of the former and 6 of the latter being also dirty.

There is not any regular night watch.

We are glad to learn that the erection of a detached chapel is under consideration, and we trust that the plan will be carried out without unnecessary delay.

The defective construction and arrangement of the baths is about immediately to be remedied.

A new and convenient dairy is in progress of erection, and on the site of the present dairy a good day room and nurses' room, are about to be constructed.

Other improvements are proposed and will shortly be carried out. These will include the removal of the present drying ground, and its addition to the adjoining airing court.

We found the Asylum throughout clean and in good order.

The dinner on the day of our visit was very good, consisting of boiled beef, bacon and beans, with bread and beer.

The general condition and management of the Institution continues to be creditable to the Superintendent and other officers.

Signed { R. W. J. LUTWIDGE } Commissioners
 { ROBERT NAIRNE } in Lunacy.

Appendix.

No. 1.

PATIENTS ADMITTED, DISCHARGED, AND DIED,

From 1st. of January 1860, to 31st. December.

	Males.	Females	Total.
Patients in the House 31st. December, 1859	131	181	312
Admitted in 1860	42	65	107
	173	246	419
	Males.	Females.	Total.
Discharged—cured ..	10	37	47
——— relieved....	1	2	3
Died	20	18	38
	31	57	88
Remaining in the House 31st. Dec. 1860	142	189	331

No. 2.

ASCERTAINED AND SUPPOSED CAUSES OF INSANITY IN THE 107 PATIENTS ADMITTED DURING THE YEAR 1859.

	Males.	Females.	Total.
Change of Life		1	1
Death of Niece		1	1
Diseased Brain	2		2
Debility	2	4	6
Epilepsy	2	3	5
Family Dissensions	1		1
From Birth		1	1
Fright		1	1
Hereditary	3	7	10
Ill-treatment of Daughter		1	1
Injury of Head	1		1
Intemperance	3	2	5
Jealousy		1	1
Loss of Children		2	2
Loss of Employment	1		1
Loss of Money	2	1	3
Puerperal State		8	8
Religious Insanity	1	2	3
Unknown	13	15	28
Weak Health	5	4	9
Want of Money	1		1
Weak Mind	7	9	16
Total.....	44	63	107

No. 3.

OF THE 107 PATIENTS ADMITTED IN THE
YEAR 1860.

	Males.	Females.	Total.
Discharged, cured	7	8	15
„ „ relieved		1	1
Died	5	4	9
Remaining	29	53	82
Total.....	41	66	107

No. 4.

DOMESTIC CONDITION OF THE 107 PATIENTS
ADMITTED IN THE YEAR 1860.

	Males.	Females.	Total.
Married	20	29	49
Single	16	26	42
Widowed	5	11	16
Total.....	41	66	107

TABLE OF ADMISSIONS, &c.

In the whole Thirty-two Years

Years.	MALES.						FEMALES.		
	Admitted.	Discharged.			Died.	Escaped.	Admitted.	Discharged.	
		Cured.	Relieved.	Total.				Cured.	Relieved.
1829	72	11		11	11		70	9	2
1830	48	12	9	21	11		34	12	3
1831	42	8	4	12	16		45	19	3
1832	42	21	4	25	17		25	20	2
1833	34	18	4	22	14	2	31	14	5
1834	32	16	7	23	9	1	32	18	5
1835	39	18	9	27	8		40	15	8
1836	30	11	13	24	7		26	11	16
1837	30	13	5	18	11		46	17	1
1838	35	16	2	18	13		31	21	2
1839	29	15	5	20	10	1	53	27	9
1840	31	14	1	15	7	1	38	23	3
1841	35	16	2	18	13		29	16	1
1842	27	10	2	12	10		34	14	2
1843	33	9	6	15	13		34	17	5
1844	36	19	2	21	9		30	13	
1845	42	22	3	25	13		40	16	
1846	37	19		19	16	1	44	24	1
1847	44	16	1	17	24		42	13	2
1848	31	13		13	11	1	51	26	2
1849	27	10	11	21	9		55	34	5
1850	36	21	4	25	17	1	47	29	1
1851	36	25	3	28	20		55	26	8
1852	51	22	2	24	17		47	28	8
1853	49	22	2	24	19		44	20	7
1854	34	22	3	25	15		47	24	2
1855	43	20	2	12	17		40	28	3
1856	42	21	2	23	16		47	18	5
1857	40	27	2	29	17		56	27	7
1858	46	19	1	20	18		72	39	5
1859	47	22	2	24	22		65	34	1
1860	42	10	1	11	20		65	37	2
Total.	1242	528	114	642	450	8	1415	689	119

Daily Average for 18

CHARGES, AND DEATH,

The Asylum opened.

	TOTAL.					In the House at the end of each year.			
	Admitted.	Discharged.			Died.	Escaped.	Males.	Females.	Total.
		Cured.	Relieved.	Total.					
142	20	2	22	15		50	55	105	
82	24	12	36	18		66	67	133	
87	27	7	34	26		80	80	160	
67	41	6	47	25		78	75	153	
65	32	9	41	22	2	75	79	154	
64	34	12	46	17	1	75	80	155	
79	33	17	50	14		79	91	170	
56	22	29	51	16		78	81	159	
76	30	6	36	27		79	93	172	
66	37	4	41	20		82	94	176	
82	42	14	56	16	1	80	105	185	
69	37	4	41	20	1	89	104	193	
64	32	3	35	22		93	107	200	
61	24	4	28	21		98	114	212	
67	26	11	37	29		103	110	213	
66	32	2	34	21		109	115	224	
82	38	3	41	25		112	127	239	
81	43	1	44	31	1	114	131	245	
86	29	3	32	48		116	134	250	
82	39	2	41	29	1	123	139	262	
82	44	16	60	30		119	134	253	
83	50	5	55	31	1	113	137	250	
91	51	9	62	35		101	143	244	
98	50	10	60	27		111	144	255	
93	42	9	51	36		117	144	261	
81	46	5	51	30		111	150	261	
83	38	5	43	32		125	144	269	
89	39	7	46	31		128	153	281	
96	54	9	63	36		122	156	278	
118	58	6	64	38		130	164	294	
112	56	3	59	35		131	181	312	
107	47	3	50	38		142	189	331	
2657	1217	240	1457	861	8				

No. 6.

RELIGIOUS DENOMINATION OF THE 107 PATIENTS
ADMITTED IN THE YEAR 1860.

Religious Denomination.	Males.	Females.	Total.
Church of England	32	49	81
Baptists	2	2	4
Wesleyan Dissenters	2	7	9
Independents	1	5	6
Unknown	2	3	5
None (Idiots)	2		2
Total.....	41	66	107

No. 7.

DEGREE OF EDUCATION OF THE 107 PATIENTS
ADMITTED IN THE YEAR 1860.

Degree of Education.	Males.	Females.	Total.
Able to Read and Write	21	28	49
Able to Read	11	26	37
Unable to Read	9	12	21
Total	41	66	107

No. 8.

OCCUPATIONS OF THE 107 PATIENTS ADMITTED
IN THE YEAR 1860.

Occupations.	Males.	Females.	Total.
Agricultural Labourers	18		18
" " Wives.....		16	16
" " Widows ..		1	1
" " Daughters		2	2
Blacksmiths	2		2
" Wife		1	1
Bonnet Maker		1	1
Carpenter	1		1
" Wives		2	2
Carters	2		2
Charwoman		1	1
Clerk's Wife		1	1
Domestic Servants.....		9	9
Dress Maker		1	1
Drayman's Wife		1	1
Fisherman	1		1
Farmers	2		2
" Wife.....		1	1
Gardener	1		1
Innkeeper	1		1
Lime Burner	1		1
Millwright	1		1
No Occupations.....	5	17	22
Nurse		1	1
Plaiter		1	1
Policeman's Wife		1	1
Paper Maker	1		1
Sailor's Wife		1	1
School Mistress.....		1	1
School Master	1		1
Shoemaker's Wives		2	2
" Daughter		1	1
Soldiers	2		2
Tailors	2		2
Tailoresses		3	3
Washerwoman		1	1
Total.....	41	66	107

No. 9.

AGES OF PATIENTS ON ADMISSION IN 1860.

Under Ten.	From Ten to Twenty.		Twenty to Thirty.		Thirty to Forty.		Forty to Fifty.		Fifty to Sixty.		Sixty to Seventy.		Seventy and upwards.		TOTALS.		
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	TOTAL.
0	0	1	9	19	12	12	8	8	3	11	2	6	7	8	42	65	107

AGES OF PATIENTS DIED IN 1859.

From Ten to Twenty.	Twenty to Thirty.		Thirty to Forty.		Forty to Fifty.		Fifty to Sixty.		Sixty to Seventy.		Seventy and upwards.		TOTALS.		
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	TOTAL.
0	0	0	2	1	5	4	4	5	3	4	6	4	20	18	38

No. 10.

TABLE EXHIBITING THE CAUSES OF DEATH, FORM OF INSANITY, DURATION OF MENTAL MALADY, AND PERIODS OF RESIDENCE IN THE ASYLUM, IN THE CASES WHICH TERMINATED FATALLY DURING THE YEAR 1860.

Nos.	Age.	Sex.	Cause of Death.	Residence in Asylum.			Total Duration of Insanity.			Form of Insanity.
				Yrs.	Mos.	Dys.	Yrs.	Mos.	Dys.	
1	49	M	Gradual Exhaustion ~	1	3	26	1	4	3	Mania
2	30	F	Ditto ~	8	8	5	9	8	5	Ditto
3	56	M	Epilepsy ~	2	10	0	2	10	17	Ditto
4	39	M	Maniacal Exhaustion ~			26		3	26	Acute Mania
5	48	F	Gradual Exhaustion ~	2	4	20	2	7	8	Melancholia
6	50	F	Ditto ~	1	5	10	1	8	10	Mania
7	41	F	Lung Disease ~		5	23	1	8	17	Ditto
8	45	M	Maniacal Exhaustion ~		5	14		5	21	Ditto
9	80	F	Gradual Exhaustion ~	4	10	25	4	11	25	Recurrent Melancholia
10	43	F	Ditto ~	16	5	27	18	4	15	Mania
11	53	M	Coup de Soleil ~	27	9	12	33	8	14	Ditto
12	64	M	Maniacal Exhaustion ~	4	4	23	4	5	1	Melancholia
13	70	M	Paralysis ~	3	8	6	3	8	20	Mania
14	50	F	Diarrhœa ~	13	11	20	17	10	9	Dementia
15	62	M	General Paralysis ~		3	11		6	11	Mania
16	57	F	Gradual Exhaustion ~	31	3	17	39	2	14	Ditto
17	47	M	Maniacal Exhaustion ~	1	4	7	1	6	7	Ditto
18	43	M	General Paralysis ~		5	0		5	8	Ditto
19	64	F	Gradual Exhaustion ~			17		1	10	Senile Mania
20	47	F	Exhaustion ~	1	1	4	1	5	0	Mania
21	41	M	Paralysis ~		9	9		10	16	Melancholia
22	73	M	Serous Apoplexy ~		8	14		8	27	Mania
23	66	F	Gradual Exhaustion ~	7	0	11	7	0	25	Ditto
24	82	F	Senile Exhaustion ~			11	1	7	0	Ditto
25	50	F	Gradual Exhaustion ~			7		1	4	Ditto
26	59	M	Spontaneous Erysipelas ~		1	5		2	19	Ditto
27	60	M	General Paralysis ~	2	0	6	2	1	6	Melancholia
28	75	F	Gradual Exhaustion ~	15	2	3	15	6	3	Mania
29	75	M	Paralysis ~		2	18	1	2	18	Ditto
30	55	F	Gradual Exhaustion ~	20	4	4	22	5	4	Ditto
31	64	F	Diarrhœa ~		1	10		4	10	Ditto
32	30	M	Scrofula ~	7	5	7	8	4	7	Imbecility
33	70	M	Old Age, Infirmity ~	1	2	0	1	2	14	Mania
34	51	M	Paralysis ~		4	9		10	9	Ditto
35	70	F	Senile Exhaustion ~	30	8	14	31	2	14	Ditto
36	63	F	Spontaneous Erysipelas ~	9	9	4	10	0	4	Ditto
37	70	M	Maniacal Exhaustion ~			22		1	15	Ditto
38	94	M	Anasarca ~		8	0		8	21	Ditto

No. 11.
DIET TABLE OF THE SUFFOLK LUNATIC ASYLUM.
 December 31, 1860.

DAYS OF THE WEEK.	BREAKFAST.				DINNER.										SUPPER.																
	Males.		Fe-males.		Males.					Females.					Males.			Females.													
	Bread.	Gruel.	Bread.	Gruel.	Cooked Meat.	Pie.	Bread.	Vegetables.	Rice Pudding.	Suet Pudding.	Soup.	Beer.	Cooked Meat.	Pie.	Bread.	Vegetables.	Rice Pudding.	Suet Pudding.	Soup.	Beer.	Bread.	Butter.	Cheese.	Tea.	Beer.	Bread.	Butter.	Cheese.	Tea.	Beer.	
Sunday	7	1 1/2	6	1	16	16	4	1	1	1	1 1/2	4 1/2	12	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Monday	7	1 1/2	6	1	6	6	4	1	1	1	1 1/2	4 1/2	5	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Tuesday	7	1 1/2	6	1	3	3	7	1 1/2	1	1 1/2	1	2	2	6	1 1/2	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Wednesday	7	1 1/2	6	1	6	6	4	1	1	1 1/2	4 1/2	5	5	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Thursday	7	1 1/2	6	1	6	6	4	1	1	1 1/2	4 1/2	5	5	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Friday	7	1 1/2	6	1	6	6	4	1	1	1 1/2	4 1/2	5	5	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Saturday	7	1 1/2	6	1	6	6	4	1	1	1 1/2	4 1/2	5	5	4	1	1	1	1	1	1	8	8	8	8	8	7	7	7	7	7	1 1/2
Total	49	10 1/2	42	7	718	1622	3 1/2	1	1	33 3/4	14	12	20	3	56	2 1/2	6	2 1/4	3	49	2 1/4	6	2 1/4	6	2 1/4	3	49	2 1/4	6	2 1/4	2

The Gruel is made in the following proportions, viz:—10lbs. of Groats to 6 gallons of Milk for 100 Patients.
 Soup is thickened with Peas, Pearl Barley, Rice, and Vegetables.
 Tea 1lb. Sugar 4lb. Milk 3 gallons for 100 Patients.
 The Patients employed, both Males and Females, have full generous diet.
 Dietetic regulations are subject to Medical opinion.

No. 12.

FARM AND GARDEN ACCOUNT,

In the year 1860.

Dr.		Cr.	
1860.		1860.	
Jan. 1.	Dec. 31.	Jan. 1.	Dec. 31.
£. s. d.	£. s. d.	£. s. d.	£. s. d.
To live and Dead Stock, valued at - - - -	153 10 0	By Amount of Produce sup- plied to the Asylum, viz. Milk, Butter, Veal, Pork, Potatoes, and other Vege- tables, at wholesale prices	223 4 0
Paid for Labour - - -	35 0 0	Cash received for Cow and 4 Calves - - - -	23 0 0
Rates and Taxes - - -	10 1 10	Hay Stack—about 7 Tons Live and Dead Stock, valued at - - - -	35 0 0
Tithe - - - -	10 3 4	200 Bushels Carrots and Parsnips - - - -	5 0 0
Paid for Corn, Meal, and sundry expenses - -	102 9 9	200 ditto Mangold-wurzel and Swedes - - - -	4 0 0
Estimated Rent of Land -	58 10 0	6 ditto Onions - - - -	1 0 0
		2 Acres Vegetables on the Land - - - -	6 0 0
Balance - - - -	90 9 1		
	<u>£ 460 4 0</u>		<u>£ 460 4 0</u>

No. 13.

CONTRACT PRICES,

For the year ending 23rd. December, 1860.

	1st Quarter		2nd. Quarter.		3rd. Quarter.		4th. Quarter.	
	s.	d.	s.	d.	s.	d.	s.	d.
Beef, good Steer, by side cwt.	49	0	44	0	54	0	54	0
Wether Mutton, by side or carcaselb.		6 $\frac{3}{4}$		6 $\frac{1}{2}$		7		7
Bread, per loaf, 4lb. 4oz. 18 hours baked		5		5 $\frac{1}{2}$		7		6 $\frac{3}{4}$
Flour, secondssack	32	0	34	0	44	0	52	0
Maltcoomb.	34	0	33	0	33	9	35	0
Hops, genuine English growthcwt.	84	0	58	0	66	0	140	0
Sugar, loaflb.		5 $\frac{1}{2}$		5 $\frac{3}{4}$		5 $\frac{3}{4}$		5 $\frac{3}{4}$
„ soft, good ..cwt.	34	0	34	0	36	0	38	0
Molasses or Treacle, cwt.	12	0	15	0	14	0	13	0
Vinegargallon	1	0	1	6	1	5	1	6
Soap, goodcwt.	28	0	28	0	27	0	28	0
„ soft, firkin 64lbs. net	13	0	13	6	13	6	13	0
Cheese, Edam, good, cwt.	57	0	58	0	52	0	50	0
„ Derbycwt.	70	0	74	0	72	0	72	0
Groats.....cwt.	15	0	15	6	19	0	19	0
Peas, boilersbushel	5	0	5	0	5	3	5	0
Best Firkin Butter of 56 lbs. net.....firkin	56	0	52	0	49	0	52	0
Tobacco, shaglb.	3	2	3	2	3	2	3	2
Snufflb.	3	0	3	0	3	0	3	0
Candlesdozen	6	0	6	0	6	2	6	0
Pearl Ashcwt.	32	0	34	0	37	0	34	0
Soda, good.....cwt.	6	0	6	0	5	9	6	0
Best Stone Bluelb.	1	0	1	0		11 $\frac{1}{2}$	1	0
Best Starchlb.		4 $\frac{1}{2}$		4 $\frac{1}{2}$		4 $\frac{1}{2}$		4 $\frac{1}{2}$
Pepperlb.	1	0	1	0	1	0	1	0
Mustardlb.		6		6		6		6
Carolina Ricecwt.	20	0	20	0	18	3	20	0
Wheat Straw in Trusses cwt.	2	6	2	6	2	6	2	3
Brush Wood Fagots, 60 fagots to the load	19	6	19	6	19	6	19	6
Coals, best Wallsend, screenedton	23	0	23	0	23	0	23	6
Ditto, best Inland, ditto ton	18	0	18	0	18	0	18	6
Ditto Blythton	17	0	17	0	17	0	17	6
Welsh Stone.....ton	30	0	30	0	30	0	30	0
Cinderschal.	18	0	18	0	16	0	18	0

No. 14.

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

Years.	1st. Quarter. Per Week.		2nd. Quarter. Per Week.		3rd. Quarter. Per Week.		4th. Quarter. Per Week.		Annual Charges.		
	s.	d.	s.	d.	s.	d.	s.	d.	£.	s.	d.
1829	12	2	8	2	7	0	8	2	22	19	10
1830	7	7	6	5	5	3	7	0	17	1	3
1831	7	0	7	7	5	10	7	0	17	16	5
1832	6	5	5	10	5	10	5	10	15	10	11
1833	5	10	5	10	5	3	5	10	14	15	9
1834	5	10	5	3	5	10	5	10	14	15	9
1835	7	0	5	3	4	8	5	10	14	15	9
1836	5	10	5	3	5	10	5	10	14	15	9
1837	7	0	5	10	5	10	5	10	15	18	6
1838	6	5	5	10	5	10	6	5	15	18	6
1839	7	0	6	5	5	10	6	5	16	13	8
1840	7	0	6	5	6	5	7	0	17	8	10
1841	7	0	6	5	6	5	7	0	17	8	10
1842	7	0	6	5	5	10	6	5	16	13	8
1843	6	5	5	10	5	10	6	5	15	18	6
1844	6	5	6	5	6	5	6	5	16	13	8
1845	7	0	6	5	5	10	6	5	16	13	8
1846	7	0	7	0	6	5	7	7	18	4	0
1847	7	7	8	2	8	9	7	7	20	17	1
1848	8	2	8	2	8	2	8	9	21	12	3
1849	7	7	5	3	5	10	6	5	16	6	1
1850	7	0	5	10	5	10	6	5	16	6	1
1851	5	10	5	3	5	3	6	5	14	15	9
1852	6	5	6	5	6	5	6	5	16	13	8
1853	7	0	7	0	7	0	7	10 $\frac{1}{2}$	18	15	4 $\frac{1}{2}$
1854	8	6	8	0	8	0	8	9	21	12	3
1855	8	9	8	9	8	9	8	9	22	15	6
1856	8	9	8	9	8	0	7	6	21	9	0
1857	8	3	8	0	8	3	8	6	21	9	0
1858	8	3	8	0	7	6	7	6	20	6	3
1859	7	6	7	6	7	6	8	6	20	3	0
1860	9	6	8	6	8	6	8	6	22	15	0

No.

AN ACCOUNT OF THE RECEIPTS AND

Under 16 and 17 Vic. c. 97. sec. 38

RECEIPTS.

		£.	s.	d.
1860.	To Overpaid by Beccles last year .	33	1	2
	„ Balance forward		7	4
Jan. 1.	„ Beccles	46	11	9
	„ Woodbridge	38	16	5
17.	„ Bury	77	12	10
	„ Ipswich	69	17	6

 £ 233 5 10

15.

DISBURSEMENTS FOR REPAIRS, &c.

from January to December, 1860.

DISBURSEMENTS.		£.	s.	d.
1860.				
Feb.	By paid Sharpin, cash overpaid by			
	Beccles	33	1	2
	Hubbock, Paint	12	5	9
	Culham, Brazieri	4	12	9
	Cook, Bricks, Tiles, &c.	8	16	0
	Chaplain's Clerk, &c.	1	5	0
	Grimwood, Deals, Slates, &c.	43	17	6
	Dale, Stonemason's Work	14	3	1
	Clarke, Carpenter's Work	17	12	6
	Girling, Land Tax	2	4	0
	Page & Girling, Ironfoundry Work	31	12	9
	Chaplain's Salary	15	0	0
	Thompson & Bennington, Lime	5	15	6
	Loder, Stationery and Printing	13	1	4
	Silver, Ironmongery Goods	6	5	4
	Smith, Bricklayer's Work	10	8	0
	Borton, $\frac{1}{4}$ year's Salary	12	10	0
	Ditto, Postages	4	4	0
	Allen, Paint	8	7	9
	Ditto, Plumbing, Glazing, &c.	20	17	4
		<u>£ 232</u>	<u>18</u>	<u>7</u>

No. 15.

RECEIPTS.

1860.		£.	s.	d.
	To Amount forward	233	5	10
March 28.	„ Bury	73	0	8
	„ Woodbridge	42	6	5
29.	„ Beccles	42	6	5
April 4.	„ Ipswich	42	6	5
		£ 433	5	9

continued.

DISBURSEMENTS.		£.	s.	d.
1860.	Amount forward	232	18	7
April.	Loder, Stationery and Printing	26	17	11
	Smith, Bricklayer's Work	7	11	5
	Chaplain's Clerk, &c.	1	5	0
	Chaplain's Salary	15	0	0
	Silver, Ironmongery	8	1	1
	Allen, Plumbing, Glazing, &c.	17	1	8
	Page & Girling, Ironfoundry Work	20	0	6
	Clarke, Carpenter's Work	10	17	6
	Pizey, Postage and Receipt Stamps, Bankers Check Books, &c.	5	12	6
	Grimwood, Deals, &c.	24	15	8
	Moulton, Advertisements	3	8	0
	Fisher, Sand and Carting	7	0	6
	Borton, Salary	12	10	0
	Extra Meeting	10	10	0
	Ditto Charges	12	16	2
		<u>35</u>	<u>16</u>	<u>2</u>
		£416	6	6

continued.

DISBUSEMENTS.		£.	s.	d.
1860.	Amount forward -	416	6	6
July.	Cook, Bricks, Tiles, and Pipes -	29	13	3
	Girling, Land Tax - - - -	2	4	0
	Page & Girling, Ironfoundry Work	24	16	11
	Culham, Repairing Coppers -	6	15	9
	Loder, Stationery and Printing -	15	7	4
	Allen, Plumbing, Glazing, &c. -	24	8	3
	Clarke, Carpenter's Work - -	17	11	9
	Dale, Stonemason's Work - -	9	15	0
	Hughes, Chaplain's Salary - -	15	0	0
	Thompson & Bennington, Lime -	6	16	6
	Grimwood, Deals, Timber, Slates	61	5	0
	Blowers, Whitening - - - -	1	13	0
	Silver, Ironmongery Goods - -	10	2	11
	Fisher, Sand and Carting - -	1	6	0
	Smith, Bricklayer's Work - -	18	6	11
	Chaplain's Clerk, &c. - - - -	1	5	0
	Gall, Paint, Varnish, &c. - -	20	7	5
	Borton, $\frac{1}{4}$ year's Salary - -	12	10	0
		£ 695	11	6

RECEIPTS.

1860.		£.	s.	d.
	To Amount forward	-	-	-
Oct. 27.	„ Bury	-	-	-
Nov. 14.	„ Gross, Ipswich or Eastern Division	-	-	-
		733	5	9
		131	9	3
		228	10	10

£ 1093 5 10

continued.

DISBURSEMENTS.		£.	s.	d.
1860.				
	Amount forward	-	-	695 11 6
	Cook, Bricks, Tiles, &c.	-	-	58 14 1
	Page & Girling, Ironfoundry Works	-	-	42 13 0
	Culham, Braziers, Zinc, &c.	-	-	7 9 10
	Allen, Plumbing, Glazing, &c.	-	-	18 16 6
	Silver, Ironmongery Goods	-	-	13 12 1
	Fisher, Sand and Carting	-	-	8 0 0
	Thompson & Bennington, Lime	-	-	7 17 6
	Loder, Stationery and Printing	-	-	10 14 0
	Grimwood, Deals, &c.	-	-	48 15 9
	Carson, Paint	-	-	5 0 0
	Pizey, Postage and Receipt Stamps, Check Books, &c.	-	-	3 14 6
	Chaplain's Clerk, &c.	-	-	1 5 0
	Hughes, Chaplain's Salary	-	-	15 0 0
	Smith, Bricklayer's Work	-	-	25 1 0
	Borton, July Meeting	10	10	0
	„ $\frac{1}{4}$ year's Salary	12	10	0
		<u>23</u>	<u>0</u>	<u>0</u>
	Dale, Stonemason's Work	-	-	14 4 3
	Clarke, Carpenter's Work	-	-	10 10 6
	Moulton, Advertisements	-	-	1 1 6
	Cook, Asphalting	-	-	6 4 11
	Gall, Oil	-	-	13 10 3
	Total Expenditure for the Year	-	-	1030 16 2
	Balance in Bank	-	-	62 9 8
		<u>£</u>	<u>1093</u>	<u>5 10</u>

No. 16.

GENERAL STATEMENT OF RECEIPTS AND EXPENDITURE BY THE HOUSE COMMITTEE
OF THE SUFFOLK COUNTY LUNATIC ASYLUM.

For the year ending December 31st. 1860.

Dr.		Cr.	
1860.		1860.	
Jan. 1st.	£. s. d.	Jan. 1st.	£. s. d.
To Balance at the Bank of Messrs. Alexanders	902 2 1	Superintendent and Matron	500 0 0
Receipts from Unions:—		House Surgeon	68 5 0
Thetford	100 19 0	Steward	47 5 0
Bury	31 17 0	Assistant Engineer	23 0 0
Plomesgate	620 13 6	Attendants, Nurses and	
Cosford	453 6 0	Servants	470 12 2
Sudbury	722 1 6		
Ipswich	31 17 0	Meat	1114 2 2
Wangford	555 7 6	Groceries	1100 16 1
Blything	796 8 0	Beer, Malt, and Brewing	948 8 5
Mildenball	260 1 0	Bread and Flour	475 2 8
Thingoe	361 0 0		
Samford	283 17 0	Clothing	3498 8 8
Risbridge	220 1 0	Coals	788 11 11
Newmarket	95 4 6	Wood	384 6 6
Hoxne	597 13 6	Medicines, Wine, and Spirits	18 10 6
Hartismere	488 1 0	Sundries	123 6 6
Mutford	376 14 6	Tradesmen's Bills	181 5 3
Woodbridge	590 8 6	Clerk to House Committee	939 18 8
Bosmere	500 11 6	Rev. Watson, Tithe	60 0 0
Stow	348 8 6	Clarke, Coffins and Funerals	10 3 4
County Pauper	39 6 6		
2nd. Class Boarder	21 0 0	Balance at Alexander's Bank	31 7 0
Farm Account, Calves Sold	23 0 0		
	£8219 19 6		1069 19 0
			£8219 19 6

No. 17.

HEADS OF EXPENDITURE.

Ending December 1860.

		£.	s.	d.
Meat, lbs.....	48754	1100	16	1
Bread, loaves $4\frac{1}{4}$ lbs. each....	33076	{ 831	5	6
Flour, sts.	1420	{ 142	16	0
Butter, lbs.	3116	{ 145	12	4
Oatmeal, lbs.	8901	{ 78	2	7
Tea and Coffee	538	{ 111	0	0
Cheese, lbs.	8669	{ 220	6	2
Soap, Pearlash, Soda, and Blue, lbs.	16070	{ 142	7	4
Grocery		{ 211	5	1
Candles, lbs.	1288	{ 39	14	11
Coals, tons	406	{ 384	6	6
Wood, loads	19	{ 18	10	6
Medicines, Wine, and Spirits		{ 123	6	6
Table Beer and Porter.....		{ 475	2	8
Clothing and Linen		{ 788	11	11
Sundries		{ 181	5	3
Salaries and Wages		{ 1174	2	2
Tradesmen's Bills.....		{ 950	2	0
Total.....	£	7118	13	6

No. 18.

AN ACCOUNT OF DEBT OF COUNTY RATE,

From Michaelmas 1859 to Michaelmas 1860.

RECEIPTS.		PAYMENTS.	
1859.	£. s. d.	1860.	£. s. d.
Oct.	Balance in hand.....	Jan. 6.	Interest on £2900 at 4½ cent.
1860.			Bonds discharged
Jan.	By Rate		Treasurer
			Balance in hand.....
	£ 386 19 10		£ 386 19 10
March 2nd. 1860. Laid before the Quarterly Meeting this day, audited and allowed. FRED. G. DOUGHTY, Chairman.			
1860.		1860.	
March.	Balance in hand	July.	Interest on £2700 at 4½ cent.
July.	By Rate		Bond discharged Nunn
			Treasurer
	£ 470 14 5¼		Balance
			£ 470 14 5¼
September 28th. 1860. Laid before the Quarterly Meeting this day, audited and allowed. J. H. BORTON, Clerk of the Peace. J. H. HEIGHAM, Chairman.			
HENRY PIZEY, Clerk.		GEORGE DURRANT, Steward.	