

**Twenty-fourth annual report of the Suffolk Lunatic Asylum : December, 1861.**

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TWENTY-FOURTH ANNUAL REPORT  
OF THE  
SUFFOLK LUNATIC ASYLUM.

DECEMBER 1861.

1862.

## Visiting Magistrates.

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

ANDERSON, THOMAS, CLK.

ALDERSON, S. H. CLK.

BEDINGFIELD, J. CLK.

BURROUGHES, T. D'EYE, ESQ.

CHEVALLIER, DR.

COOKE, J. Y. CLK.

CORRANCE, F. ESQ.

DOUGHTY, F. G. ESQ.

GORTON, R. CLK.

HEIGHAM, J. H. ESQ.

HILL, C. CLK.

HUDDLESTON, P. ESQ.

KERRICH, J. ESQ.

KERRISON, SIR E. C. BART.

LOVE, E. M. CLK.

OWEN, H. CLK.

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RODWELL, B. B. H. ESQ.

ROWLEY, SIR C. R. BART.

SCHREIBER, F. W. ESQ.

SHEPPARD, J. G. ESQ.

STEWARD, C. ESQ.

WALFORD, C. ESQ.

WILSON, H. ESQ.



## REPORT.

AT the close of last year there were 331 patients in the House, in the unequal distribution of 142 males to 189 females. To afford accommodation for the latter by advantageous alterations, has been almost uninterruptedly the work of the last twelve months: and the result is, that the great inconvenience experienced from the want has now ceased. There is still a small piece of unoccupied ground at the end of one of the female airing courts, which may yet be advantageously filled up, and room afforded by doing so for a few more female patients. The opinion formerly expressed, that at a very trifling outlay, sufficient room could be obtained for County paupers for some years to come, receives a satisfactory confirmation: and this will be additionally apparent on a reference to the report of to-day, which gives the number of female admissions 12 less than last year, and the discharges generally, 14 more.

The mortality has been greater, arising from the ages of the patients on admission, and the condition of senile exhaustion in which many of them were brought: *eight* were considerably over 70 and two over 80 years of age. These were inmates necessarily for only a very limited *period*.







wall, has relieved the inmates of the lower stories from the impossibility of breathing at least sanitary atmosphere, not to say of breathing at all: and the energy with which the patients worked at this removal, showed that they were no less effective in their deeds of demolition, than in their labours of elevation. The new airing court, three-quarters of an acre in extent, is entirely inclosed by a dwarf wall.

The enlarged drying ground, not completed by inclosure yet, but in progress, will be a great convenience. The iron tramway leading to it will spare a great deal of labour, and by a transfer of inanimate usefulness, sleepers for it have been made out of some old bedsteads; and the rails REST upon the *sleepers* on which the patients slept. The washing department needs additional machinery: an apparatus which might be readily made to turn by the steam engine would be a great relief in this constantly embarrassing department. Towards the close of the year a visit was paid by Lord Shrewsbury and the late lamented Lord Eglinton. These noblemen, recognizing the principle that true nobility is exalted by being useful, suggested some very valuable *additions* to the laundry, similar to those which have been made and are advantageously in use at the Stafford Asylum: and they kindly promised to place the result of long *experience* at the service of the Committee.

The patients have been throughout the year healthy and happy: and though several have been admitted under extreme despondency, they have left with the impression of brighter images, raised by the more quiescent brain. A female went home cheerfully and comfortably a very short time ago, in normal magnitude of body and corresponding condition of mind, who when admitted had determined suicidal propensities, and who remained for some time impressed with an idea which she encouraged with a morbid satisfaction, that she was shortening a period of fifteen years during which she was gradually to shrink in the dimensions of her body; and then



to lie dormant, so that when she really died, the coffin for a child would be large enough to hold her. This case is worthy of observation as somewhat peculiarly illustrating the truth of not only insanity in general, but monomania in particular, being intrinsically a physical disorder, and only secondarily an affection of the mind, independently considered; which is removed by restoring the bodily functions to their healthy state.

As usual the patients have had their recreations and amusements. During the summer many went out two or three times a week for walks in the lanes and the unfrequented fields. It is better perhaps in these extended indulgences to avoid the more populous parts of the neighbourhood. It prevents the necessity of a scholastic rigidity in ranks, and allows of more domestic family freedom and ease. A party of forty spent a day at Aldborough under the care of four attendants. They were of course delighted; but as objects of curiosity they were exposed to injudicious interference. Some person (doubtless with the most humane intention) persisted in distributing *tracts* amongst them, and one very excitable patient became restless, and the responsible attendant was obliged to request the author of the distraction to desist. The circulation of religious tracts amongst the insane should be *very guarded indeed*, especially if they fail to embrace a thorough catholicity. The diversities of error from *the one* undivided truth, which are readily to be detected by the psychological physician in Lunatic Asylums, are frequently arising from the encouragement of a party piety; and those errors will not yield either to printed or to verbal common-place. Some of our Asylum Theologians both male and female, not only have opinions of accuracy too scriptural and well taught for some disputants, but also hold them with a wonderful tenacity. One of these asked the question if it was not rude of Paul to call the Galatians "foolish Galatians," and upon the reply that their conduct proved the justness of



the censure, "*that may be true*" was his answer, "but it is quite a matter of opinion: there were persons who said Paul *thou art beside thyself*, much learning hath made *thee* mad." This man had been reading the apostle's epistle, and was disposed to argue as a very tough disputant on some controversial points.

The plans upon the table for the proposed chapel have been obtained in obedience to the order given at the last quarterly meeting. Each of them seems to embrace the demands of this large household, whose wants in this respect are not matter of private opinion, but of long professional experience. There should be a CHURCH with all its *sacred* adjuncts: and we can sincerely echo the opinion of a reverend and a very practical author,\* "that there is many a sermon even in the church bell; and as to towers and spires dotting the landscape, no one can tell how many impressions we owe to those silent fingers pointing to the skies." Many of the better taught patients encourage an anticipative hope of walking "to the house of God in company:" and the impression that they will no longer be an excluded class from the church in which they worshipped in their days of health, has, independently of its spiritualities, a salutary effect upon their minds.

Though more work has been done externally by the patients than in any previous year, beside the additional employment afforded by the cultivation of the extra five acres of land, the work *in* doors has not been altogether neglected. A great deal of the old stone flooring in the lower parts of the building (almost always damp) has been taken up, and replaced by boards on the female side. The same is in progress on the male side. More shoes and more clothes have been made at home. A patient whose ceaseless engagement is to make hearthrugs, has one by him containing 9000 pieces of coloured cloths ingeniously put together; and he says it really is *labour* to place properly every piece. Some *few* of the patients

\* Pycroft.



will not work, of course : and amongst them is a man who stands *rubbing* his hands, quite *laboriously* notwithstanding, and he sometimes appears to be a type of those gentlemen who always *SEEM* to be at work, and who are said, to be “always washing their hands with invisible soap in imperceptible water.” Almost *all* the bedrooms have been papered and painted : and it can hardly be doubted that the apparent comfort, though in opposition to high female authority,\* is fully appreciated by the patients themselves. There is no possible danger here from green paper : indeed a large paper factor asserts that the very *bright* green papers which have arsenical mixture are not deleterious unless the temperature of the room in which they are hung be raised to 140 degrees, if they are properly sized, as block printed goods are. Be this as it may, neither the paper nor any thing else, it is hoped, is pernicious here.

The services of a female nurse grown old in the labours of eight-and-twenty years, have been very valuable occasionally on the male side of the House. It is always gratifying, and after such long service especially, to be able to report favourably of attendants. They compose a class on whom praise has been very sparingly bestowed ; while frequently in ignorance and forgetfulness of their peculiarly harassing duties, the tongue of censure has been anything but an unbridled one. The conduct of our attendants both male and female has been satisfactory throughout the year ; and if regret has been felt that some have been unsettled at first, and subsequently enticed away under the promise of better pay and less work ; the regret at their loss may be diminished by the knowledge that we have had something like a good training school, or we never should have lost them ; *and* the conviction that those who have left have not found their indulgences in London greater than those they had in the country.

It has now become a very serious question whether the present antiquated mode of lighting the Asylum by candles

\* Florence Nightingale.



and lamps should not be displaced by gas. It must without any question be a great saving in expense. The cost of lamps, always getting out of order; the uncertainty of the light they give, and the *dirty* way of obtaining it, are sad drawbacks to comfort and *security*. Our long corridors at this time of the year are dark at 4 o'clock in the afternoon, and get only a *glimmer* of light at 8 o'clock in the morning. Residents of much smaller households than this have felt the advantage, and acknowledged the economy of having gas in their dwellings. It must pay to have it here.

The only accident throughout the year has been from a fall by which one man broke his leg. This poor man has a very unfortunate frangibility: when he was ten years of age both his legs were fractured; some few years ago his right leg was broken by a fall of earth upon him; four years ago he had a fracture of the right forearm; and now his left leg has been broken again. He is *well again*.

An escaped patient, the only one throughout the year, was bought back from Norwich after two days' wandering: he was quite glad to get back again. He is an improving musician, and would have been really a loss to the singing class of which he is a most energetic member.

Advantage has been taken of the 78th clause of the Asylums Act, and an allowance for a month was given to a patient discharged on trial: he came back at the expiration of the month grateful and well. The notice of this case, and the peculiarly distressing circumstances in many ways connected with it, will lead to the personal expression of grateful acknowledgement for the response that has been given by the Lord Lieutenant, noblemen and gentlemen connected with this County, to the somewhat private appeal that has been made to them for the establishment of a Benevolent Fund, whose claims are again urged through the channel of this report. An Asylum, as is well known, derives a large portion



of its curative influence from the mere fact (as its name imports) of being a retreat from the sphere of those causes from which mental disturbances arise. The absence of them, and the consequent happy forgetfulness of them, often alone work the very cure which medical care and adventitious means can at most *supplement*. These causes, of course, are frequently at work again, the very hour that a discharged patient returns to his former home and although the restored balance of his mind may stop them, or be impervious to their influence, yet they must still have a tendency to *renew* what they were the occasion to *create*.

Thus in a large proportion of cases, the predisposing circumstances of the home circle have only remained in abeyance, during the patient's removal to the Asylum; and have operated to produce recurrence of the malady. It must be clearly seen by all, that the application of modern science and philanthropy to insanity to be systematic and complete, should be *preventive* as well as curative. It should have two centres of application, one external, the other internal: one relating to the causes which hover around home; the other, to the actual condition of the patient's body and mind. The kindly care of the insane should not be circumscribed by the Asylum walls, but it should *radiate out* so as to *perpetuate* the cure which has been wrought *within*, and at least powerfully to diminish the probability of repeated attack. And this must suggest to all interested in the modern triumph of the treatment of the insane, that large margin beyond the reach of the law which is left for the exercise of christian philanthropy. In relation to this subject we may traverse *medical* ground, and urge that professional oversight should not be limited by legislative enactment, or expatiate merely within the clauses of a lunacy bill; but that it should extend beyond the actual area or time of positive disease, if a cure is to be contemplated



with satisfaction beyond that limit which is requisite for a formal discharge. The requirements of our agricultural paupers are few, and those very readily administered to : and in the desire to inaugurate a scheme for promoting the future sanity and the welfare of those patients who have been discharged from the Suffolk Asylum, we look to private energy as the only adequate supplement for the deficiencies of what without any disrespect, may be called *insane* legislation.

It is now only necessary to state the conviction that the *real* value of a superintendent's engagements in an asylum, is just in proportion to the mental labour employed, and also to the *encouragement* which is produced by it : and upon *this* point, one cannot help confessing, that however thankful one may feel on the retrospect of difficulties overcome in the affairs of this Asylum, there is a compulsory obedience which must be rendered to the weight of years ; and in yielding to it we are more and more convinced that we never *could* have been able to sustain the undiminishing weight of responsibility without that considerate kindness and undeviating support which it has always been our privilege to possess.

JOHN KIRKMAN, M.D.



## Commissioners' Report.

SUFFOLK COUNTY ASYLUM,  
*April 17th, 1861.*

We have this day personally examined all the patients in this Asylum, who are, of both sexes, 330 in number,—148 males and 182 females. The changes since Commissioners last visited, on 4th September 1860, have comprised 60 admissions (31 male and 29 female,) 35 discharges (8 male and 27 female,) and 30 deaths (16 male and 14 female.) We found no patient suffering from excitement, and with very few exceptions all were in fair bodily health. Four men are registered as under treatment for bodily sickness (of whom we saw 3 in bed,) and 4 women (all of whom we saw in bed.) No restraint is employed under any circumstances.

Since our Colleagues visited, 9 men have been secluded and 21 women; but where the door is only shut upon a patient for half an hour, it is entered as seclusion, and a good proportion of these 30 cases have been of this kind.

Besides the six acres of land in possession of the Asylum stated at the last visit to be under spade cultivation, five additional acres are now hired by the year for similar purposes of spade husbandry; and we think it highly desirable, if possible, that more land should be obtained in the same way.

Between 40 and 50 patients are now daily employed in the fields, with as many more in house and in-door occupations. And we found in the two workshops at work, three tailors and two shoemakers. This is a part of the establishment which greatly requires enlargement and increased attention. More trades should be comprised in them, and their gradual extension, by the provision of suitable shops, would not be difficult.



The 14-bed dormitory recently added, is now completed, and its arrangement and furniture, the washing apparatus, the clean and cheerful aspect of the whole are excellent. Great improvements in this respect have also been recently made in the other dormitories and single rooms on the female side of the house, and it is much to be desired that the like could be done on the male side, where some of the wards are cold and cheerless, and very many of the bed rooms are without carpeting of any kind, and have a bare and comfortless look.

We observed also in many instances on the male side, that the dress of the patients admitted of improvement, while the condition of the female patients generally in this particular was highly creditable.

The bath room improvements on the female side of the House, in progress at the last visit, have now been completed, but the great depth of the bath we think objectionable and have suggested a change in this respect as most expedient. Five males are bathed in the same water; but ten females are bathed before the water is changed. Dr. Kirkman has assured us that in future not more than five on either side shall be placed in the same water, but we have desired that this number shall be further reduced. We are glad to find that whenever the patients are bathed, there are present beside the special attendant of the ward, the head attendant on the male and the assistant matron on the female side.

No steps have yet been taken towards the projected New Chapel (which we think much required,) but a spacious, airy, and cheerful room for association of the female patients has been constructed, which will soon be suitably furnished, and it would in our opinion be most desirable, if with as little delay as possible, a corresponding room could be built on the male side. The male patients require to be brought together more frequently, where some common objects of employment, recreation, or amusement might be presented to them.



Among other advantages, opportunity would be thereby afforded for assembling larger numbers at the Sunday school and readings to the patients which have already been established by the praiseworthy efforts of Dr. and Mrs. Kirkman.

We have examined the diet table which is liberal, but it might be with great propriety improved to the extent of substituting a solid dinner on one of the soup days. None of the patients complained to us; while on the contrary many spoke very warmly of the kindness of the Medical Superintendent, the Matron, and the Assistant Matron; and upon the whole we are of opinion that the condition of the House and the patients reflects credit on Dr. Kirkman and the various persons employed by him.

JOHN FOSTER.

S. GASKELL.

# Appendix.

## No. 1.

### PATIENTS ADMITTED, DISCHARGED, AND DIED,

From 1st of January 1861, to 31st December.

	Males.	Females	Total.
Patients in the House 31st December, 1860	142	189	331
Admitted in 1861 .....	46	55	101
	188	244	432
Discharged—cured ..	25	30	55
——— relieved ....	4	5	9
Died .....	30	23	53
	59	58	117
Remaining in the House 31st Dec. 1861	129	186	315



## No. 2.

ASCERTAINED AND SUPPOSED CAUSES OF IN-  
SANITY IN THE 101 PATIENTS ADMITTED  
DURING THE YEAR 1861.

	Males.	Females.	Total.
Accident.....	1		1
Debility .....	3	2	5
Disappointed Affections .....		1	1
Epilepsy .....	3	2	5
Fright.....		1	1
Grief .....	2	7	9
Hereditary .....	6	8	14
Inflammation of Brain .....	1	1	2
Intemperance.....	6	3	9
Injury of Head .....	2		2
Loss of Employment.....	2		2
Loss of Money .....	1		1
Previous Illness.....	9	10	19
Puerperal State .....		2	2
Religious Insanity.....	1	3	4
Sunstroke .....		1	1
Typhus Fever .....	1		1
Unknown .....	8	14	22
Total.....	46	55	101

## No. 3.

OF THE 101 PATIENTS ADMITTED IN THE  
YEAR 1861.

	Males.	Females.	Total.
Discharged, cured .....	16	14	30
"    relieved .....	1		1
Died .....	10	8	18
Remaining ... ..	19	33	52
Total.....	46	55	101

## No. 4.

DOMESTIC CONDITION OF THE 101 PATIENTS  
ADMITTED IN THE YEAR 1861.

	Males.	Females.	Total.
Married .....	24	30	54
Single .....	16	16	32
Widowed .....	6	9	15
Total.....	46	55	101



## TABLE OF ADMISSIONS,

In the whole Thirty-three Y

Years.	MALES.						FEMA		
	Admitted.	Discharged.			Died.	Escaped.	Admitted.	Dischan	
		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	4
1850	36	21	4	25	17	1	47	29	7
1851	36	25	3	28	20		55	26	8
1852	51	22	2	24	17		47	28	3
1853	49	22	2	24	19		44	20	7
1854	34	22	3	25	15		47	24	9
1855	43	20	2	12	17		40	28	3
1856	42	21	2	23	16		47	18	7
1857	40	27	2	29	17		56	27	
1858	46	19	1	20	18		72	39	
1859	47	22	2	24	22		65	34	
1860	42	10	1	11	20		65	37	
<b>1861</b>	46	25	4	29	30		55	30	
Total.	1288	553	118	671	480	8	1470	719	12

Daily Average f

## CHARGES, AND DEATH,

the Asylum opened.

Died.	TOTAL.					In the House at the end of each year.			
	Admitted.	Discharged.			Died.	Escaped.	Males.	Females.	Total.
		Cured.	Relieved.	Total.					
4	142	20	2	22	15		50	55	105
7	82	24	12	36	18		66	67	133
10	87	27	7	34	26		80	80	160
8	67	41	6	47	25		78	75	153
8	65	32	9	41	22	2	75	79	154
8	64	34	12	46	17	1	75	80	155
6	79	33	17	50	14		79	91	170
9	56	22	29	51	16		78	81	159
16	76	30	6	36	27		79	93	172
7	66	37	4	41	20		82	94	176
6	82	42	14	56	16	1	80	105	185
13	69	37	4	41	20	1	89	104	193
9	64	32	3	35	22		93	107	200
11	61	24	4	28	21		98	114	212
16	67	26	11	37	29		103	110	213
12	66	32	2	34	21		109	115	224
12	82	38	3	41	25		112	127	239
15	81	43	1	44	31	1	114	131	245
24	86	29	3	32	48		116	134	250
18	82	39	2	41	29	1	123	139	262
21	82	44	16	60	30		119	134	253
14	83	50	5	55	31	1	113	137	250
15	91	51	9	62	35		101	143	244
13	98	50	10	60	27		111	144	255
17	93	42	9	51	36		117	144	261
15	81	46	5	51	30		111	150	261
15	83	38	5	43	32		125	144	269
15	89	39	7	46	31		128	153	281
19	96	54	9	63	36		122	156	278
20	118	58	6	64	38		130	164	294
13	112	56	3	59	35		131	181	312
18	107	47	3	50	38		142	189	331
23	101	55	9	64	53		129	186	315
34	2758	1272	249	1521	914	8			



## No. 6.

RELIGIOUS DENOMINATION OF THE 101 PATIENTS  
ADMITTED IN THE YEAR 1861.

Religious Denomination.	Males.	Females.	Total.
Church of England .....	30	34	64
Baptists .....	4	3	7
Wesleyans .....	3	4	7
Independents .....	2	1	3
Protestants .....	3	8	11
Dissenters .....	2	2	4
Mormons .....		1	1
Unknown .....	2	2	4
Total .....	46	55	101

## No. 7.

DEGREE OF EDUCATION OF THE 101 PATIENTS  
ADMITTED IN THE YEAR 1861.

Degree of Education.	Males.	Females.	Total.
Able to Read and Write .....	21	27	48
Able to Read .....	18	23	41
Unable to Read .....	7	5	12
Total	46	55	101

## No. 8.

OCCUPATIONS OF THE 101 PATIENTS ADMITTED  
IN THE YEAR, 1861.

Occupations.	Males.	Females.	Total.
Agricultural Labourers.....	26		26
"    "    Wives....		22	22
"    "    Widows ..		4	4
Barber .....	1		1
Blacksmiths .....	2		2
"    Wife .....		1	1
Builder's Wife .....		1	1
Carpenter .....	1		1
Collar Maker .....	1		1
Chimney Sweep.....	1		1
Charwoman .....		2	2
Domestic Servants.....		12	12
Dress Makers.....		5	5
Drabbett Weaver .....	1		1
Farmer .....	1		1
Grocer .....		1	1
Groom .....	1		1
Gardener's Wife .....		1	1
Hawker's Wife .....		1	1
Horse Dealer.....	1		1
Innkeeper .....	1		1
Mariner .....	1		1
Merchant's Clerk .....	1		1
Miller .....	1		1
Mechanic's Wife .....		1	1
Organist's Wife.....		1	1
Shoemakers .....	2		2
"    Wife .....		1	1
Soldiers .....	2		2
Stationer's Assistant .....		1	1
Shopkeepers .....	2		2
Upholsteress .....		1	1
Total.....	46	55	101



## No. 9.

## AGES OF PATIENTS ON ADMISSION IN 1861.

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	0	4	2	6	7	5	21	8	7	12	9	3	6	8	3	46	55	101

## AGES OF PATIENTS DIED IN 1861.

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.
1	0	1	6	5	4	2	4	4	5	6	6	5	30	23	53



## 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 1861.

No.	Age.	Sex.	Cause of Death.	Residence in Asylum.			Total Duration of Insanity.			Form of Insanity.
				Yrs.	Mos.	Dys.	Yrs.	Mos.	Dys.	
1	37	F	Epilepsy	1	2	15	1	3	15	Epileptic Mania
2	85	F	Old Age, Infirmary		6	27	1	0	27	Melancholia
3	33	M	Apoplexy	1	5	23	1	6	23	Recurrent Mania
4	29	F	Epilepsy	5	1	1	13	1	1	Mania
5	70	F	Gradual Exhaustion		2	22		4		Ditto
6	33	M	Ditto	1	0	25	3	0	25	General Paralysis
7	32	F	Ditto	13	8	27	13	9	4	Mania
8	30	M	Epilepsy	8	0	1	15	0	1	Ditto
9	31	M	Paralysis		5	20	1	2	0	Epileptic Mania
10	62	M	Maniacal Exhaustion	9	6	24	15	6	24	Recurrent Mania
11	8	M	Epilepsy	1	6	15	8	0	0	Epileptic Mania
12	62	M	Diseased Lungs	30	0	0	30	6	0	Mania
13	40	F	Epilepsy	1	0	7	40	0	0	Idiotcy
14	36	M	Phthisis		1	9		1	12	Mania
15	70	M	Ditto		4	2		4	21	Ditto
16	59	F	Chorea		11	12	3	11	12	Ditto
17	75	M	Epileptic Syncope		6	17	1	7	17	Ditto
18	65	F	Paralysis			25		6	25	Ditto
19	61	F	Ditto	7	0	26	9	0	26	Ditto
20	65	M	Exhaustion			7		1	7	Paralytic Mania
21	46	M	Diarrhoea	12	6	13	15	6	13	Mania
22	55	M	Exhaustion		2	5	4	2	5	Ditto
23	54	F	Ditto	10	9	19	11	9	19	Ditto
24	24	M	Phthisis	1	6	6	2	0	6	Ditto
25	75	M	Senile Infirmary	4	5	25	5	0	0	Dementia
26	52	M	Paralysis		4	10		4	14	Paralytic Mania
27	40	F	Gradual Exhaustion	15	6	16	23	6	16	Mania
28	25	M	Epilepsy	4	9	2	5	9	21	Epileptic Mania
29	54	F	Diseased Lungs			9	1	0	9	Melancholia
30	46	M	Gradual Exhaustion		2	7		2	21	Epileptic Mania
31	50	M	Ditto		4	25	1	4	25	Paralytic Mania
32	31	M	Chronic Hepatitis	1	2	24	1	2	24	Mania
33	45	M	Epilepsy		9	29	2	9	29	Epileptic Mania
34	50	M	Gradual Exhaustion		1	14		2	14	Paralytic Mania
35	54	F	Ditto			16	2	0	16	Recurrent Mania
36	71	F	Senile Exhaustion	4	10	5	6	10	5	Melancholia
37	34	F	Maniacal Exhaustion		2	24	3	2	4	Recurrent Mania
38	51	M	Inflammation of Stomach and Intestines	24	3	12	26	3	12	Mania
39	70	M	Cardiac Disease			25		1	25	Melancholia
40	69	F	Gradual Exhaustion	5	7	12	5	8	12	Mania
41	64	F	Ditto	3	2	24	3	3	24	Melancholia
42	43	M	Apoplexy		5	26		6	0	Mania
43	74	F	Senile Exhaustion	20	11	3	21	1	3	Ditto
44	30	M	Epilepsy	1	5	20	1	11	20	Epileptic Mania
45	49	M	Phthisis	6	4	10	8	4	10	Melancholia
46	73	F	Gradual Exhaustion	5	8	20	23	8	20	Mania
47	80	M	Senile Infirmary		4	2		4	12	Dementia
48	39	F	Paralysis		4	23		5	23	Mania
49	60	M	General Visceral Disease	22	11	8	25	11	8	Ditto
50	36	F	Epilepsy	1	3	28	3	3	28	Epileptic Mania
51	76	M	Senile Exhaustion		4	14		5	14	Mania
52	56	F	Mesenteric Disease		6	13		6	20	Melancholia
53	47	F	Strumous Debility	18	1	4	13	2	4	Mania



No. 11.  
DIET TABLE OF THE SUFFOLK LUNATIC ASYLUM.

December 31, 1861.

BREAKFAST.				DINNER.										SUPPER.																
DAYS OF THE WEEK.	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 oz	1 1/2 pt.	6 oz.	1 pt.	16 oz.	16 oz.	4 oz.	1 1/2 lb.	1 lb.	1 lb.	1 pt.	2 3/4 pt.	5 oz.	12 oz.	8 oz.	4 lb.	1 1/2 lb.	2 3/4 lb.	1 pt.	1 pt.	8 oz.	3/4 oz.	1 1/2 oz.	3/4 pt.	3/4 pt.	7 oz.	3/4 oz.	1 1/2 oz.	1 1/2 pt.	1 1/2 pt.
Monday	7	1 1/2	6	1			4	1 1/2	1		2 3/4	2 3/4	5		8	6	1 1/2	2 3/4		1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Tuesday	7	1 1/2	6	1	6		7	1 1/2		1	1 1/2	2 3/4	2		8	6	1 1/2	2 3/4	1	1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Wednesday	7	1 1/2	6	1	3		7	1 1/2			1 1/2	2 3/4	2		8	6	1 1/2	2 3/4		1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Thursday	7	1 1/2	6	1			4	1 1/2			1 1/2	2 3/4	5		8	4	1 1/2	2 3/4		1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Friday	7	1 1/2	6	1	6		7	1 1/2			1 1/2	2 3/4	2		8	6	1 1/2	2 3/4	1	1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Saturday	7	1 1/2	6	1			7	1 1/2			1 1/2	2 3/4	2		8	4	1 1/2	2 3/4		1 1/2	8	3/4	1 1/2	3/4	3/4	7	3/4	1 1/2	1 1/2	1 1/2
Total.....	49	10 1/2	42	7	18	16	22	3 1/2	1	1	3	3 3/4	14	12	20	3	2 3/4	2 3/4	2	2 1/2	56	2 1/2	6	2 1/4	3	49	2 1/4	6	1 1/2	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 1861.

Dr. 1861. Jan. 1.	£. s. d.		1861. Dec. 31.	Cr. £. s. d.	
	£.	s. d.		£.	s. d.
To Live and Dead Stock, valued at - - -	163	0 0	By Amount of Produce supplied to the Asylum, viz. Milk, Butter, Veal, Pork, Potatoes, and other Vegetables, at wholesale prices	232	19 0
Paid for Labour - - -	35	0 0	Cash received for 4 Calves		
Rates and Taxes - - -	8	18 3	Sold - - -	16	10 0
Tithe - - -	12	0 9	Ditto 12½ Coombs Wheat		
Paid for Corn, Meal, and sundry expenses - - -	138	13 3	Sold - - -	16	4 0
Estimated Rent of Land - - -	68	3 4	Hay Stack—about 4 Tons	20	0 0
			Live and Dead Stock, valued at - - -	200	10 0
Balance - - -	87	7 5	20 Sacks Potatoes - - -	5	0 0
			320 Bushels Swedes and Parsnips - - -	8	0 0
			6 ditto Onions - - -	1	0 0
			4 Coombs Beans - - -	4	0 0
			3 Acres Vegetables on the Land - - -	9	0 0
				£ 513	3 0



No. 13.

## CONTRACT PRICES,

For the year ending 29th December, 1861.

	1st Quarter		2nd. Quarter.		3rd. Quarter.		4th. Quarter.	
	s.	d.	s.	d.	s.	d.	s.	d.
Beef, good Steer, by side ..... cwt.	50	0	56	0	54	0	53	0
Wether Mutton, by side or carcase .....lb.		7		7½		7		7
Bread, per loaf, 4lb. 4oz. 18 hours baked .....		7¼		7		5¾		6
Flour, seconds ....sack	48	0	48	0	46	0	42	0
Malt .....coomb.	35	0	35	0	35	0	33	0
Hops, genuine English growth .....cwt.	140	0	140	0	140	0	112	0
Sugar, loaf .....lb.		5¾		5½		5½		5½
„ soft, good ..cwt	38	0	36	0	34	0	34	0
Molasses or Treacle, cwt.	16	0	16	6	16	0	16	0
Vinegar .....gallon	1	6	1	5	1	5	1	0
Soap, good .....cwt.	28	0	27	9	26	6	27	0
„ soft, firkin 64lbs. net	13	0	12	11	12	6	12	6
Cheese, Edam, good, cwt.	61	0	57	0	39	6	40	0
„ Derby ....cwt.	72	0	74	0	66	0	56	0
Groats .....cwt.	19	0	19	5	18	10	18	0
Peas, boilers ....bushel	5	6	6	6	4	11	5	0
Best Firkin Butter of 56 lbs. net .....firkin	52	0	46	0	44	0	46	0
Tobacco, shag .....lb.	3	2	3	2	3	2	3	3
Snuff .....lb.	3	0	3	0	3	0	3	0
Candles .....dozen	6	9	6	7½	6	2½	5	6
Pearl Ash .....cwt.	34	0	37	0	32	6	32	0
Soda, good .....cwt.	5	6	5	8	5	3	5	3
Best Stone Blue ....lb.	1	0		11½		11½	1	0
Best Starch .....lb.		4½		4½		4½		4½
Pepper .....lb.	1	0	1	0	1	0	1	0
Mustard .....lb.		6		6		6		6
Carolina Rice .....cwt.	20	0	17	10	16	10	18	0
Wheat Straw in Trusses ..... cwt.	3	0	3	0	3	0	2	6
Brush Wood Fagots, 60 fagots to the load ....	19	6	19	6	19	6	19	6
Coals, best Wallsend, screened .....ton	24	6	22	0	21	0	21	0
Ditto, best Inland, ditto ..... ton	20	6	19	0	18	6	18	6
Ditto Blyth .....ton	19	6	18	0	17	6	17	6
Welsh Stone .....ton	32	0	30	0	29	0	28	0
Cinders .....chal.	18	0	18	0	17	6	17	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.
	<i>s.</i> <i>d.</i>	<i>s.</i> <i>d.</i>	<i>s.</i> <i>d.</i>	<i>s.</i> <i>d.</i>	£. <i>s.</i> <i>d.</i>
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
<b>1861</b>	9 0	9 6	9 6	8 6	23 14 6



No.

## AN ACCOUNT OF THE RECEIPTS AND

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

RECEIPTS.											
						£.	s.	d.			
1861.	To Balance forward					-	-	-	62	9	8
Jan. 12.	„	Bury	-	-	-	-	-	146	1	6	
21.	„	Ipswich	-	-	-	-	-	253	18	6	
							</				

15.

## DISBURSEMENTS FOR REPAIRS, &amp;c.

from January to December, 1861.

DISBURSEMENTS.						
1861.						
				£.	s.	d.
Jan.	16.	Thompson & Bennington, Lime	-	9	3	9
	17.	Allen, Plumbing, Glaizing, &c.	-	33	3	8
		Culham, Brazier's Work	-	12	8	9
		Chaplain's Clerk	-	1	5	0
		Page & Girling, Ironfoundry Work		66	19	0
	18.	Fisher, Gravel and Carting	-	11	4	0
		Gall, Ironmongery	-	8	6	1
	19.	Borton, Salary	-	12	10	0
		Extra Charges	-	26	13	8
				39	3	8
		Chaplain's Salary	-	25	0	0
	21.	Loder, Stationery, Printing, &c.		22	8	2
	22.	Smith, Bricklayer's Work	-	24	16	0
		Cook, Bricks and Pipes	-	35	4	2
	23.	Grimwood, Deals, Sawing, &c.	-	72	7	3
	28.	Dale, Stonemasons Work	-	5	2	8
Feb.	2.	Clarke, Carpenter's Work	-	22	0	2
				£ 388	12	4



## RECEIPTS.

1861.					£.	s.	d.
	To	Amount forward	-	-	-	462	9 8
March 8.	„	Bury	-	-	-	109	11 0
April 3.	„	Ipswich	-	-	-	190	9 0

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£ 762 9 8

*continued.*

DISBURSEMENTS.			
1861.		£.	s. d.
	Amount forward - -	388	12 4
March.	Chaplain's Salary - - -	25	0 0
	Page & Girling, Ironfoundry Work	29	16 1
	Dale, Stonemason's Work -	14	7 7
	Thompson & Bennington, Lime -	3	3 0
	Cook, Bricke, Tiles, Pipes, &c. -	20	12 6
	Hubbock, Paint - - -	5	15 0
	Grimwood, Deals, Sawing, &c.	32	8 2
	Loder, Printing, Stationery, &c. -	26	16 11
	Moulton, Advertisements - -	1	2 0
	Smith, Bricklayer's Work - -	7	15 10
	Pizey, Postage and Receipt Stamps,		
	Bankers Check Books, &c. -	5	11 0
	Jeffries, Painting, Glazing, &c. -	12	9 9
	Clarke, Carpenter's Work -	14	2 8
	Gall, Ironmongery Work - -	10	1 9
	Borton, Insurance 1860 19 10 0		
	Ditto, ditto 1861 - 26 0 0		
		45	10 0
	Ditto, Salary - - 12 10 0		
	Extra Meeting - 10 10 0		
	Postage - - 2 2 0		
		25	2 0
	Allen, Plumbing, Glazing, Paint -	29	2 10
	Chaplain's Clerk - - -	1	5 0
	Cook, Asphalting - - -	8	9 6
	Fisher, Gravel and Carting -	30	1 0
		£ 737	4 11



# RECEIPTS.

					£.	s.	d.
1861.	To Amount forward	-	-	-	762	9	8
July.	„ Bury	-	-	-	146	1	6
	„ Ipswich	-	-	-	253	18	6
					<hr/>		
					£ 1162	9	8

*continued.*

DISBURSEMENTS.		£.	s.	d.
1861.	Amount forward - -	737	4	11
July.	Whisstock, Land Tax - -	2	5	6
	Carson, Paint - - -	11	11	0
	Clarke, Carpenter's Work -	13	12	8
	Chaplain's Clerk - - -	1	5	0
	Jeffries, Plumbing, Painting, and Glazing - - - -	19	7	6
	Culham, Brazier's Work - -	3	0	6
	Chaplain's Salary - - -	25	0	0
	Cook, Bricks, Tiles, Pipes, &c. -	70	17	6
	Blowers, Whitening - - -	1	13	0
	Loder, Printing and Stationery -	11	1	7
	Thompson & Bennington, Lime -	6	6	0
	Wright, Painting - - - -	3	12	0
	Gall, Ironmongery - - - -	5	7	0
	Page & Girling, Ironfoundry Work	55	15	6
	Grimwood, Deals, Sawing, &c. -	63	16	4
	Cook, Asphalting - - - -	14	15	3
	Allen, Glazing Window - - -	1	19	11
	Smiths, Bricklayer's Work - -	30	6	4
	Dale, Stonemason's Work - - -	21	9	0
	Gall, Paint, &c. - - - -	16	4	5
	Fisher, Gravel and Carting - -	3	4	0
	Borton, Salary - - - -	12	10	0
		£ 1132	4	11



No. 15.

## RECEIPTS.

1861.					£.	s.	d.
	To	Amount forward	-	-	-	1162	9 8
Oct.	,,	Ipswich	-	-	-	222	3 4
	,,	Bury	-	-	-	127	16 8

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 £ 1512 9 8

*continued.*

DISBURSEMENTS.			
1861.		£.	s. d.
	Amount forward -	1132	4 11
Oct.	Loder, Stationery, Printing, &c. -	11	12 8
	Dale, Stonemason's Work -	29	3 6
	Chaplain's Salary -	25	0 0
	Jeffries, Plumbing, Painting, and Glazing -	20	12 0
	King, Sand -	1	13 0
	Carson, Paint -	4	19 0
	Grimwood, Deals, Sawing, &c. -	44	19 3
	Pizey, Postage and Receipt Stamps and sundry small expenses -	3	10 6
	Cook, Brick, Pipes, &c. -	21	5 1
	Culham, Brazier's Work -	12	2 2
	Chaplain's Clerk -	1	5 0
	Smith, Bricklayer's Work -	32	3 4
	Borton, Salary -	12	10 0
	Page & Girling, Ironfoundry Work -	65	16 8
	Thompson & Bennington, Lime -	7	7 0
	Gall, Ironmongery -	13	1 11
	Ditto, Paint, &c. -	9	10 5
	Cook, Bricks, &c. -	13	9 3
	Clark, Carpenter's Work -	17	17 0
	Balance -	32	7 0
		£ 1512	9 8





## No. 17.

## HEADS OF EXPENDITURE.

Ending December 1861.

		£.	s.	d.
Meat, lbs.....	55064	1329	7	11
Bread, loaves $4\frac{1}{4}$ lbs. each....	33456	{ 961	15	11
Flour, sts. ....	1660	{ 196	12	0
Butter, lbs. ....	3462	{ 145	8	3
Oatmeal, lbs. ....	9275	{ 82	15	9
Tea and Coffee .....	666	116	7	2
Cheese, lbs. ....	9320	218	1	11
Soap, Pearlash, Soda, and Blue, lbs. ....	17316	144	12	4
Grocery .....		224	15	3
Candles, lbs. ....	1484	47	6	9
Coals, tons .....	$464\frac{1}{2}$	447	18	0
Wood, loads .....	20	19	10	0
Medicines, Wine, and Spirits		106	15	0
Table Beer and Porter.....		567	3	9
Clothing and Linen .....		927	6	10
Sundries .....		247	0	9
Salaries and Wages .....		1381	6	8
Tradesmen's Bills.....		966	11	8
Total.....	£	8130	15	11



No. 18.

AN ACCOUNT OF DEBT ON COUNTY RATES,  
From Michaelmas 1860 to Michaelmas 1861.

RECEIPTS.		PAYMENTS.	
1860.	£. s. d.	1861.	£. s. d.
Sep. 28. Balance in hand.....	84 19 5½	Jan. 6. Interest on £2400 at 4½ p cent.	54 0 0
1861.		Bonds discharged .....	300 0 0
Jan. By Rate .....	373 17 1½	Treasurer .....	25 0 0
		Balance in hand.....	79 16 7
	£ 458 16 7		£ 458 16 7
March 1st. 1861. Laid before the Quarterly Meeting and allowed.			
F. G. DOUGHTY, Chairman.			
1861.			
March 1. Balance in hand .....	79 16 7	July 6. Interest on £2100 at 4½ p cent.	47 5 0
July. By Rate .....	186 15 10	Bonds discharged .....	100 0 0
		Treasurer .....	25 0 0
	£ 266 12 5	Balance in hand.....	94 7 5
			£ 266 12 5
October 4th. 1861. Laid before the Quarterly Meeting and allowed.			
F. G. DOUGHTY, Chairman.			
J. H. BORTON, Clerk of the Peace.			

HENRY PIZEY, Clerk.  
GEORGE DURRANT, Steward.