

Report of the Committee of Visitors of the Lunatic Asylum for the North and East Ridings of Yorkshire : presented at the Easter quarter sessions for the respective Ridings, 1849 : together with the superintendent's second annual report, read at the Easter sessions, 1849 : and an account of the receipts and payments to the end of the year 1848 / [North and East Ridings of Yorkshire Lunatic Asylum].

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Publication/Creation

Leeds : Alice Mann, printer and stationer, Duncan-street, 1849.

Persistent URL

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REPORT
OF THE
COMMITTEE OF VISITORS
OF
THE LUNATIC ASYLUM

FOR THE
North and East Ridings of Yorkshire.

PRESENTED AT THE
EPIPHANY QUARTER SESSIONS FOR THE RESPECTIVE
RIDINGS, 1849.
TOGETHER
WITH THE SUPERINTENDENT'S SECOND ANNUAL REPORT,
READ AT THE EASTER SESSIONS, 1849.
AND
AN ACCOUNT OF THE RECEIPTS AND PAYMENTS TO THE END
OF THE YEAR 1848.

LEEDS:
ALICE MANN, PRINTER AND STATIONER, DUNCAN-STREET.
1849.

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ORDERS OF COURT *made at the General Quarter Sessions of the Peace, held at Northallerton, for the North Riding of the County of York, on the Reports of the Committee of Visitors and Superintendent being presented to them.*

North-Riding
of
Yorkshire. } EASTER SESSIONS, 3rd April, 1849.

ORDERED, That the Reports of the Committee of Visitors and Superintendent for the United North and East Ridings Pauper Lunatic Asylum be received and adopted; and that such Reports, with the annual accounts, be printed, and a copy sent by post to each Justice of the Peace, and to each place supporting its own poor, within the Riding; the proportionate part of the costs of printing such reports and accounts being borne with the East Riding.

ORDERED, That the thanks of the Court be presented to Mr. Hill, the Superintendent of the North and East Ridings Pauper Lunatic Asylum, for his Report, together with the approbation of this Court of the general principles therein set forth, and an expression of its entire confidence in Mr. Hill, and of the deep sense entertained of his strenuous efforts to confer great benefits on the patients under his care, as well as on the ratepayers at large; and that the Clerk of the Peace be requested to forward a copy of this resolution to Mr. Hill.

East-Riding
of
Yorkshire. } *At the General Quarter Sessions of the Peace for the East Riding of Yorkshire, holden at Beverley the 3rd day of April, 1849.*

ORDERED, That the thanks of this Court are due to Mr. Hill, the Superintendent of the Pauper Lunatic Asylum for the North and East Ridings, for his very able Report. This Court beg to express their approval of the general principles set forth therein, and to make known their high sense of the strenuous efforts made by Mr. Hill to confer very great benefits alike on the patients under his care and on the ratepayers at large; and that the Clerk of the Peace do transmit to Mr. Hill a copy of this resolution.

REPORT.

*North and East Ridings Asylum, Clifton, York,
December 23, 1848.*

TO HER MAJESTY'S JUSTICES OF THE PEACE FOR THE RESPECTIVE RIDINGS, IN GENERAL QUARTER SESSIONS ASSEMBLED.

THE Committee of Visitors of the County Lunatic Asylum, in presenting their Report of the transactions of the Institution during the last nine months, beg, in the first place, to draw the attention of the Court to the steady and satisfactory advancement of the Asylum.

There were in the Asylum on the 30th of March last,

		74 males, 57 females.	
Admitted since	. 30	„ 22	„
	104	79—together,	183
who have been under treatment, of whom		there have been finally	
Discharged	. . . 12	males, 8	females.
Out on trial	. . . 4	„ 1	„
Improved	. . . 2	„ 0	„
Died	. . . 9	„ 1	„
Remaining under treatment	77	69—total,	146.

The Committee trust that the objects for which the Asylum was erected have been thus far most fully accomplished; they refer especially to the cures, which amount to forty-eight per cent. on the admissions since the Annual Report was published, making a total of 44 final discharges since the Asylum was opened in April last year, provided five now on leave receive, as is anticipated, the requisite certificates. It would appear from answers to the questions in *Orders of Admission*, that a very large proportion of the patients hitherto received are cases of old standing insanity; amongst them are several idiots of a most pitiable description, and others who are afflicted with fits of epilepsy. These persons, they understand, cannot be expected to derive much curative benefit; although in all of them very material improvements have been effected in their condition and habits. The Committee, in remarking upon the unfortunate character of such cases, beg leave to point out the undesirableness of increasing the number of this lamentable class in the Asylum. The male side has been for a long time quite

full, and in consequence admission has been refused to six patients, of whom one has since been admitted from his home, and another from a private asylum, where he had been confined about two months.

It is much to be regretted that, from an influx of hopeless cases of idiocy and bodily illness, the benefits to be secured for recent cases of insanity, when placed early under proper care, are necessarily denied them, and the sad risk of establishing so formidable a disorder as derangement of mind is incurred. It need hardly be mentioned that the evil is not confined to the sufferers and their friends alone, but imposes also a tax on the public. Of three out of the six men whose admission was refused from want of room, nothing is known; but it is believed that the advantages to be derived in a County Asylum cannot be available in the ordinary private ones. The Committee, therefore, respectfully desire to call upon the magistrates and officiating clergy of the two Ridings, who may be requested by relieving officers and other parochial authorities to sign orders for the admission of lunatics into the North and East Ridings Asylum, to ascertain, as correctly as possible, the medical officer's opinion of the nature of the case.

The Committee are not insensible to the difficulties attending a refusal to order the removal of a lunatic from his present abode to the County Asylum, but they conceive that both magistrates and officiating clergymen would be exonerated from blame, when they are satisfied, on medical testimony, that the patient is labouring under bad bodily health,—is idiotic or paralytic,—and therefore not likely to be benefited in the same degree by the treatment adopted in the County Asylum as those persons who have been recently attacked by insanity, and whose admission may be rendered impossible by any increase in the number of chronic and incurable patients already confined in the establishment. Precautionary measures of some such kind seem to be necessary, until the time arrives when it may be imperative on the Ridings to enlarge the building, so as to afford accommodation for every lunatic person chargeable to Poor Law Unions.

The Committee refer with much pleasure to the recommendation of the House Committee, that the weekly charge for the maintenance of patients, &c., be reduced from 11s. 1d. to 9s. 4d. for the ensuing quarter.

The Committee desire to express their thanks to the House Committee for their indefatigable attention to the interests of the Asylum.

The Asylum was officially inspected by the Commissioners in Lunacy on Tuesday the 28th of November; and, as their Report is a public document, it is herewith appended.

The Committee have to lament an unfortunate accident which happened to a male patient on the 2nd of November last, who attempted to destroy himself, from the effects of which he died 41

hours after. The circumstances were immediately reported by the Superintendent to members of the Committee, who instituted a very strict enquiry, which was also subsequently done by a Coroner's Jury; and they are happy in being able to state that no blame was attributable to the servant with whom the patient was employed; and that the utmost caution had been used by the Superintendent in apprising the servants and attendants generally of the character of the poor man's insanity.

The embankment, the farm-yard, piggeries, &c., with the boundary palings, for which grants have been made, are all in course of completion, and will be shortly finished, under the supervision of Captain Worsley.

The Committee of Visitors cannot conclude without alluding to that part of the Commissioners' Report which speaks of the systematic manner in which the patients of both sexes are employed; a plan of management which is believed to be carried out to an extent greater than in any other establishment of the kind. In making this statement there is no desire to detract from the merits of other institutions. The fact that the system of management adopted at the North and East Ridings Asylum has already very considerably influenced its finances, is a matter of such importance that the Committee feel it to be due to the Superintendent and Matron to state, that it is under their directions these valuable services are performed, which if continued with the same highly beneficial results both to the patients and the public, will distinguish the Institution as one in which the insane are trained to supply in part the means of their own maintenance, whilst under treatment for cure.

The Committee would beg also to claim attention to the Commissioners' remarks on the dietary of the patients. The economy and management of which department, and the clear manner in which the accounts are kept, they cannot refrain from mentioning as very creditable to the Steward. The Commissioners have also embraced the subject of religious instruction, and the Committee seek this opportunity of expressing how highly the services of the Rev. F. W. Hayden, the Chaplain, are appreciated, both by the officers and patients.

As the financial year does not expire till the 31st instant, the accounts cannot be presented till the Easter Sessions, when the Annual Report of the Superintendent will also be produced.

J. V. B. JOHNSTONE,

CHAIRMAN.

REPORT OF COMMISSIONERS IN LUNACY.

North and East Ridings Asylum, Clifton, 28th Nov., 1848.

WE have to-day officially visited this Asylum,—have gone through and inspected its various galleries, day-rooms, dormitories, and single sleeping rooms,—and have seen all the patients now confined in it, to the number of 149 in all; of whom 79 are males, and 70 are females.

The patients were generally tranquil and comfortable, and a large proportion of them seemed contented and cheerful. Their persons and dress were clean and neat, their bedding warm and clean; the rooms which they occupy in the best order, well ventilated, and perfectly free from any offensive smell.

In answer to our inquiries upon the points to which the statute directs our attention, we find—

1st. That Divine Service is regularly performed twice a-week by the Chaplain, and is attended by more than two-thirds of the patients; and that prayers are also read every morning and evening to a still larger number.

2nd. That the use of instrumental coercion is entirely unknown: a system of careful and constant supervision, with occasional seclusion for short periods, being substituted for it with the best results, as evidenced by the orderly, tranquil, and industrious habits of the great bulk of the inmates.

3rd. That the patients are classed and associated according to their character and condition, as,—orderly and cleanly, epileptic and refractory, idiotic and dirty; and that the total number of attendants is five on the male, and four on the female side, besides the head male attendant.

4th. That upwards of five-sixths of the entire number of patients are systematically set to work at occupations suited to their age, strength, and previous habits of life. About 36 of the males are at present employed in gardening and in farm labour, and nearly an equal number at their various trades. The females are chiefly employed in household work and the laundry, and at their needle in making up linen and clothing. The effect of these occupations is considered here (as elsewhere) to be most beneficial.

5th. That, with a few exceptions, the condition of the patients when admitted, is tolerably good.

6th. That the dietary of the patients is very liberal; the provisions of the best quality, and the allowance ample.

The different galleries and dormitories are well warmed by open fires, and the heating apparatus has not been brought into service. We are gratified to find that there is now an abundant supply of good water throughout the house.

A very large stock of clothing and other articles, prepared by the labour of the female patients, is now in store and ready for use.

Altogether the Asylum is in excellent condition.

J. W. MYLNE, } *Commissioners in Lunacy.*
J. R. HUME, }

*North and East Ridings Lunatic Asylum, Clifton, York,
29th March, 1849.*

SECOND ANNUAL REPORT OF THE MEDICAL SUPERINTENDENT.

—◆—

To the Chairman and Committee of Visitors :

GENTLEMEN,—The Report which I now have the honor to present, embraces a period of nine months only, up to the 31st of December, 1848.

Amongst the varied and interesting transactions of an Institution like this, the highest gratification is derived from the cures which, under Divine blessing, are effected. A source for thankfulness is also found in the general contentment of the inmates, which has been noticed by almost every stranger who has visited the Asylum; and whilst the utmost solicitude is felt for the safety of those unfortunate persons who are disposed to destroy themselves or to injure others, much anxiety is likewise experienced for the ease and comfort of such sufferers whose advancing age and diseases indicate a fatal termination.

The mortality has not been remarkable, except in the disproportion between the sexes.

At the date of the first Report, 30th March, 1848, there were in the Asylum,

	74 males, 57 females; total, 131
Admitted since up to the 31st } 31 „ 24 „ „ 55	
December last } — „ — „ „ —	
Total under treatment	105 „ 81 „ altogether, 186

Of whom have been discharged

Cured	16 males, 9 females; total, 25
Improved	2 „ 0 „ „ 2
Died	9 „ 1 „ „ 10
	— „ — „ „ —
Remaining	78 „ 71 „ total, 149
	— „ — „ „ —

Of the males discharged cured, one was re-admitted in a bad state of bodily health, and subsequently died; another who recovered last year was also under care a second time, and again discharged cured: no other relapses have occurred since the opening. One of the improved patients who belonged to the West Riding is now in the Asylum at Wakefield, the other is at home.

The admissions since the opening of the Asylum, on the 7th of April, 1847, have been— 120 males, 91 females; total, 211
Of whom have been discharged

Cured	26	„	16	„	total, 42
Improved	2	„	0	„	„ 2
Died	14	„	4	„	„ 18
<hr/>						
Remaining	78	„	71	„	altogether, 149
<hr/>						

The causes of death during the last nine months have been as follow—

1 male,	aged 34 years,	disease of brain and left lower jaw.
1 „	„ 52 „	chronic dysentery of long duration.
1 „	„ 65 „	natural decay, hastened by diarrhœa.
1 „	„ 58 „	general palsy.
1 „	„ 41 „	ditto.
1 „	„ 46 „	ditto.
1 „	„ 74 „	old age.
1 „	„ 35 „	injury from an attempt to hang himself.
1 „	„ 26 „	pulmonary consumption.
1 female,	„ 56 „	exhaustion from long-continued infirmities.

Thus the results of the last nine months shew that on the admissions for that time the cures have amounted to 45.45 per cent.* Two have been discharged improved, and upon the whole number under treatment about 5.37 per cent. have died. Of the total admissions from the commencement, 20 per cent. have been cured, about 1 per cent. discharged improved, and 8.53 per cent. have died. A reference to my former Report will shew that the maladies of a great majority of the patients first admitted were of a chronic and incurable nature, and that they had been confined in other Asylums and in Workhouses, from whence they were brought.

When parochial authorities become more alive to the advantages derived from sending the insane poor to the Asylum as soon as the disorder manifests itself, it is hoped that the benefits of the Institution will be more widely extended. All who are acquainted with the medical and moral management of the insane, agree in the doctrine that the sooner patients are entirely removed from their homes, friends, and associates, and subjected to the medical care and discipline of a well-organized Asylum, the greater is the probability of a restoration to reason.

There may, however, be special reasons why a removal to the County Asylum cannot safely, or with a proper regard to humanity, take place. In no case should there be undue haste; nor, on the other hand, ought an incautious removal to be made. A very

* The difference between the per centage of cures as stated in the Committee's Report, and that which here appears, is caused by the admission of patients from the 23rd to the 31st December.

weighty responsibility rests on all the parties concerned, either in improperly delaying to convey a lunatic to the County Asylum, or in prematurely issuing an order of admission, when the patient is unfit to bear the fatigue of a journey, or is in such a state of filth that decency forbids the exposure of the public to such scenes and risks. Some unfortunate cases have occurred, and have led more immediately to these remarks. One is that of a poor Irishwoman, admitted on the 18th November last, and to whose deplorable condition I felt it to be my duty to draw your particular attention, and that of the Commissioners in Lunacy. She was taken out of a camp on Wednesday, the 15th, in the after part of the day, and removed to the Union House of the district, as reported by the overseer who accompanied her to the Asylum, and also positively asserted to be true by her husband, but has been denied by some of the Union Officers and the Surgeon, whose treatment of this most pitiable object has undergone investigation. To enter into a detail of the distressing state to which she was reduced by itch, lice, ulceration, and pregnancy is perhaps now unnecessary—neither of the three latter important and afflicting circumstances were mentioned in the order of admission, she was permitted to continue for about sixty-nine hours in the Union House without any attempt being made either to cleanse her person or to supply her with clean clothing. On the 7th February last she gave birth to a female. Her bodily health is restored, but I am at present unable to say whether she will mentally recover or not.

The other case is one of recent occurrence, proving the necessity of the friends of lunatic patients affording the certifying medical man all the information in their power, and also of setting forth, as fully as possible, every fact connected with the previous history and medical treatment of the patient. This poor man's journey occupied nearly five hours; he expired within fifteen minutes after his arrival at the Asylum; and it appeared that he had been almost without nourishment for a week, arising from the difficulty experienced in administering food to him, and that his death was caused by *serous apoplexy*—most probably the result of inanition. Only about two or three table-spoonfuls of thin fluid were the contents of his stomach.

When County Asylums are first opened, parochial authorities are generally reluctant to send their lunatics to them; they are deterred by the rate of maintenance being higher than in private or old established County Asylums, and forget that in the former it is seldom a regular staff of officers and servants is engaged, the proprietors chiefly undertaking the management themselves; and in the latter the general expenses are more evenly spread over the whole number of patients: besides, those resources which are dependent on the age of the establishment have had time to be developed. Comparisons have sometimes been made between the former charges of this Institution and such as above mentioned: the rea-

sons for the disparity are evident. In proportion to the number of patients accommodated the weekly cost should be diminished, because the staff required to conduct a small establishment is not increased proportionably with the augmentation of the number of patients. Moreover, some articles—as coals, lights, and a few other household necessities—are nearly as applicable for 300 as 150 patients. The law makes no provision at the outset for a supply of such things, nor for the payment of salaries and wages: a debt must consequently be incurred on the opening before funds are obtained from the parishes.

My last year's report gave a concise relation of the work done by patients and attendants in laying out the grounds, preparing land for cultivation, cropping it, removing earth dug out of the foundations, building a garden house, shed, &c., &c. The like services have since been even more industriously prosecuted, in helping to form and complete the embankment, and to construct the new farm buildings. The land on which brick kilns and clay mills stood, and over which heavy work and carting was done during the erection of the Asylum, has been trenched three feet deep, and comprises three acres; in addition to which four acres more have been recently converted into garden ground, making a total of 20 acres under spade husbandry.

As the works connected with the construction are gradually being finished, the powers of the Asylum with reference to garden-farming will become more developed. There is, however, too much cause for fearing that occasional interruptions will happen, in consequence of the drains having been formed with socket pipes, which have cracked and produced stoppages. Brick barrel drains have been substituted in some instances; and in others of only six inches diameter, pipes have been again used, taking especial care to give them a smooth and even bearing throughout: neglect of this nature when the drains were first laid down seems to be the main origin of these disasters. Such repairs are of a formidable character, as the drains vary in depth from 8 to 12 feet, and would be a serious expense did the patients not assist. With any other system than that adopted, the ordinary repairs—if made by master tradesmen—would amount to a much larger sum than at present, as the patients could not be safely trusted under the direction and charge of strangers.

The moral management of some cases of insanity is wholly dependent upon suitable employment being resorted to at particular stages of the mental disorder. A young man who had been apprenticed to a wheelwright, and whose father is insane, was admitted in a state of violent mania, which left him in a condition of the lowest mental capacity. When roused from his apathy, it was to commit some improper act, or to attempt to escape. He was entirely heedless of his personal comforts, and his habits would soon have degenerated into the worst description. Many trials were made to stimulate him to useful exertion in the garden. No

sooner was he engaged in the carpenter's shop than his intellects began to brighten; he made a wheelbarrow for the bricklayers, and commenced a pair of wheels for a water-cart: his recovery was very rapid, he was discharged cured, and has remained well upwards of a year. The wheels which he left unfinished were completed by a melancholic man, who has been in confinement 20 years, and who, since building the water-cart, has been daily employed in the carpenter's shop, and has undergone very great improvement, both mentally and bodily.

The first patient admitted into the Asylum is especially remarked upon in my former report: he is now an apt scholar in learning shoemaking: and another patient, formerly a schoolmaster and toll-collector, receives instruction in the same trade. Two of the males who have been discharged cured, after being employed in the garden, were encouraged to resume their business, and recovered whilst working under the direction of the shoemaker attendant. Two other shoemakers are convalescent, one of whom was mute and obstinately refused his food for eleven months, during which period strenuous efforts were repeatedly persevered in to induce him to work, which have proved eminently successful. From having been extremely attenuated, he is now in good health, is intelligent, and voluntarily enters into conversation. About two months ago he accompanied the shoemaker attendant to York, where he selected with judgment a supply of leather for future use.

Whenever convenient opportunities offer for allowing convalescent patients to mix with the sane in some simple business transactions, I have availed myself of them, believing that they serve in part to prepare the patient for again entering on the engagements of life.

One of our domestic servants was first admitted as a patient from another Asylum. On her removal here she smashed the windows of the carriage, and lacerated her forehead, arms, and hands. It was supposed by those who from time to time witnessed her violence, that she was a confirmed and mischievous idiot. This case would have been reported last year, but I thought more experience of her qualities as a servant was desirable. With much satisfaction is her history now alluded to, in consequence of her general good conduct; it is upwards of a year and a half since she was hired as housemaid.

Another female patient, who became insane after a faithful servitude of seventeen years in one family, and who was very riotous for the first three months, and laboured under peculiar religious delusions, was allowed to fulfil the duties of under laundry-maid. The high character she bore for integrity was an inducement for permitting her to share the privileges of the servants; this partial restoration to a condition similar to the one she had previously filled for so many years, was the means of tranquillizing her. During this probationary treatment, she visited York in company

with a servant, and was at liberty to walk about the grounds at stated times; the ordinary confinement to wards and airing courts would, in my opinion, have established her insanity. Five months ago she was discharged cured, and has since acted as housekeeper to a widower brother's family.

A striking instance of the effect of example is witnessed in the case of a female who, for many years, has been deprived of the use of her right side from paralysis, attended with epilepsy, and who is also afflicted with leprosy. Previous to her admission, I visited her in the Asylum where she was confined, and found her bed-ridden; her scalp was one mass of leprous sores. On her arrival here, in consequence of her feeble state, she was allowed a generous diet, and daily dressed and taken into the day-room, where, however, her language was so obscene and noisy that it was apprehended her separation from the other patients would be necessary. Attention and kind treatment had their due influence; she was entertained by the industry of those around her, and in a short time, with the use of only her left hand, was taught to knit stockings, which she now does expeditiously.

One other female was especially mentioned in my last Report as having been subjected for eleven years to perpetual restraint of the most harsh kind, and whose distressing condition had frequently attracted the notice both of the magistrates and Commissioners in Lunacy. It is with sentiments of deep gratitude I now again allude to her case; she is invariably well conducted, and uninterruptedly engaged at needlework; and was also formerly addicted to obscene language and disgusting habits: there is, unhappily, no prospect of her mental recovery.

A lad brought from another Asylum, shortly after the opening of this, in a state of dementia, is learning to be a tailor. His growing intelligence induces the hope that he will be enabled some day to earn his own living. His companions are equally interesting; one of whom was formerly a tailor; has been in confinement six or seven years, and is reduced to a state of idiocy: he is improving slowly, and occasionally reads aloud to other patients. Seven patients have been useful in the blacksmith's shop, although only two of them belonged to that business; two who partially acquired the trade have left the Asylum recovered. In every instance of patients working at trades, cures have been effected; amongst the first were a tailor and bricklayer. The basket-makers have been under charge of the gardener attendants, and have plied their business in the garden-house. Whenever patients are employed as stone-masons, they are placed under the charge of the bricklayer.

Notwithstanding the diversion of so much labour from agricultural pursuits, the profits of the farm and garden have sensibly affected the exchequer, as appears by the accounts.

It is most gratifying to be able to inform you that the closing of the books for the year ending 31st December, 1848, will warrant a

further reduction in the weekly charge for maintenance than was announced at the Epiphany Sessions. The diminished price of provisions, the increasing profit from the land, and the ultimate remuneration from other industrial pursuits, will justify you in lowering it to 8s. 2d. for the ensuing quarter. More land would become in a like degree profitable if it could be obtained; and through the exertions of those patients who work at the various trades just mentioned, as also of the females in dress and shirt-making, knitting, making up all kinds of female clothing, &c., the accumulated stock will not only be sufficient for the wants of the Institution, but supply a very considerable surplus for sale. All the articles are well turned out of hand; the make and quality of boots and shoes, and the products of tailors' work, vie with any that can be purchased. Both the in and out of door work is so satisfactorily executed that much credit is due to the several attendants and nurses for their ready compliance with the instructions of the officers, and for the manner in which they encourage the patients in their numerous occupations.

The industry of some of the females is devoted to washing for the York Training School. This engagement was commenced in January last. In short, every feasible endeavour consistent with the cure, bodily health, comfort, and happiness of my patients is resorted to, with the hope of rendering the Establishment progressively more self-supporting, and therefore less burdensome to the ratepayers. More than 130 patients are daily employed, being six-sevenths of the whole number.

The annexed lists of articles made by both sexes prove how much work—even of difficult descriptions—the insane are capable of performing, when properly directed.

The 71st and 72nd sections of the Lunacy Act have afforded the means of giving pecuniary aid to discharged patients, whenever such assistance has been needful; so that a bazaar fund has not been founded for their relief, the Establishment thereby deriving the entire advantage from the industrial mode of management.

It ought not to be overlooked that the plan of accommodation very significantly influences the conduct and economy of the Asylum. This building, in its construction, may be likened to an ordinary dwelling-house of two floors, wherein the family live on the ground-floor by day and retire to rest up stairs: the day rooms, three in number on each side, open on the pleasure grounds and airing courts: the single-bedded rooms for patients requiring their use, are also on the ground-floor, and though only amounting to between a fourth and fifth of the whole number of beds, have been found quite ample. Amongst those who have had long experience in the charge of the insane, are some who deem a much larger proportion of such apartments really necessary: this seems remarkable in advocates of non-restraint principles. The Commissioners in Lunacy would appear to entertain a similar belief, as in their instructions

to architects, directions are given for one-third of the accommodation to consist in single-bedded rooms and the remainder in dormitories: none of which are to contain more than twelve beds: the reason for limiting the latter to such a size I have never heard, and I am not aware of dormitories for twenty patients being at all objectionable for either sex.

There appears to me to be a decided advantage in the number of single rooms not being in greater proportion than they exist in this Asylum, and as they cannot be provided without materially raising the cost of building, I will, as briefly as possible, give my reasons for saying so. My observations on this important point were first made at the Surrey County Asylum, containing about 400 patients, of whom 180 were males and 220 females. One hundred and sixty single sleeping rooms were provided for them; a moiety to each sex; the other beds were placed in dormitories very various in size, having from 2 to 30 in each room. I tried how many patients who had been accustomed to sleep singly, could be trusted in dormitories, and found that but very few of either sex were unfit to be assembled at intervals in the large sleeping apartments: the questions naturally arose, why then, should such a large proportion of single rooms be considered requisite? Do the dirty and offensive patients, or the noisy, destructive and dangerous ones so abound as to render it imperative to provide so many single apartments to prevent disturbance from noise, and to ensure cleanliness and general good order? The suicidal patients are decidedly more safe in dormitories, and it is only when the propensity to commit self-destruction is accompanied with a disposition to do violence to others, that they should be put into single rooms. At the Bethnal Green Asylum, where the patients exceed 600, the single-bedded rooms comprise but an extremely small portion of the accommodation; I was informed, however, that a few more would be desirable.

A nice and discriminating attention on the part of officers and attendants, especially towards those patients who are addicted to disgusting habits, or who are liable to occasional paroxysms of violence, will enable them to ring the changes for such persons between occupying single rooms and dormitories, so as to make it unnecessary that the proportion of the former should be larger in any future County or Borough Asylum, than is provided in this Institution: a scanty number, is, in my opinion, preferable to a superabundance, because such unfortunate persons as before mentioned ought not to be always managed on the system of never trusting them with others at night. At suitable opportunities, the patients of all classes, here, are allowed to sleep in dormitories, which are furnished with every convenience for inducing proper habits, and are immediately under the inspection of attendants: the dispositions of many resolute, dangerous, and dirty patients, have thus been improved, and in several, corrected. Seldom any noise is made

at night, (excepting by newly admitted patients), more particularly on the male side, and no separate night-watch is considered necessary, as a gentle light is thrown throughout the dormitories and ensures a ready observation. Sourness of temper and moroseness may be frequently observed in chronic patients heretofore dangerous, who have been treated as though they were always so. Attendants are apt, partly to save themselves trouble, and partly from a wish to be cautious, to permit patients to go on occupying one room until it is claimed as a right; if the expression might be used, a chronic self-will is engendered, producing unhappiness to the individual, and discomfort to others; scarcely a move from a single room to a dormitory, or the reverse, takes place without a double benefit; no patients get well so quickly, or are so cheerful and good humoured, as those who feel the exercise of judicious authority; they learn to consult their superiors and to submit readily to the attendants, whose behaviour is much influenced by being led to observe with accuracy the caprice and whims repeatedly exhibited by those who are under their protection. Such arrangements as bring the individual peculiarities of some patients under the notice of others, and particularly of the attendants, must tend to check improper conduct, and contribute towards the good government of the Asylum. Having awarded to dormitories their share of praise, I must not omit to state that if all day-rooms and corridors are in future Asylums planned on the ground-floor only, one of each being appropriated to a family consisting of a given number of members, equally distributed throughout the establishment and furnished with every necessary convenience—they will be the main auxiliaries for constituting Lunatic Asylums the simply constructed abodes for such of our poorer brethren, as are, from mental aberration and intellectual infirmities, unfit to be at large. The airing courts, with perhaps one or two exceptions for each sex, should all be gardens, and in economy of management resemble the better order of cottagers.

A County or Borough Lunatic Asylum could, under the system of arrangements I have hinted at, be built to contain almost any number of patients, who would be subjected to an uniform mode of treatment, and could be managed and provided for less expensively than is now accomplished. The limits of this Report forbid my entering at present into further explanations concerning this momentous question, considering it to be sufficient to attract the notice of authorities and the public to a subject so paramount in importance, and which is calculated to affect our deepest interests; insomuch that whatever can be saved in carrying on a work of charity, without prejudice to the humane objects of the legislature, will help a philanthropic public to increase their labour of love by bestowing their bounty in extended spheres.

Nearly five years have elapsed since I had the honour of submitting, for the sanction of the Committee of Visitors of the

Surrey Asylum, the propriety of abolishing all guards to windows, and of dispensing with them for fires also; arguments seemingly cogent were urged in favour of them by those who differed from me in opinion; it was declared too, that the flower-pots which were introduced into the wards to decorate the windows, and break the monotony and cheerlessness of unattractive walls, would be converted into missiles: on my visit to Wandsworth in August last, I was much pleased to observe that the economy of the wards and day-rooms in these respects, had undergone no change since my resignation.

Guided by principles which I practised first in Surrey, I have endeavoured to organize this Institution as having for its combined objects the cure, care, and healthful industry of the insane; the additional experience gained has tested the genuineness of the scheme, and proves the utility of freeing lunatic homes from all semblances of restraint: not a single guard of any kind is employed, and the whole of the gas-lights are within reach.

The Commissioners in Lunacy having, in their remarks upon the condition of this Asylum, alluded to the morning and evening prayers, it should be explained that in the morning about two-thirds of the patients congregate in the chapel, but that in the evening, prayers are read in the day-rooms just before bed-time, when almost every one is present; preference is given to the latter mode for the evening, as it partakes more of the nature of family prayer, and is a means of acquainting the officers with any matters requiring attention: no instance of disorderly conduct has occurred, and there is reason to believe these devotions exercise a most salutary influence. Unremitting attention is paid to the Schools, much instruction has been imparted to the males; the scholars amongst the females are few. Recreations in the games of cricket and fives, and indoor amusements at suitable times, are enjoyed by the patients; about twenty acres of grass were mowed by the male patients aided by the attendants, and all the operations of farming and gardening are very much appreciated by them. The hay-making season gave great delight to the females, who did their share of the work with vigour.

From the foregoing remarks it will be seen how manifold are the benefits accruing from the cultivation of land, it then becomes a question whether it would not be wisdom in the Ridings to purchase or rent more land; the quantity attached to the Asylum, inclusive of the roads and pathways, is about 40 acres. An extension of the farm and garden would have the effect of reducing the charge for maintenance to a small amount per week; in other words, it would be an investment on the part of the Ridings but slightly felt, when contrasted with the permanent saving to be experienced by the Townships in giving larger scope for profitable employment.

At this juncture I have not entered upon a calculation of what

is the worth of the surplus labour done by the trade attendants and their classes, or by the nurses and the industrious female patients, who are engaged in making up articles over and above the stock required to make good the ordinary wear and tear: the returns from these sources will, as stated in a former part of this Report, be considerable hereafter.

Offers, to prepare outfits for new County Asylums about to be opened, have been made to several Committees of Visitors; the proffered assistance has not yet been accepted, as for the most part they conceive their buildings are not sufficiently advanced to warrant the issuing such orders. I have, however, made a valuation of the labour available alone for agricultural purposes, and find that estimating it at a very low rate, it is worth £500 per annum. When it is remembered this is wholly irrespective of other appliances before enumerated, I am encouraged to ask for more land on which to bestow our extra labour. I therefore most respectfully intreat your attention to this subject, seeing that it is impossible to turn to such beneficial account, as the interests of the patients and rate-payers call for, the extraordinary amount of manual labour which will doubtless be for the future at command in this establishment. I apprehend there would be no difficulty in obtaining land immediately contiguous: it is possible that in trading and manufacturing districts a less quantity than is so much wanted in these Agricultural Ridings would answer.

This Report could be lengthened by a recapitulation of the histories of many interesting cases of insanity which have undergone medical treatment: from your frequent visits you have been cognizant of all circumstances worth relating.

There are, however, two subjects, the one metaphysical and the other physiological, of much importance which require mention. I will first remark on the success which has resulted from the mode of managing the suicidal cases: it has not been our practice to deprive patients of that class of the use of implements required in their occupations, with which they might have effected their desire under less vigilant and careful watching, because it is believed that whenever the tendency is lasting, the chances of overcoming and wearing out the disposition to commit suicide, are more remote when patients so afflicted are studiously prevented handling instruments, than when, under strict watching, they are permitted the use of them: the greater the familiarity with their particular purposes, so much less is the wish to use them improperly. Some marked and successful cases have justified this plan of treatment. Such a practice at first sight may seem to be attended with risk; I think it is not so much so as is imagined. A patient inclined to destroy or mutilate himself, is placed under the care of an attendant, accompanied by a few other patients not similarly disposed; they are all employed, and have tools amongst them with which mischief may be done. The attendant, aware of the individual

propensities of his group, arranges them accordingly, and so places the dangerous patient that he may be constantly under his own observation and that of the more intelligent of his workmen: it can scarcely happen that an opportunity will occur for the suicidal patient to accomplish his aim. As time goes on, the continuous useful application of the implement, whether hammer, knife, scissors, chisel, hatchet, scythe, or any other tool convertible into a weapon, reconciles the patient, inspires him with confidence and hope; his enervated mind acquires strength, his broken spirits are recruited, and he cherishes the feeling that he will be again restored to society. The waverings and instabilities of disordered minds, and the sudden impulses to which they are liable, are alone to be comprehended by experience in their management. When understood, I do not believe that the danger to this very pitiable class is so great under active employment, as when they are merely detained or engaged within the wards and airing courts: the chief number of suicides in Lunatic Asylums have been committed within the walls, where it was supposed very little, if any, opportunity could be given for the perpetration of such acts.

Out of the fifty-five new cases admitted, there have been several of each sex received in a state of raving madness, attended with excessive violence; in all of which, during the continuance of the maniacal paroxysm, I administered port wine and porter, besides a liberal diet in the form of good broth, eggs, and other convenient kinds of nourishment; tonic medicines were employed for some, but the resistance offered frequently does more harm than the remedies do good, which does not so much happen when nutriment of an enticing description is presented to the patient. No case has occurred in which any depletory measures have been adopted, either by bleeding or the use of antiphlogistic medicines, save aperients. Inflammatory action in the brain, seems to be a disease of very rare occurrence in acute mania; the physical powers are monopolized for the full development of the disorder in its genuine form; its character would be incomplete if the energies of the constitution were diverted for the establishment of inflammatory action, and raving madness would probably be a rare phenomenon: it is an infliction so singular in itself, requiring so much strength to portray its true existence, and so often making attacks in asthenic conditions of health, that the whole business of the maniac's enfeebled frame is to demonstrate the malady. Nature is slow either to set up or sustain inflammation of the brain, or of its membranes, whilst the physical powers are so intently engaged in maintaining the peculiar violence of madness: the indication, therefore, is to succour the constitution, and thereby to fortify it against the debilitating influence of long continued raving; an opposite plan of treatment renders the heart irritable by deranging the digestive organs, prolongs the paroxysms, delays repose, checks and postpones recovery, if the results are not fatal, nor end in

confirmed dementia. Examinations after death show a want of blood in the brain, a deficiency of firmness in its substance, frequently too much water in the ventricles, and some at the base. I am speaking particularly of the post-mortem appearances after acute mania, and do not refer to its complication with other diseases to which the insane are liable. I shall, perhaps, be better understood if I allude to the case of a man suddenly seized with madness accompanied by violence, or of a lying-in woman attacked with mania; such patients are seldom the subjects of inflammatory action of the brain, any more than the individual who bursts into a violent fit of passion, and whose reason and judgment are in abeyance only, whilst the heat of temper lasts.

Instances are daily manifesting that significant, but silent and unspeakable influence, exercised by minds superior over those unequal to them in sound ratiocination, although, perhaps, far inferior in cunning; indeed it would be impossible to cope with the insane, if any attempt were made to combat them upon grounds so indisputably their own. The province of all who undertake the arduous, but extremely engrossing and interesting task of the care of so dependent a portion of the community, is to be punctual, watchful, observant, firm, discriminating, and kind; to enforce as much as possible, both by precept and example, a contempt and abhorrence of idleness; to spare no pains which can conduce towards the improvement of the mind, so that the insane may acquire ability sufficient for the performance of the different duties allotted to them; and to direct into channels of usefulness the oft inordinate temptation to be mischievous; to assuage anger, suppress strife, to anticipate danger, and to promote contentment by the exercise of a happy, cheerful, and energising deportment.

I have the honour to remain,

Gentlemen,

Your very faithful and obliged servant,

SAMUEL HILL.

P.S. April 2nd.—It is with much regret I have to record that Dysentery made its appearance among the female patients on Friday, the 23rd ultimo, when two were attacked with that disease; since which seven others have suffered more or less severely, besides two of the nurses. On Monday, the 26th, I reported the fact to the House Committee, and suggested that the vegetable part of the dietary should be diminished throughout the House, and that more bread should be allowed each patient in lieu thereof, which was accordingly ordered: five of the patients and a nurse are convalescent, whilst the others and one nurse, continue to be very much indisposed. It is impossible at present to ascribe the sudden outbreak of this disorder to any more definite cause than atmospheric influence.

S. H.

RECEIPTS AND PAYMENTS by the Treasurers of the North and East Ridings of Yorkshire County Lunatic Asylum, from the 1st of January to the 31st of December, 1848. (Pursuant to the 8th and 9th Vict., chap. 126, sec. 44.)

RECEIPTS.

	£.	s.	d.	£.	s.	d.
From produce of farm and garden and } live stock	232	16	7			
Sale of Bones	0	11	0			
				233	7	7

Maintenance Account :—

From Unions and Parishes in Counties and Boroughs, contributing to the Asylum.

Bedale..... at 11s. 1d. weekly	123	11	7			
Beverley	258	12	9			
Bridlington.....	74	6	9			
Darlington	38	6	4			
Driffeld	247	3	2			
Easingwold	101	0	4			
Guisborough	101	14	7			
Helmsley	35	7	9			
Howden	144	17	6			
Kirby Hill	11	8	0			
Kirbymoorside ...	23	18	2			
Leyburn.....	127	6	0			
Malton	270	5	3			
Northallerton.....	191	10	8			
Patrington	242	14	6			
Pickering	71	16	1			
Pocklington	136	8	1			
Reeth	24	2	11			
Richmond	231	16	0			
Scarborough	100	4	6			
Sculcoates	287	3	0			
Selby	59	12	3			
Skirlaugh	176	12	5			
Stokesley	63	1	11			
Stockton-upon-Tees	3	1	9			
Thirsk	282	6	2			
Whitby	279	9	2			
York	253	11	5			
				3961	9	0
Carried forward				£4194	16	7

	£.	s.	d.	£.	s.	d.
Brought forward				4194	16	7
<i>From Counties and places not contributing to the Asylum.</i>						
Belper.....at 14s. weekly	27	6	0			
Horncastle	24	12	0			
Leeds	22	16	0			
	<hr/>			74	14	0
<i>From County Treasurers, for Vagrants.</i>						
East Riding..... at 11s. 1d. weekly	45	15	2			
North Riding	19	11	1			
	<hr/>			65	6	3
<i>From County Treasurers, for Building and Repairs, Furniture and Fittings:—</i>						
North Riding proportion ($\frac{19}{32}$).....	331	6	7			
East Riding ditto ($\frac{13}{32}$).....	226	13	5			
	<hr/>			558	0	0
<i>Repayment of Funeral and other expenses.</i>						
Belper	0	10	0			
Bridlington	4	11	3			
Beverley	1	18	3			
Driffield	2	11	6			
Helmsley	1	8	0			
Leeds	1	12	2			
Leyburn	1	11	6			
Malton	2	0	3			
Northallerton	4	3	3			
North Riding Treasurer	0	5	0			
Patrington	0	10	0			
Pickering.....	1	11	6			
Pocklington	1	11	6			
Scarborough.....	2	2	0			
Skirlaugh	1	18	3			
Sculcoates.....	3	3	0			
Whitby	2	0	0			
	<hr/>			33	7	5
Miscellaneous :—viz. discounts and profits on sales of patients' work.....				12	7	2
	<hr/>					
Total receipts.....				£4938	11	5

PAYMENTS.

<i>Salaries and Wages.</i>	£.	s.	d.	£.	s.	d.
Officers	611	0	0			
Attendants	239	1	2			
Servants	94	16	4			
				944	17	6

*Provisions, including all articles of dietary.**

Ale and porter, 774 galls.	58	1	0			
Barley, 1 st.	0	3	0			
Beer, 10741 galls.	268	10	6			
Malt, 6 bushels	2	11	9			
Hops, 14 lbs.	0	14	0			
Butter, 64 st.	43	2	4			
Cheese, 41 cwt. 5½ lbs.	134	1	10			
Coffee, 78 lbs.	4	13	10			
Currants, 40 lbs.	0	18	3			
Eggs, 5 doz.	0	6	1			
Flour, 180 sacks	330	15	0			
Meat, 1429 st. 8 lbs.	454	5	3			
Oatmeal, 15 sacks	28	3	4			
Peas, 80 st.	12	5	0			
Raisins, 42 lbs.	0	17	6			
Rice, 110 st.	16	17	6			
Sugar (loaf), 49 lbs.	1	8	0			
Sugar (moist), 8 cwt.	16	16	0			
Tea, 346 lbs.	62	11	8			
Tobacco and pipes	17	2	6			
Vinegar, salt, mustard, pepper, &c. ...	9	8	10			
Wine and spirits	13	8	0			
Miscellaneous (as arrow-root, &c.) ...	4	10	0			
				1481	11	2

Necessaries.

Candles.	9	16	6			
Coals, 283 tons	148	8	4			
Coke, 4½ chaldrons.	1	14	0			
Gas	84	2	4			
Oil	1	5	6			
Soap (Yellow) 24 cwts. 7 lbs.	56	11	8½			
— (Soft) 2 cwts. 24 lbs.	4	17	6			
Soda, 9 cwts. 2 qrs.	3	16	3			
Starch and blue	2	5	9½			
Miscellaneous (black lead, hearthstone, blackening, bath-brick, &c.)	6	1	5			
				318	19	4

Carried forward £2745 8 0

* For list of prices of provisions and necessaries, see page 26.

	£.	s.	d.	£.	s.	d.
Brought forward				2745	8	0
<i>Surgery and Dispensary.</i>						
Drugs	7	11	10			
Occasional medical assistance.....	3	3	0			
	<hr/>			10	14	10
<i>Clothing.</i>						
Apron check	4	12	11			
Braces and gloves	3	15	0			
Brown holland.....	0	8	9			
Calico black.....	2	19	5			
„ white.....	23	9	9			
„ twilled	11	10	8			
Canvass	10	2	8			
Dimity	1	13	0			
Dowlas.....	9	6	8			
Duck	3	4	2			
Fustian.....	12	18	6			
Gingham	2	4	1			
Handkerchiefs.....	2	10	0			
Jean and nankeen	3	5	2			
Lawn	2	7	6			
Leather	30	1	8			
Lindsey	19	8	0			
Linen	17	16	3			
Moreen.....	1	1	6			
Print	26	3	6			
Shirting	9	8	2			
Tailor	9	5	0			
Thread, needles, buttons, tape, &c.	13	8	9			
Worsted and yarn	14	0	3			
Sundries	2	4	1			
	<hr/>			237	5	5
<i>Furniture and Bedding.</i>						
Bedsteads.....	15	0	0			
Crockery	7	10	8			
Culinary and other utensils, } brushes, mops, &c. }	29	17	9			
Mahogany	7	1	3			
Straw, hair, and bedding materials	80	17	5			
Sundries	1	12	7			
	<hr/>			141	19	8
<i>Funeral expenses.</i>						
Coffins and shrouds.....	11	14	0			
Bearers and hearse	4	10	0			
Burial fees	2	14	0			
	<hr/>			18	18	0
Carried forward				£3154	5	11

	£.	s.	d.	£.	s.	d.
Brought forward				3154	5	11
<i>Building and Repairs.</i>						
Blacksmith	29	5	0			
Bricklayer	43	8	11			
Carpenter.....	48	17	11			
Cement.....	2	19	0			
Ironfounder	3	4	9			
Ironmonger	77	8	4			
Insurance of building	24	15	0			
Labour	7	8	7½			
Lime.....	2	16	1			
Painter, and paint and oil	36	15	9			
Plumber and glazier	60	19	10			
Stone-mason	7	7	3			
Tiles and bricks	14	10	6			
Timber.....	28	18	3			
Turning machine.....	5	0	0			
Sundry fittings	5	0	6			
Other materials	15	13	10			
				414	9	6½
<i>Farm and Garden.</i>						
Live stock	137	14	0			
Implements	17	8	9½			
Labour	88	8	9			
Manure	70	4	10			
Provender	29	6	4			
Seeds	49	5	1			
Cattle medicine	2	0	1			
				394	7	10½
<i>Miscellaneous.</i>						
Advertisements, printing, postage, stationery, &c.....	35	12	4			
Rates, taxes, &c.	13	4	7			
Removals, &c., charged to Unions	14	9	5			
Incidentals	17	2	4			
				80	8	8
<i>Total payments.....</i>						
				£4043	12	0

GENERAL STATEMENT of RECEIPTS and PAYMENTS on account
of the North and East Ridings of Yorkshire County Lunatic
Asylum, between the 1st January and the 31st December, 1848.

RECEIPTS.				PAYMENTS.			
	£.	s.	d.		£.	s.	d.
From sales of produce, &c....	233	7	7	Due to the Treas- urers on 31st	50	9	9
Maintenance of patients from places within the Ridings.....	3961	9	0	Dec., 1847 ..			
Maintenance of out-county patients.....	74	14	0	In Steward's hands	17	3	4½
Maintenance of vagrants ...	65	6	3	Salaries and wages	944	17	6
County Treasurers for fur- niture and fittings, build- ing and repairs	558	0	0	Provisions	1481	11	2
Repayment of funeral and other expenses	33	7	5	Necessaries.....	318	19	4
Miscellaneous :— viz. dis- counts and profits on sales of patients' work }	12	7	2	Surgery and dispensary ...	10	14	10
				Clothing	237	5	5
				Furniture and bedding	141	19	3
				Funeral expenses	18	18	0
				Building and repairs.....	414	9	6½
				Garden and farm	394	7	10½
				Miscellaneous.....	80	8	8
				Balance	856	7	11
				In the hands of the Steward	5	5	1½
Total.....	£4938	11	5	Total.....	£4938	11	5

Aggregate number of days of residence of patients :—51548.

Average daily number of patients 140¹⁵⁴/₁₈₃

SUMMARY OF COST PER HEAD PER WEEK :—

Salaries and Wages.....	2s. 6¾d.—	1308 7364
Provisions	4s. 0¼d.—	1044 7364
Necessaries	0s. 10¼d.—	4284 7364
Surgery and Dispensary.....	0s. 0¼d.—	2948 7364
Clothing	0s. 7½d.—	6860 7364
Garden and Farm	0s. 5 d.—	7294 7364
Miscellaneous	0s. 1½d.—	7276 7364
Total.....	8s. 8½d.—	779 3682

JOHN ROBERTS,

31st March, 1849.

Clerk of the Asylum.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.
Farm and Garden Account for the Year 1848.

RECEIPTS.				EXPENDITURE.			
	£.	s.	d.		£.	s.	d.
Sales of live stock & produce	232	16	7	Purchase of live stock	137	14	0
Potatoes and other vegetables consumed in the House, and valued at wholesale prices	80	14	8½	Implements,—including pig troughs, larch poles, pea rods, stakes, bindings, straw to thatch hay-stack, and hire of threshing machine	17	8	9½
Milk, 3809 gallons at 8d.	126	19	4	Labourers' wages	88	8	9
Pork, 1939 lbs. at 6d.	48	19	6	Manure	70	4	10
Estimated labour of horse and man, in works not connected with the farm or garden	13	8	0	Provender for live stock	29	6	4
Balance	19	9	9	Garden seeds and potatoe sets	49	5	1
				Cattle medicines	2	0	1
				Hog wash	8	0	0
				Rent of land, valued at £3 per acre	120	0	0
<i>Total, £522 7 10½</i>				<i>Total, £522 7 10½</i>			

Notwithstanding that no land is rented, yet, for the purpose of forming a correct judgment as to the working of the Farm and Garden, it is considered fair that the estimated rent should be included in the expenditure, the charge being the sum at which the land is assessed. For the same reason is the farm charged with the hog-wash from the house.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.
Contract prices of the principal articles of consumption, 1848.

<i>Provisions.</i>		Quarter ending 31st March.			Quarter ending 30th June.			Quarter ending 30th September.			Quarter ending 31st December.		
		£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
Flour	per sack.	1	13	6	1	16	0	1	15	0	1	17	6
Oatmeal	do.	2	0	0	1	16	8	1	16	8	1	17	6
Beef (by the side)	per st.	0	6	5	0	7	0	0	6	5	0	5	8
Mutton (by the carcass) head, suet, and shank bones excepted.	do.	0	6	5	0	7	0	0	6	5	0	5	8
Suet	do.	0	6	5	0	7	0	0	6	5	0	5	8
Cheese	per cwt.	3	5	4	3	5	4	3	5	4	3	5	4
Pease (split)	per st.	0	3	3	0	3	3	0	3	0	0	2	6
Rice	do.	0	3	6	0	3	3	0	2	9	0	2	9
Beer	per gal.	0	0	6	0	0	6	0	0	6	0	0	6
Porter	do.	0	1	6	0	1	6	0	1	6	0	1	6
Tea	per lb.	0	3	8	0	3	8	0	3	6	0	3	6
Sugar	per cwt.	2	2	0	2	2	0	2	2	0	2	2	0
Tobacco	per lb.	0	3	6	0	3	6	0	3	6	0	3	6
<i>Necessaries.</i>													
Coals (delivered)	per cwt.	0	0	0	0	0	0	0	10	9	0	0	0
Candles	per doz.	0	6	0	0	6	0	0	6	0	0	0	0
Soap, Yellow	do.	2	10	0	2	6	0	2	6	0	2	6	0
„ Mottled	do.	2	12	0	0	0	0	0	0	0	0	0	0
„ Soft	do.	2	4	0	2	4	0	0	0	0	0	0	0
Powder Blue	per lb.	0	1	6	0	1	6	0	1	6	0	1	4
Starch	do.	0	0	6	0	0	5½	0	0	5½	0	0	5½
Soda	per cwt.	0	8	0	0	8	0	0	8	0	0	8	0
Black Lead	per lb.	0	0	6	0	0	6	0	0	6	0	0	6

JOHN ROBERTS, Clerk and Steward.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.
Dietary Scale.

DAYS.	BREAKFAST.	DINNER.	SUPPER.	
			MALES.	FEMALES.
Monday	Gruel, thickened with Oatmeal, 1½ pints, with bread 6oz	Soup, or Irish Stew, 1½ pints, bread 6oz., beer ½ pint.	6oz. bread, 2oz. cheese, ½ pint beer.	6oz. bread with butter and tea.
Tuesday ... {	Cooked meat, free from bone, 5oz., bread 4oz., beer ½ pint, with vegetables.
Saturday ... {	Suet pudding, or dumpling, with ½ pint beer.
Sunday ... {	Meat pie, with ½ pint beer, and vegetables.
Wednesday	Rice pudding, with ½ pint of beer.
Thursday			
Friday			

In consequence of the very large number of male patients employed, indulgences in beer, tobacco, tea, &c., are allowed. The departure from the established dietary for females (although they are numerously employed) is not so considerable, as the afternoon dietary for all of them consists of tea, with bread and butter.

JOHN ROBERTS, *Steward.*

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.
Goods in Store.

		£.	s.	d.	£.	s.	d.
Estimated value of domestic articles		93	1	0			
ditto male apparel		68	7	3			
ditto female do.		152	18	8			
ditto stockings		25	6	10			
ditto men's and women's leather } boots and shoes		87	2	6			
					426	16	3
ditto goods in the piece					126	7	9
ditto provisions		53	8	3			
ditto household necessities		66	5	7			
					119	13	10
					<i>Total, £672 17 10</i>		

JOHN ROBERTS, *Steward.*



